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How To Increase Anabolic Hormones By Balancing The Autonomic Nervous System

(real geeky but cool stuff)

by Elliott Hulse



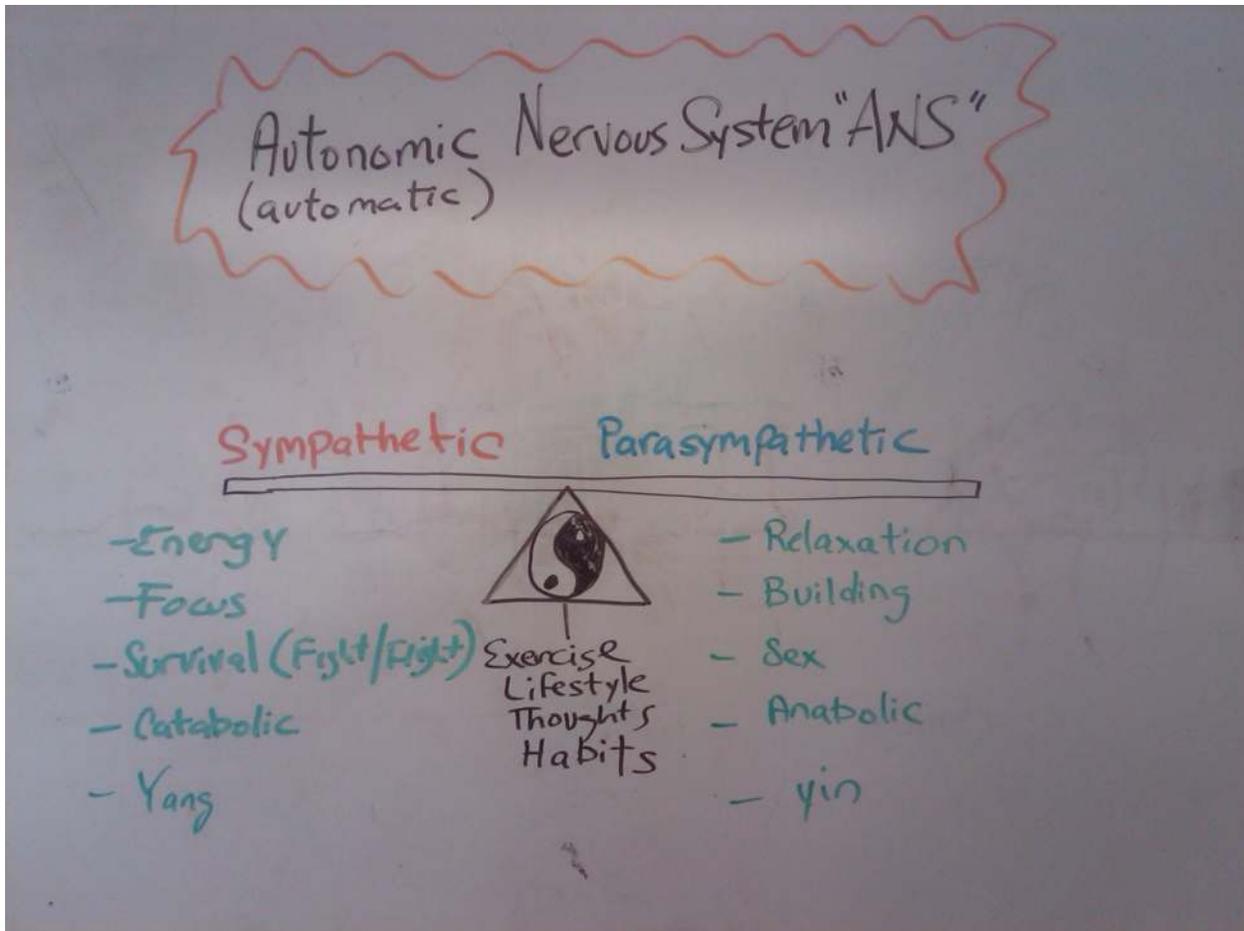
Hey, Elliott Hulse here. The very first thing I want to do today, guys, is I will admit to a horrific mistake that I had been making with regard to my training and lifestyle. And along with that admission, I'd like to apologize to you because me being in that state of

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imbalance has not afforded me the opportunity to serve you and to actually give you this information that I've been holding onto for so long. I just didn't feel right teaching it to you if I wasn't living it myself.

Now, the mistake that I made with my training was the fact that I was training way too hard. Now, I know that sounds ridiculous, sounds crazy, especially coming from a professional strong man, somebody who trains baseball players and football players, that I was training too hard. But, the fact is that **the training that I was doing was imbalanced**. My concern is that a lot of you may be doing the same thing. You may have been encouraged by me to do the same thing. And granted, you've received a ton of benefit from transcending the flesh and pushing through and persevering and breaking your ass to get the results that you want by working very, very, very hard in the gym and I'm still a proponent of hard work. But, what I want to teach you were today is **how to balance that type of training, balance your hard work so that you will get faster, longer lasting, better results with less work**. I'll show you what I mean.

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What we're going to talk about here today is something called **the autonomic nervous system**. I like to think of the autonomic nervous system, and it's a branch of your nervous system. If you understand your brain and your spinal cord and all the nerves that shoot out of it, it works as an operating system for your body. The autonomic nervous system I like to think of as our automatic nervous system. It's subconscious. **It totally runs on its own without you having to think about it.**

So, the things like your heart beating or different metabolic reactions going on within yourselves, breathing, your hair growing, nails growing, skin, the building of

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muscle, the repair of tissue and organs, your digestion. You don't have to think about these things. You don't work out and then say to yourself, okay, I've got to remember to grow. It happens automatically based on the stimulus that you provide. When you're sick, you don't have to remind yourself, immune system, please kick-in. I need your help. Or, when you're sleeping at night, you don't have to remind your heart to beat. These are all things that happen automatically. They're running in the background.

Now, an interesting thing about the autonomic nervous system is, it will also respond to outside stimulus. For example, if someone scares you, they jump out of a bush and yell at you, your heart rate skyrockets and your eyes are going to dilate and you're going to start breathing really heavy. You didn't have to think about doing that, but there was an outside stimulus that caused that reaction. That's called the fight or flight reaction, just if you were wondering. What I just described is a reaction that's provided by one of the branches – you've got two branches – of the autonomic nervous system, which is called your sympathetic branch. We'll talk about that in a moment.

“The reason why the understanding of our autonomic nervous system is so important for building muscle, for having vibrant, vital health, for increasing our sex drive, for having mental focus and clarity, for building the strongest versions of ourselves all around it because we can determine and we can choose the type of outside stimulus to balance the autonomic nervous system ourselves. We have the choice. We can do these things.”

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For example, you don't have to go to a scary movie where things are popping up or jumping or they're like gross, deformed images of people on a screen that's going to stimulate a branch of the nervous system that's probably already over-stimulated. You don't have to watch the news that stimulates a part of the nervous system. These are all fear based things. You can chose not to do those things, and you can chose to partake of activities and thoughts and behaviors and exercises that stimulate the other set end of the spectrum that makes you feel good. I'm going to talk about that in a moment.

We need both branches of this nervous system. You've got your sympathetic like I just described in pretty good detail, and then you've got your parasympathetic branch of the nervous system. As you see here, it's almost like a seesaw. Your body is going to chose based on your choices and the environment around you and what's going on to either stimulate one end of the spectrum or the other. Two can't be going at the same time. **So, automatically you're going to be either in a sympathetic mode or you're going to be in parasympathetic mode.**

Now, **when you're in sympathetic mode the good part of this is that it provided energy, it provides focus and concentration, real acute energies of the mind, survival, fight or flight.** Like I told you before, if somebody walks in with a gun, you're out of there or you're fighting. You're fighting or flighting. It's catabolic. We tend to think cannibalism in the world of strength building and muscle building as a bad thing. But, the truth is, you want to be catabolic to a degree because it's going to help stimulate the other end – and I'll tell you what I mean in a moment – and also because it

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gives you energy. That's where we provide our energy and the term yang is associated with this branch of the nervous system. Yang is hot, is hard, it male, is dry. These are all descriptions of the reactions within our bodies and the reactions within nature that this sympathetic nervous system stimulates.



Sympathetic Response, maybe?

Now, the problem is not with this end of the spectrum. The problem is that a lot of people are way too burdened down on this side because we live stressful lives and we make poor lifestyle and nutrition and exercise choices, like I've done in the past. So, not the bad guy, but the guy that's over-stimulated.

The other guy is the parasympathetic nervous system and this end of the nervous system, I feel like just does not get – at least in my opinion and through my

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lifestyle choices – does not get the stimulation that it deserves simply because we're always over here, going, going, going, going, going.

What it provides, and when you're stimulating the parasympathetic nervous system is relaxation. You're relaxed, your calm, you're cool, you're collected. It's a building state. It helps your body build muscle. It's anabolic. **It supports digestion. It allows you to digest and assimilate food calmly and efficiently and go to the bathroom calmly and efficiently and thoroughly.** Constipation is way on the other side. Going to the bathroom a few times a day in a comfortable state is parasympathetic.

It increases sex hormones and helps drive your libido and your sex appeal, all the things associated with procreation. Because, if you're not relaxed, you're not getting a boner. Your body is completely freaked out worrying about survival. There's no way that it wants you to have sex.



Ah, yes! Parasympathetic... of course!

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And like I said, it's anabolic and yin, it's the more female end of the spectrum. It's wet, it's cold, it's soft. I think that's part of the reason why – at least guys like me – we're just so testosterone filled or minded that we're just banging away at the sympathetic end because it's so male, and the other end does not get what it deserves.

What happens is, when you start looking this way, you're really heavy on the sympathetic and low on the parasympathetic, you're going to suffer from all types of imbalance issues including lack of sex drive. Injuries are not going to repair like they should. You're going to notice, man, this elbow's been hurting me for six months and I can't get it to feel better. You're going to sleeping problems, can't sleep well at night. You're going to have digestive problems. Like I said, you're going to have indigestion because you're just not digesting properly. You're going to have constipation because you're not assimilating and eliminating properly. Breathing is going to be an issue on this end of the spectrum if you're just overburdened because you're going to end up with all kind of hyperventilation issues, short shallow breathing, asthma and things of that nature.

Where on the other end of the spectrum, like I said, you're going to be in a more building and a more anabolic state where your body's releasing more testosterone, more growth hormone and more DHEA and melatonin and all these things that get you to relax, build you up.

What I wanted to do today was just talk about a few of the exercises, lifestyle habits and choices that will allow us to bring that balance into play. Because, I can tell you that **99% of the people watching this video, you're going to be on the**

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sympathetic end of the spectrum because this is just the way we live our lives.

You have to make a conscious effort to stimulate the parasympathetic nervous system in the cultures that we're used to.

If you look at the Western civilization, generally speaking, we're go-getters or hard-pressing guys and girls and our activities are concerned in this end of the spectrum. In the East, things have traditionally, maybe not now, but traditionally been the other end of the spectrum where they valued relaxation. They valued meditation. **They've got a whole set of martial arts and pursuits of that nature that stimulate the parasympathetic nervous system like chi gung meditation, yoga, tai chi and what I call Anabolic Energizers, things of that nature where we stimulate this end of the nervous system simply to bring back balance.** I notice that all those activities are Eastern in nature and they're all on that end of the spectrum.

So, some of the things that we can do, number one is nutrition and lifestyle, is paramount. Make sure you're eating foods that are appropriate for your metabolic type. I'll tell you about that at another time. But, essentially, not too one-sided with regard to carbohydrates, in particular. Make sure you get enough protein, meat in your diet. Make sure you're not dehydrated. You should be drinking about half your body weight in ounces of water every single day. You should be drinking clean, fresh, filtered water if you can get your hands on it.

Makes sure you're getting to bed on time. Like I had mentioned in earlier posts, you want to get to bed as many hours before midnight as possible. Getting eight hours of sleep alone is not good enough if it's after midnight. It all has to do with the

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circadian rhythm and the rhythms of the universe, basically where the sun is in relation to the earth, believe it or not, you might think this is superstition, but it's science, it affects our bodies. That's why the positions of the moon, all these things affect our bodies.

We're not separate from the universe. We're not separate from the earth. We're not separate from everything that's around us. Everything affects everything else and that's why we're affected by the positions of the sun. **If we don't align our lives with the natural parameters that nature has created this world with, then we're going against the grain and we're going to suffer the stresses that are associated with it.**

Another thing, stress. Stress comes in several different forms and I talk a lot about this in some of my books, but what I want you to understand is that a lot of stress is self-imposed. You can choose to look at certain circumstances in different lights. Just being conscious of where, creating space between the stimulus and your response is how you reduce stress and you stimulate or lack stimulation on this side, but ultimately stimulate your parasympathetic nervous system.

Exercise, thoughts, habits, these are again, it's all basic stuff, but it's just making sure that we're paying attention to it. Make sure you take time off from work. Make sure you enjoy your weekends, take vacations, relax, breathe, meditate, partake of some of the exercise modalities that I described earlier like chi gung, tai chi and yoga, and I call these all anabolic energizing exercises. Within a few weeks I'll teach you a

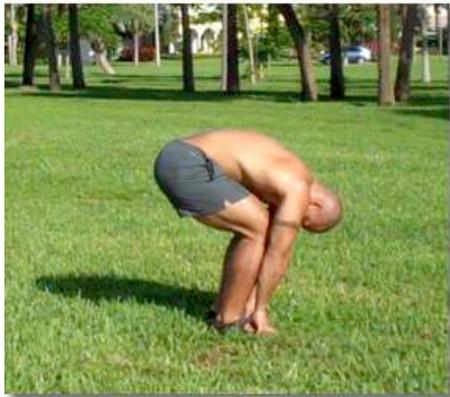
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little bit more about the routine that I've designed, that I've been using to stimulate and energize this anabolic response.

So, I hope this was helpful for you.

2 Sample Anabolic Energizers:

Earth Diggers



Step 1



Step 2

1. Stand with your feet together and your hands on the tops of your feet... visualize that your feet have roots grown from them into the ground.
2. Inhale as you raise your hips up and feel a slight stretch on your hamstrings.
3. Exhale as you lower your hips down again.
4. Breathe slowly and naturally. Repeat 10 times.

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