

CasePerformance

December Newsletter Part II



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Here is the news that we'll cover in Part I of this month's newsletter....

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Hello,

I hope that the month of December has treated everyone well and that you find yourself a step or two closer towards achieving one of your short/long term goals. Things are active here for the CasePerformance team members.

Our [strength](#), [running](#) and [nutrition](#) consultations are going well. If you're interested in finding out about our group discounts please send us an [email](#).

I. Changes in the CasePerformance newsletter format

As discussed in [Part I](#) of this newsletter that was sent out a couple of days ago, I'm exploring the option of going with a two part newsletter vs. a single newsletter (please refer to the December Part I newsletter for more details). My decision to keep the new format (vs. going back to 1 monthly newsletter) will be based directly off your feedback.

Thus, I need you to please **drop us a note on [FACEBOOK](#) to let us know your thoughts (good, bad or indifferent) on these changes in format. THANKS!** If you don't have facebook, you can also drop us an [email](#).

I thank the individuals who have shared their thoughts. Based off feedback from Alex L, I will look into sending the newsletters out as PDF attachments such that someone can read download it and read it at their own leisure - hopefully starting with January 2013's newsletter. Also, I thank Rikki P for her thoughts on 2 smaller ones being better than 1 huge newsletter and Arnav S for his encouragement to put performance tips in both part I & II of the newsletter.

For those yet to respond.... PLEASE DO! It's your feedback (good, bad or indifferent) that allows me to shape the newsletter into something that best serves YOU!

Respectfully,

Sean Casey

PS. Don't forget to **drop us a note on [FACEBOOK](#)!**

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II. Two articles have been added to the CasePerformance library since the last newsletter was sent out:

[Interview with the Expert: Once Again with Dr. Jamie Cooper, PhD](#) with Sean Casey

In this installment of “Interview with the Expert” we have the privilege of talking with Dr. Jaime Cooper, PhD, where we focus on training and nutrition to fuel triathlon training.

[Part II: Olympic Lift Your Way to a 700+ lb/318 + kg Deadlift](#) by Phil Stevens

In the concluding part of this article, Phil Stevens discusses the inclusion of the clean pull in your deadlifting program. Additionally, he describes how to implement both the clean pull and clean lift off into your training.

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III. Performance Tip: Dietary Iron Part II

In [Part I](#) of the December newsletter, we discussed dietary iron, its role as an oxygen carrier and those populations at risk for being deficient. Now it's time to look at the other "at risk" population. Namely those who may find themselves at the other end of the spectrum with *too much* iron in their system!

As with most things, more is not always better when it comes to body iron levels. High iron levels = increased oxidative damage which, amongst other things, leads to cardiovascular issues. I refer you back to Dr. Cotter's interview in Part I of this newsletter where he referred to the fact that he supplements with zinc due to having HIGH iron levels. (PLEASE NOTE: This is specific to *his* blood iron levels. Have you blood levels tested and interpreted rather than simply saying to yourself, *I think* I have high blood iron so I'm going to start taking supplements X, Y, Z in efforts to combat it!).

Populations at greatest risk of having high blood iron levels (besides those diseases related to genetic defects) include men and post menopausal woman. Why this segment you ask? Simple, unlike women between the ages of ~14-50 who have regular menses, these populations don't naturally lose blood (and all the iron stored in it) on a monthly basis. Of the two at risk populations, I'd say that men are potentially at greater risk than post menopausal women as they tend to have higher consumption of meat which contains heme iron.

So here's my tip if you fall in one of these at risk populations... If you believe that taking a daily multi vitamin-mineral is of benefit to you or know someone that does, check the nutrition label on the back. If iron is listed on it, best to move on to the next supplement option. What if the supplement contains "only" 50% of the daily recommended value you ask? I'd still lean towards moving on as, in the case of iron, this value represents the amount recommended for non-pregnant/lactating adult women --> 18 mg. For adult men and non-menstruating women, the recommended daily allowance (RDA) is 8mg. If we now go back to our daily multi vitamin-mineral that "only" contains 50% of the recommended daily value, your STILL getting more than the RDA (9 mg vs. 8 mg).

[SIDE NOTE: For greater discussion on nutrition labels, I refer you to the CasePerformance article, [Understanding Food Labels and Claims.](#)]

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Now there are always exceptions to this rule for "at risk" populations. If you find that your levels are low despite being a male/ post menopausal lady, by all means supplement with it. We don't need you slipping into a state of anemia! However, be sure to look into if there is any underlying reason as to "why" your levels are low.

The body has mechanisms set up to prevent the absorption of too much iron. However, these don't always work perfectly. If your iron levels tend to run high (when tested), look into donating your blood on a somewhat regular basis. A perfect win-win situation as you get to remove some of your excess iron and another individual, who is likely in a critical health situation, gets a major boost!

In closing, I'd like to paraphrase Dr. Lonnie Lowery who said "*...it's best to keep the iron on the bar*", not in your daily supplements if you happen to be a meat loving male or post menopausal woman

IV. Holiday Gift – PowerBlocks

Well, albeit a bit late, I will share with you what I feel is the perfect Christmas (if celebrate) or New Year gift that you can give yourself; especially if you're looking to start up your own home gym in 2013. That would be something called PowerBlocks which can best be described as a dumbbell within a dumbbell. They remind me of the Russian dolls that you open up only to find a smaller doll inside of it.

If curious about them, check out [my review on the PowerBlock system](#). I must note, although I was given the opportunity to try out these PowerBlock systems, **I receive ABSOLUTELY NO financial kickback/commission** if you choose to purchase one of the products I discuss in my review. I want to make sure this is 100% clear as I want you to know that I'm recommending this product because I truly believe in it.

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That wraps up this CasePerformance newsletter. Thanks for being a part of the team and **DON'T FORGET TO DROP US A NOTE ON [FACEBOOK](#) TO LET US KNOW ABOUT YOUR THOUGHTS ON HAVING A TWO-PART NEWSLETTER!** If you don't have facebook, you can also drop us an [email](#).

And as always... Train smart, train hard and leave the excuses to someone else!

Sincerely,

The CasePerformance Team