



Michael Senoff's

HardToFind Seminars.com

Expert Interviews On Mind Body & Spirit

University

INTERVIEW SERIES

**Your All-Natural, No-Pill
Prescription For Longer Life:**

An Interview With Dr. Jordan Metzl



Michael Senoff's

HardToFind Seminars.com

Expert Interviews On Mind Body & Spirit

Dear Student,

I'm Michael Senoff, founder and CEO of HardToFindSeminars.com.

For the last five years, I've interviewed the world's best business and marketing minds.

And along the way, I've created a successful home-based publishing business all from my two-car garage.

When my first child was born, he was very sick, and it was then that I knew I had to have a business that I could operate from home.

Now, my challenge is to build the world's largest free resource for online, downloadable audio business and health related interviews.

I knew that I needed a site that contained strategies, solutions, and inside information to help you operate more efficiently.

I've learned a lot in the last five years, and today I'm going to show you the skills that you need to survive.

It is my mission, to assist those that are very busy with their careers.

And to really make my site different from every other audio content site on the web, I have decided to give you access to this information in a downloadable format.

Now, let's get going.

Michael Senoff

Michael Senoff

Founder & CEO: www.hardtofindseminars.com

Copyright Notices

Copyright © 2001 - 2014 by JS&M Sales & Marketing Inc

No part of this publication may be reproduced or transmitted in any form or by any means, mechanical or electronic, including photocopying and recording, or by any information storage and retrieval system, without permission in writing from the Publisher. Requests for permission or further information should be addressed to the Publishers.

Published by:

Michael Senoff
JS&M Sales & Marketing Inc.
4978 Gaylord Drive
San Diego, CA 92117
858-234-7851 Office
858-274-2579 Fax
Michael@michaelsenoff.com
<http://www.hardtfindseminars.com>

Legal Notices: While all attempts have been made to verify information provided in this publication, neither the Author nor the Publisher assumes any responsibility for errors, omissions, or contrary interpretation of the subject matter herein.

This publication is not intended for use as a source of legal or accounting advice. The Publisher wants to stress that the information contained herein may be subject to varying state and/or local laws or regulations. All users are advised to retain competent counsel to determine what state and/or local laws or regulations may apply to the user's particular situation or application of this information.

The purchaser or reader of this publication assumes complete and total responsibility for the use of these materials and information. The Author and Publisher assume no responsibility or liability whatsoever on the behalf of any purchaser or reader of these materials, or the application or non-application of the information contained herein. We do not guarantee any results you may or may not experience as a result of following the recommendations or suggestions contained herein. You must test everything for yourself.

Any perceived slights of specific people or organizations is unintentional.

Your All-Natural, No-Pill Prescription For Longer Life: An Interview With Dr. Jordan Metzl

Everyone knows exercise is good for you, but most people have no idea how good. Dr. Jordan Metzl, author of *The Exercise Cure: A Doctor's All-Natural, No-Pill Prescription for Better Health and Longer Life*, says exercise can be used to treat depression, anxiety, heart disease, sleep problems, high blood pressure, high cholesterol, and much more – without any side effects (or any costs).

And in this audio, you'll hear how to do a quick self-assessment of your health to figure out what your current needs are, and how to tailor an exercise plan to treat those needs today.

You'll Also Hear...

- The question most people are dying to hear the answer to – what's the least amount of time you need to spend exercising in order to get the maximum amount of benefit
- A 2-second exercise to try at home that is a good indicator of how healthy you are
- All about Dr. Metzl's Bronze, Silver, and Gold exercise programs that essentially start you off small and bring you up to good health gradually
- The shocking reason why "sitting" is considered the "new smoking" and how to make sure you're getting enough exercise in this sedentary world
- The shocking amount of time doctors spend talking about exercise with their patients, the effect that's having, and what they should be telling them
- What exactly is "NEAT activity," simple ways to increase it, and why you'll want to

Dr. Metzl says, when it comes to exercise, the hardest part is getting started. Once you get the ball rolling, you won't be able to imagine how you ever lived without it. You'll feel better, have more energy, sleep better, and improve your overall health for the long run. And in this audio, you'll hear why Dr. Metzl says exercise is one of the most powerful (and least expensive) medicines you can get and how to start using it to treat your health today.

Hi, this is Kris Costello and I've teamed up with Michael Senoff to bring you the world's best health-related interviews, so if you know anyone struggling with their weight, with cancer, diabetes, ADHD, autism, heart disease, or other health issues, send them over to Michael Senoff's <http://www.HardToFindSeminars.com>.

Today we are talking with Dr. Jordan Metzl. Dr. Metzl is a nationally-known sports medicine physician in New York City's Hospital for Special Surgery, author of the Athlete's Book of Home Remedies, and eleven-time Iron Man triathlete and a thirty-time marathoner.

Kris: Dr. Metzl, thank you so much for joining us.

Dr. Metzl: Well, thank your for having me. It's nice to be here.

Kris: So this is a fabulous book, the Exercise is Cure: a Doctor's All-Natural, No Pill Prescription for Better Health and Longer Life. And I know a lot of people are looking for that.

Dr. Metzl: Well, thank you. Ya, the idea of the book is basically -- I'm a sports medicine doctor here in New York City. And my goal is to get my patients active and moving. I'm also, as you mentioned in the opening, quite interested in athletics; I've done a whole bunch of marathons and triatholons, and I teach a big fitness class. And I'm just interested in moving.

So the idea of the book was to basically combine my experience as a doctor and my experience as an athlete together, and then to take the argument a step further. And the idea of that was that we all know exercise makes us feel good, and is good for us. But in The Exercise Cure, what I'm looking to do is to basically make the scientific argument that there is no more powerful medicine across the spectrum of the human body than exercise, and I want people to learn how to take that medicine for themselves.

Kris: It's kind of interesting, because we hear so much about food, but you're saying exercise is just key. I mean, is it more important than food?

Dr. Metzl: I would say that if I had a choice of exercise or food, if I had to choose one or the other, I'd pick exercise. We have a great data which I cited in the book throughout the whole body, looking at the benefit of exercise for the prevention and treatment of disease. And so the concept is, I really start with the brain, and go down the body by systems. Things like depression, anxiety, sleep problems, what's the scientific evidence for exercise as medicine? How can you dose that medicine for yourself? And what conversations do you have with your doctor about using exercise as your first line drug, maybe to get off some of the drugs you're on. And if we want to have a debate, exercise versus food, they're both important. In fact, in the last part of my book I have a whole section on nutrition, but I

consider that to be not as major of a player in this debate as is exercise, which is, I think, scientifically, a much more cogent and strong argument.

Kris: So, Dr. Metzl, what is the minimum amount of exercise that people have to look at doing?

Dr. Metzl: In the first half, I make the argument that exercise is medicine by body systems. The second half, I talk about how to set up an exercise program for yourself. In the beginning of that discussion, is exactly your question: What's the least amount of time you can spend, to get the maximum effect? And the answer is about 150 minutes a week, or 30 minutes a day is the minimum required dose of exercise to give you the benefit that I talk about in my book.

Kris: And we just interviewed a doctor on exercise the other day, and they said a startling thing: they said that sitting is one of the most dangerous things that you can be doing. What's your take on that?

Dr. Metzl: I totally agree. In fact, in the book I really go through a series of arguments about the role of exercise. And I start with the discussion that, we need everybody to start moving, and that inactivity is really one of the biggest health dangers, or in other words, sitting is the new smoking. Meaning, that the health problems we saw from smoking are roughly equivalent to the health problems we see from inactivity. And I want people to move. I want them to move every day. And I talk about in my bronze-level workout -- which is the first level in the book -- I talk about things to do to increase your steps every day, what I call "Increase your NEAT profile." And NEAT is an acronym for Non-Exercise Active Thermogenesis.

And the idea is just to burn more calories throughout the day, and it makes a huge difference, things like getting a dog, or taking the steps at work, or figuring out family fitness activities, or getting a digital pedometer on your wrist -- one of the new bracelets to get yourself moving more. Those are all great things, I think, to start thinking about.

Kris: It's not that common for a doctor to even mention exercise, when somebody goes to the doctor. In the book, it's very interesting: you go over all sorts of diseases that people struggle with ... depression, heart disease, all those things. How important is exercise in those conditions?

Dr. Metzl: Well, I think you're exactly right. The study that I referenced that was published earlier in the year looked at how frequently doctors talked to their patients about exercise. And it was less than a third, which is not great.

And then I want to educate people to talk with their doctors about using exercise as medicine, for depression, for anxiety, for sleep problems, for heart disease, for high blood pressure, for high cholesterol. And I'm not saying, don't take the drugs you're on, although I make the argument that the only medicine that has no side effects and is free is exercise.

And there is, by the way, great evidence, stacking up exercise compared to some drugs and different types of conditions, such as prevention of high cholesterol or high blood pressure -- that exercise performs as well as drugs with no side-effects. So what I do in the book is to try to educate people to work in conjunction with their doctors, to try to figure out the best way to use exercise as their first-line drug.

Kris: And what do people do, and I have to admit I'm one of them -- I come from a long line of people that kind of think exercising is picking up a book. I'm sure over the years you've had thousands of patients that have had this outlook. What do you do with those types?

Dr. Metz: Well, everybody knows -- unless you've been living under a rock -- that exercise is good for you. So the idea that I'm taking here is really taking that argument a step further ... Saying, alright, I know it's good for me, that I buy, but WHY is it good for me?

And something that I've found helpful is most people who don't exercise, they're not exercising as a conscious choice. If you give them enough information, I've found they tend to start changing the way they think about things. And ya, I've had pretty good success in getting people ... they come into my world, so ... Just because you haven't done it to date, doesn't mean you can't.

And something in the beginning of the book I have is, what's called the ExerCyle, which is a diagram at the top of the book, which looks at what happens when you start moving. And the way I like to think about this is, imagine you're there and there's a tractor tire on the ground, and your job is to get that tractor tire moving. So you pick it up, and you start to roll it. Now, what piece takes the most work? And the answer is, getting that tractor tire up, and rolling. Getting it off the ground. Moving is the toughest part. Once it's going, it's so easy to keep it going ... much easier.

And so the idea of the Exer-Cycle is once you start moving, you start getting used to that, you start to sleep better, you start to eat better, and there's this cycle of healthy behavior which starts to spin in a good direction. I like that as a way to start thinking about what you're doing. I've really found that it makes a huge difference.

For more interviews on health, mind, body and spirit, go to Michael Senoff's
<http://www.HardToFindSeminars.com> .

Kris: Dr. Metzl, the book is very inspiring as far as you've got it really laid out nicely, with charts and diagrams and pictures of how to do the exercises. But you also talk – which is fascinating – you go over individual health challenges that people might have. And one of them is back pain, which is huge in this country.

Dr. Metzl: It's the most common orthopedic problem we see, so the argument I make, is that, rather than reach for drugs – you know, we have this \$375 billion a year prescription drug business. Every drug has side effects. Rather than reach for drugs as the first thing you do for your back pain or your sleep problem, or erectile dysfunction, or for your high blood pressure, let's think about making exercise the first drug you take and how do I set that program up for myself at home? How do I do that for fifty dollars or less total. I can't afford a personal trainer, or I don't want to drive to the gym. That's fine. Everything I really talk about and show people are things they can do on their own at home.

Kris: What are five of the disease-transforming, life-prolonging exercises that you'd recommend to everyone?

Dr. Metzl: Well, really, throughout the setting up of your exercise program at home section what I do is, I divide it up into bronze, silver and gold, or beginner, intermediate, and advanced. And I really walk people through how to set up these exercises at home for themselves. So, part of that involves ... in the bronze section, increasing their NEAT activity; in the silver, learning how to kinetic chain-strengthening all their muscles, and I talk about some different strength exercises, such as squats and planks, which are isometric exercises and push-ups and things like that. And then I talk about also how to use a foam roller – I have a whole section on using the foam roller, which I love for muscle flexibility. Then finally, in the gold section I have a whole series of plyometric exercises, which build maximum strength. There's a whole spectrum here, from beginner to advanced. And I want people to jump in there and learn about this different exercise.

Kris: And the exercise cure really is very comprehensive. I haven't seen anything like it in all the years of interviewing that we've been doing. It's very exciting to see – the other thing that is fascinating – in the beginning of the book you have a simple self-test. And I wondered if you could describe that for people.

Dr. Metz: I try to keep things basic and also to give people ideas of what they can do to assess where they are in their own health. And so, one of those I like is the self-test to get from sitting to standing. And this was actually done in a study group in Brazil, that looked at basically what does that correlate to?

And so you sit on the floor, and your job is to stand up. And the more appendages you need to stand up, the worse it is. So if you can go from sitting to standing without using your knees or your hands, that's great. You're doing terrific. If you need to use one hand, that's okay. Two hands, not as good. If you need to get on two hands and one knee or two knees -- the tougher it is for you to get up, the more body parts you need to contact with the floor -- the worse it is.

Go ahead and give that a try, and that will give you a good predictor of where you are.

Kris: And what are some of the things that people can do to be more successful at this? I know you've seen that over the years with patients, I would imagine.

Dr. Metz: I try to draw on a lot of patient experience. This is a different thing that worked when I practiced, different stories that helped to motivate people, and I think really a concept of once you start this behavior pattern, if you're not moving, if you're not doing it, once you start, you can't imagine not doing it. The toughest part is just getting that tractor tire rolling. Getting that behavior pattern changing. And once you start doing, I've really had such great and rewarding success for people.

Kris: And do they start in small steps, or do you see ...?

Dr. Metz: They can start with increasing their NEAT profile. I have them do that, just for a couple of months and give them some guidelines. I have them do that, and I have them start walking through the program ... it makes a big difference.

Kris: And how important are trainers, things like that?

Dr. Metz: I think if you need somebody to watch over you at the beginning, that's totally fine. I try to give people the least expensive, easiest option at home, just doing it on their own, but some people like the accountability of having someone else involved. You get to know yourself, what will work for you is what you should do. The most important thing is just to move.

Kris: On the back of the book, it says the biggest predictor of premature death -- big headline there, really scary, and we talked to Suzanne Sommers and

she talked about how she goes into a nursing home every year, just to get inspired to write about health issues the way she does.

And I've certainly done a lot of those, and know how it does inspire you to think about health. But Dr. Metzl, so many people know exercise is good for you. You need to do it. But then there's obviously so many people that don't know how to get started, and how to maintain that activity.

Dr. Metzl: Well, I really approached this book as both from a doctor and an athlete perspective together. And the reason I do that is that everybody knows that exercise is good for you. But I really want to take that argument a step further.

I want people to think about – I mean, if you had diabetes, you wouldn't think about not taking your insulin. If you have high blood pressure, you wouldn't think about not taking your blood pressure medication. If you have high cholesterol, you wouldn't not think about taking your Lipitor or Crestor. And I want people to think about exercise as a medicine -- because it is. This is not just because it makes you feel good. This is the most powerful medicine to cross the structure of the human body.

What I can tell you is, if you take this as your medicine, your medical costs will go down, you will live longer, you will live healthier, you will live happier. And basically, if you don't take this drug, you're not very smart. And so I want people to think about this, not because it's a good idea, but because it actually is a very powerful but potent medicine. And I want everybody to learn how to take this medicine for themselves, no matter how old they are, no matter how fit they are. Everybody needs to take this drug.

Kris: It can be fun, right? Ya, that's what I'm trying to think of it as. You can start it out fun. Take your kid out front and throw a baseball around.

Dr. Metzl: You bet you! Get out and move. That's the best thing you could do all day. Figure out a way to make it fun. Whatever will work for you is good for me.

Kris: And you know, Dr. Metzl, they've taken PE out of many of our schools. What do you think about that?

Dr. Metzl: In my "Exercising the Brain," in which I opened the book, I look at different conditions, like anxiety and sleep problems, and attention deficit problems. How many kids are doped up on drugs, because they can't concentrate at school? And how many schools are cutting away their physical education programs? And to me, not loading up kids with sugar, and getting them out and moving around, those are two really important things to help

people concentrate. You know, I'm not totally anti-drug, I just think we over-medicate. We have this "medication first" society, where we just throw drugs at any problem.

Kris: Well, thank you so much, Dr. Metzl. We appreciate you joining us today. And we look forward to taking this challenge with The Exercise Cure.

Dr. Metzl: Thanks. It's a pleasure to be here.

Kris: That's the end of our interview, and I hope you've enjoyed it. For more great health-related interviews, please go to Michael Senoff's <http://www.HardToFindSeminars.com>.