

# ***Kent Brown Fitness Newsletter***

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## ***Added Chemicals***

Humans stand alone among primates as scavengers of animal flesh. Early Homo sapiens had to stand erect to walk north through the treeless grassy plains of central Africa; to survive the trip, they learned to eat the carcass left by the large carnivores. The habit remains with us today.

Eating meat does not have to be a problem, but there are some precautions you should take. Insure that the animal flesh and by-products (eggs, cheese, milk, et al ...) you buy do not contain any of the following:

- Added hormones
- Steroids
- Insulin
- Antibiotics
- Sulfur nitrate
- Added salt

You would prefer your animal to be grass fed and free range. You should avoid processed meats completely. You should investigate the methods used for any farm raised seafood (farmed salmon is dyed pink and often loaded with antibiotics). Also, you should limit your flesh intake. Consuming a large amount of animal flesh strains the Kidneys; the entire body becomes very acidic.

If you would like to improve your flesh eating habits start with a three month meat fast. You may experience withdrawal symptoms such as headache and body shakes in the early stages of a meat fast. If it has been your custom to buy supermarket meat, your body will crave the chemicals that you have been ingesting for so long. Once you have cleansed your body of the chemicals, meat will never taste or smell the same to you ever again.

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## ***Burpee Challenge***

The Burpee is one of the best exercises that you can do for overall body conditioning. I plan to organize a class based on this and some other key routines in the near future. Stay tuned for further information.

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*Mr. Fitness*