

E²

ENLIGHTENMENT AND EXERCISE™

**PRODUCTIVITY
ELEVATION SYSTEM**

DARRELL FOSTER

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INTRODUCTION

“DON’T GET READY, STAY READY”

DARRELL FOSTER

Stop for a moment and reflect on your life. Fill in the blanks - you are smart, talented, strong, powerful, a go-getter and successful. Yet, you know just beyond this current state, that there is a new level of existence awaiting to be achieved. Being good at what you do and who you are is not good enough, you desire to be World Class. Honestly, ask yourself this one profound question:

Is there anything you want in life that you don't have?

Since the dawn of time, man has sought intellectual development, higher enlightenment and answers to his universal existence. Through this developmental journey every possible area of mortality, immortality, spiritually and physicality has been contemplated and explored.

At the root of all universal edicts lies the proclamation that self-preservation is the first law of nature; however, there are ultimately multiple laws of existence that reflect mankind's responsibility to propagate and cultivate the survival of his/her group.

Who Told You Your Life Was Your Own?

Perhaps you have always wanted to own your own business or write your original screenplay. Maybe you have a great idea for a new product, but haven't made the effort to get it patented and created. Do you have aspirations of continuing education, obtaining your Masters or Phd degree? Do you desire to have greater confidence and tackle the art of public speaking? Perhaps you are tired of staying late at work everyday and wish to organize your life more efficiently or have more time to spend with your family and children. Do you want to learn how to fight in order to protect and defend yourself and the people who are important to you? Whatever it is that you want in life is supremely unique to you. You know deep down the answer to this question and now is the time for you to do something about it. Through the tools in this system, you will discover your potential and witness your productivity as you get on your way to achieving exactly what it is that you want.

P Factor

Pre Proper Planning Prevents P*ss Poor Performance

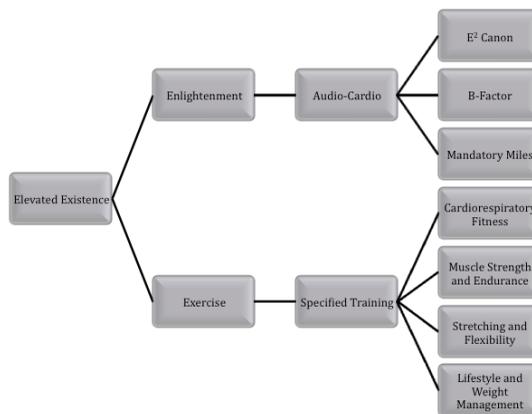
Success all starts with you being prepared. We believe at E2, your intellect (your mind's ability to understand and comprehend) and your anatomy (your body as a complete, living, breathing organism) are the nucleus of your existence. In order to achieve World Class proficiency, your intellect and anatomy must be *challenged and trained* in congruence.

Have you ever read a book, learned a new skill or been to a seminar and found the information to be great and beneficial, yet when it was time to apply it to your life you could not remember what you just learned? Have you ever been in a office meeting and could not

concentrate? Have you ever had your boss or coworker explain a new operating system to you that went right over your head? Have you been asked to explain your current project but were unable to properly articulate your thoughts? Have you ever misplaced your car keys or lost your wallet? Have you been sitting in an important meeting and found yourself daydreaming? Well, **WAKE UP and TAKE A DEEP BREATH!!** Your brain is not extracting adequate oxygen and is unprepared and not firing on all cylinders. You are trying to race in the Indianapolis 500 with clogged fuel injectors and a bogged down engine. You would never put a car on a racetrack that wasn't in ideal operating condition. Yet, this is what's happening to you when you fail to train your body as your productivity vessel. Implementing the correct productivity principles in your groups, business, family and life all must start with training your intellect and anatomy.

E²: Enlightenment and Exercise in Summary	
What is E²?	Productivity Elevation System™.
Why use E²?	So you can be at cause over your business, life, job, career, personal goals and aspirations.
How to use E²?	Train your intellect and your anatomy.
Result of E²?	Greater Productivity in all areas of your life through increased oxygen extraction ultimately leading you to an overall Elevated Existence™.

E2 ENLIGHTENMENT AND EXERCISE OVERVIEW



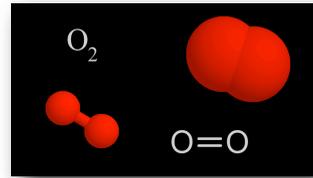
Enlightenment is achieved through Audio-Cardio™ - the process of challenging your **intellect** (your brain's ability to understand and comprehend) with thought-provoking audiobooks while running.



Exercise is the process of challenging your **anatomy** through specificity of training. This includes the conditioning of your brain and your body as a complete, living, breathing organism with all its anatomical systems.

The human body, your productivity vessel, is a living, breathing organism always trying to maintain homeostasis (an even balance). The key element to the E² System is increased oxygen extraction in your brain and body through the training of your intellect and anatomy.

THE ROLE OF OXYGEN



Oxygen is the single most important element vital to life. Some say it's the breath of the Universe, or God's breath. The human body can survive for weeks without food and days without water. However, in a matter of mere minutes, brain cells suffer irreparable tissue death due to lack of oxygen.

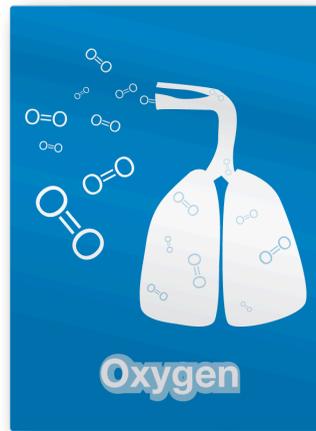
Appropriate levels of oxygen are essential to support cellular activity. Oxygen plays a vital role in the energy metabolism of living organisms. This is the process of chemical and physical change which goes on continually in the human body: build-up of new tissue, replacement of old tissue, conversion of food to energy, disposal of waste materials and reproduction - all the activities that we characterize as "life."

The human body is about two-thirds oxygen. Oxygen is absorbed by the blood stream in the lungs, then transported to the cells in your body and brain. Every breath you take converts to energy. All human cells, especially your brain/nervous system cells (called neurons), need energy to do their job. All cells use blood sugar (glucose) and oxygen to create Adenosine Tri-Phosphate (ATP), the energy source that fuels cell function. If your cells need more energy, they use more oxygen. That is why your breathing rate increases when you exercise. If your cells do not receive enough oxygen, they produce less energy. Your brain is in charge of every

aspect of your being, therefore depending on adequate oxygen more than any other part of your body.

Your brain controls your:

- Thoughts
- Moods
- Memory
- Emotions
- Attention
- 5 Senses: Vision, Taste, Touch, Hearing, Smell
- Pain perception
- Balance
- Posture
- Muscle tone
- Digestion
- Heart rate
- Blood pressure
- Breathing
- Bladder function
- Sexual function
- Hormone production
- Immune response



Optimal levels of oxygen in the body leads to greater endurance, more energy and increased mental alertness. Unlike muscles, your brain cannot store energy. It needs a steady flow of nutrients and oxygen to function normally. The brain demands at least 20% of the body's oxygen supply. When it doesn't get this supply it can lead to issues such as sleep apnea, poor concentration, forgetfulness, mood swings, restlessness, depressive thoughts and low drive. Oxygen deficiency can decrease your alertness, memory and judgment.

"Insufficient oxygen means insufficient biological energy that can result in anything from mild fatigue to life threatening disease. The link between insufficient oxygen and disease has now been firmly established." Dr. W. Spencer Way, *Journal of the American Association of Physicians*.

Although every function of the human body is regulated by oxygen, there has been a breakdown in the human organisms ability to extract oxygen from the bloodstream. Due to environmental changes, increased greenhouse gases, manmade chemicals, industrial air pollution and smog, sedentary lifestyles, poor nutrition and lack of aerobic activity, the brain and the body's ability to extract oxygen has drastically diminished. As a result of this collapse, lifestyle related illnesses, such as arteriosclerosis (blocking of the arteries), heart disease, obesity, high cholesterol and diabetes have increased as well. Many experts conclude that a lack of oxygen in human cells and tissue is linked to a vast variety of, and quite possibly all, health problems and disease.

Elevated levels of oxygen and VO₂ Max (the total capacity to consume oxygen at the cellular level) have a direct effect on the productivity of the human intellect and anatomy. Using the methodologies of the E² System™ allows you to live a healthier and more productive way of life as increased oxygen extraction is the direct outcome of training your intellect and anatomy. Properly preparing your vessel depends on your ability to effectively extract and utilize your life-fuel, oxygen.

PART I: ENLIGHTENMENT

Training Your Intellect



Enlightenment is achieved through Audio-Cardio™ - the process of challenging your **intellect** (your brain's ability to understand and comprehend) with thought-provoking audiobooks while running.

Audio-Cardio™

Intellectual stimulation through the listening of challenging texts is essential to increased productivity. It is imperative to the success of your E² experience that you listen to a thought-provoking audio book while running. This is called Audio-Cardio™. While the brain is scientifically engaged in the complex formulation of neuron re-organization (neurogenesis), the brain is also acquiring thought-provoking stimulation through active involvement of your audio sensory capabilities. Running increases the level of oxygen entering your brain, facilitating the creation of new neurons. You simultaneously flood the neurons with content of your audiobook, therefore optimizing your brain's potential to absorb the new and challenging information. The more expanded your blood vessels in your brain due to high levels of oxygen, the better able you are to understand and recollect the information input during your cardiovascular exercise of running.

"B-Factor: Books are Barbells for the Brain™"

- Darrell Foster



Running and The Brain

Running increases blood flow to the brain, which allows brain cells greater access to oxygen rich energy supply within the blood. Scientific research indicates that aerobic exercise stimulates one of the brain's most powerful growth factors, BDNF, a protein that builds and maintains cell circuitry. The (BDNF) Brain Derived Neurotrophic Factor aids in the development of healthy tissue and certain neurons in the hippocampus region of the brain, which is primarily responsible for memory and learning. The increased stimulation of BDNF positively affects existing brain neurons by keeping them young and healthy while simultaneously facilitating neurogenesis, the formation of new neurons in the brain. As new brain cells are generated, they form pathways and roadways in the brain as new information is processed and new skills are learned. The more BDNF you have, the greater number of new nerve cells (neurons) you can produce which enhances your cognitive abilities and learning capacity and also aids in prevention of memory decline. As the projections for degenerate diseases such as Alzheimer's is estimated to quadruple in America by the year 2050, the E² System sheds light on the method in which you can combat this major health concern through stimulating the hippocampus region of your brain with aerobic exercise.

Running

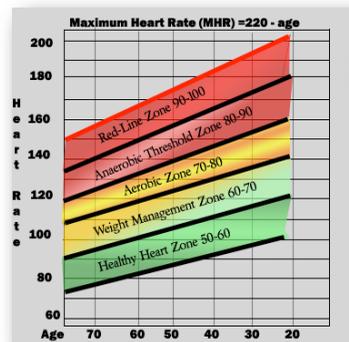
Running is the primary aerobic cardiovascular exercise used in the E² System™ because it is a natural, weight bearing activity. Reflecting back on ancient civilization, tribes and nations survived

simply due to their ability to run. The survival of families and groups meant outrunning the prey through persistence hunting in order to provide dinner. As eloquently discussed in Christopher McDougall's book, *Born to Run*, humans are precisely born to run.

In addition to being a natural, innate ability of humans, the benefits of running include improved cardiovascular health, weight loss, slowing down of the aging process, improved coordination as well as the balancing of neurotransmitters and hormones, which affect your mood and overall productivity.

As the first activity of the day, you will run for an extended period of time on the treadmill at a speed in which to operate within your target heart-rate zone. Wearing a heart rate monitor will ensure you are performing at your peak cardiovascular potential. There is a direct relationship between heart rate and oxygen consumption – particularly at intensities ranging from 70-85% VO₂ Max.

Exercising in the 70-85% aerobic zone will help to develop your aerobic system and in particular, your ability to transport and utilize oxygen throughout the body and brain. Running too fast will cause you to push through your Anaerobic threshold (which is the heart rate barrier that separates Aerobic from Anaerobic exercise). Aerobic activity is exercise that requires oxygen to produce the necessary energy ATP (Adenosine Tri-Phosphate) to carry out the activity, such as jogging or running. In contrast, anaerobic activity is exercise that does not require oxygen to produce the necessary energy



ATP to carry out the activity, such as bench presses. Anaerobic exercise is so high and so fast that oxygen cannot be delivered and utilized to produce energy, therefore the activity can only be carried out for short periods of time. The goal is to increase oxygen extraction throughout your body, so the suggested aerobic activity is running.

Target heart rate can be calculated using the following formula:

Target Heart Rate Formula

1. $220 - \text{Age} = \text{Theoretical Maximum Heart Rate}$
2. $\text{Theoretical Maximum Heart Rate} \times \text{Training \%}$

Target Heart Rate Formula Example

The following is an example for a 25 year old with a resting heart rate of 55bpm who wants to train between 70-85% maximum:

1. $220 - 25 = 195$
2. $195 \times 70\% = 134\text{bpm}$
 $195 \times 85\% = 165\text{bpm}$
Target Heart Rate Zone: 134bpm to 165bpm

The Miles

Research shows that exercising for extended periods of time produces the greatest results in terms of cardiovascular effects on the brain. Five miles should be your goal. Why 5 miles? Ask yourself these questions: Why wake up in the morning? Why win? Why succeed? It's not the distance, its the journey. You must work and challenge yourself outside of the comfort zone.

After extended periods of aerobic exercise, the “lights” will start to come on as the cell circuitry in your brain increases. You will experience revelations and epiphanies as you begin to provoke thought. You may suddenly figure out the answer to the complex questions in your mind or perhaps think of the ending for the movie you are writing. Whatever it is, you will start to feel refreshed, feel better and think clearer. Your productivity will increase through enhanced memory recall and better problem solving skills. All of this is due to high levels of oxygen in your brain, causing neurogenesis. At the biological basics, the neurons in your brain are communicating via synapses that process and transfer information within the cell through the neuron’s connective communication apparatus’, axons and dendrites. Users have reported amazing transformations and profound epiphanies through the use of Audio-Cardio™.

Reading the Chosen Text

In addition to listening to the chosen text on audio, you must also study the written text as well. The reason for this methodology is two fold. One reason lies in the theory of multiple learning styles. Engaging multiple learning styles - auditory, visual and kinesthetic - allows for greater information reception, interpretation and application. Listening to the audiobook engages those who learn best through hearing new information, while the reading and studying of the actual text engages the visual and kinesthetic learners. You may respond better to one learning modality versus the other, but capturing the information in more than one way will only aid in your comprehension and processing of the content.

In addition to utilizing multiple learning styles, the importance of reading the chosen text is your ability to clear each word in the text. The actual reading of the word will eliminate the possibility of having any misunderstandings of particular words that you may come upon or hear during your Audio-Cardio experience. Full, complete, thorough understanding is the key to increased productivity, therefore multiple modalities of information input must be engaged.

It's the combination of the audiobook (Audio-Cardio™) as well as the study of the written text independently, that enhances productivity. See the E² Canon section for a list of audiobooks/books to get started on your journey.

Summary of E²: Enlightenment Action Steps

1. Download Audiobook to mobile listening device (iPod or MP3 player).
2. Audio-Cardio™ - Run on treadmill for an extended period of time (goal of 5 miles) within aerobic heart rate zone while listening to Audiobook.
3. Read and analyze written text (printed book or ebook).
4. Record your responses to the text in your E² Enlightenment Logbook.

What's Going on During E²: Enlightenment Phase

- Elevated levels of productivity as a result of :
 - o Increased oxygen extraction through the aerobic activity of running.
 - o Increased communication between axons and dendrites which leads to greater efficiency.
 - o Increased nutrient dense, blood flow to brain improving cognitive thought processes and comprehension.
 - o Increased cell circuitry in the prefrontal cortex of your brain leading to better judgement, forethought, planning and impulse control

PART II: EXERCISE

Training Your Anatomy



Exercise is the process of challenging your **anatomy** through specificity of training. This includes the conditioning of your body as a complete, living, breathing organism with all its anatomical systems.

The brain is an organ that must also be trained. It is responsible for the release of productivity neurotransmitters such as GABA, Serotonin, Dopamine and Endorphins.

“The brain is the organ of your personality, character and intelligence and is heavily involved in making you who you are.”

- Dr. Daniel G. Amen

Exercise and the Brain

Exercise, along with a balanced diet, has been shown to have protective powers for the brain helping to maintain the prefrontal cortex, which is primarily concerned with focus, judgement and impulse control. Physical exercise produces chemical reactions in the brain, facilitating interactions of four neurotransmitters which heavily influence your productivity:

1. **GABA** - is an inhibitory neurotransmitter that calms or helps relax the brain.
2. **SEROTONIN** - the happy, antiworry, flexibility chemical. When serotonin levels are low, people tend to suffer with anxiety, depression and obsessive thinking.

3. **DOPAMINE** - this is often thought of as the pleasure, motivation and drive chemical in the brain.
4. **ENDORPHINS** - the brain's own natural pleasure and painkilling chemicals.

Keeping a proper balance of these neurotransmitters enables you to be more focused and goal orientated and maintain control over the choices in your life, leading to overall greater productivity. Exercise is the single most important thing you can do to keep your brain and your body healthy.

Training your body includes engaging in cardiorespiratory fitness, cardiovascular fitness, muscle strength and endurance, stretching and flexibility, and a lifestyle advantageous to weight management.

Through precise exercise programs, the E² system works muscles from their point of origin to their point of insertion. The system combats muscle adaptation by working the body as a complete organism. Absolute BODIE™ transformation occurs using the biomechanics of the human body: the push and the pull, the agonists and antagonist and the concentric and eccentric phases of exercise.

Physiological adaptations to exercise are specific to the system worked during the stress of physical challenge. For example, the type of exercise, which develops cardiovascular endurance, is not very effective for developing an ideal balance of muscular strength. Flexibility training usually increases the range of motion about a specific joint, such as the shoulder, but it is not effective for improving cardiovascular endurance or muscle strength. Resistance training such as weight lifting is the best way to increase strength,

but it is not the most effective way to improve cardiovascular fitness.

Utilizing specific fitness regimes, the E² system dissects the body into regions that are subsequently exercised and rested. With an understanding of the body's energy systems, the exercise programs are designed to maximize physical results while enhancing overall cardiovascular health. Specialized routines are formulated in order that you achieve maximum results from the specificity of the training. Sectioning the body into distinct concentration groups, you should expect a fitness routine to follow these guidelines: chest/triceps, back/biceps, shoulders, abdominal core and legs. With deliberate exercise of muscle groups paired with adequate recovery, the specific workout routines generate functional physical outcomes.

E² Exercise Template and Catalog

The E² Exercise Template and Catalog will provide a template, a starting point and an outline of specific exercises that are geared toward increasing oxygen extraction and facilitating balance of the productivity neurotransmitters in the brain. It's important to have a solid understanding of the human anatomy and the interrelationship between all of its components. Through the Demystification DVDs, you will gain a comprehensive understanding of the body and brain.

The exercises are broken into two categories: At Home and At the Gym. Depending on your particular circumstance, you can incorporate these exercises into your workout routine. Template workouts are provided, but specialized workout routines are encouraged for each individual based upon unique goals and/or

possible limitations. You can contact the E² Team through the website (www.enlightenmentandexercise.com) to have a workout formulated especially for you. Using the E² Exercise Template as your guide, your specialized workout plans will be designed uniquely based upon your own goals and preferences. The workout structure should be deliberately designed to challenge you and provide maximum physical fitness outcomes, whatever your aspirations or desires.

Summary of E²: Exercise Action Steps

1. Watch and take notes on the E² Demystification DVDs
2. Review the E² Exercise Template and Catalog
3. Contact the E² Team through the website (www.enlightenmentandexercise.com) to create a personalized workout plan for you
4. Implement your program and track your progress

What's Going on During E²: Exercise Phase

- Elevated levels of productivity as a result of :
 - o Heightened awareness and greater understanding of your body and your brain.
 - o Increased oxygen extraction through specialized exercises.
 - o Balance and maintenance of the productivity neurotransmitters in your brain
 - o Equipping and transformation of your physical body in preparation for your Elevated Existence



THE E² SYSTEM

GETTING STARTED



With a thorough understanding that the Productivity Principles of the E² System consists of the training of your intellect (Enlightenment) and your anatomy (Exercise), you are ready to get started on your journey. If you follow the guidelines outlined in this manual, you will soon begin to experience increased levels of productivity in all areas of your life.

30 Day E² Experience

Follow the E² System for 30 days and watch how your life will change. Eliminate all excuses and eliminate the options - decide to do it and stick to it.

Outlined below you will find details of the following components, which are crucial to the success of the program:

Step 1 - E² Cleanse

Step 2 - E² Pak

Step 3 - E² Canon

Step 4 - E² Demystification

Step 5 - E² Website

Step 6 - E² Nutrition

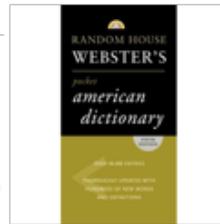
Step 1 - E² Cleanse

In starting your commitment to the E² System, its important to free your vessel of toxins and harmful bacteria and to flush your body of all waste and unhealthy elements. Using the 30-day cleanse program, the body is cleansed and prepared to take on the challenge of the E² System. Rid that which is weighing you down and open your vessel to a new way of healthy living.



Step 2 - E² Pak

The E²pak contains all the tools you need to train your intellect and your anatomy. The E²pak™ is encased in a durable, black TUMI T-Tech Adventure Backpack that is sturdy enough to handle daily treks to the gym and spacious enough to carry all the tools necessary for the journey.



**Deluxe E² pak shown here includes: ipod Nano, iTunes Gift Card, iPad, Webster Pocket Dictionary, E² Enlightenment Logbook, Heart Rate Monitor, E² Towels, iPod armband.*

Step 3 - E² Canon

Download the audiobooks listed in the E² Canon to your mobile listening device. Using the technique of Audio-Cardio™, the intellect and the anatomy are challenged in congruence through the listening of thought-provoking texts - addressing the age old question:

“How Should A Human Being Lead His Life?”

1. *The Alchemist* by Paulo Coelho
2. *As A Man Thinketh* by James Allen
3. *Aspire: Discovering Your Purpose Through the Power of Words* by Kevin Hall
4. *Brain Rules: 12 Principles for Surviving and Thriving at Work, Home and School* by John Medina
5. *The Brain That Changes Itself: Stories of Personal Triumph from the Frontiers of Brain Science* by Norman Doidge
6. *Born to Run* by Christopher McDougall
7. *The Checklist Manifesto: How to Get Things Right* by Atul Gawande
8. *Drive: The Surprising Truth About What Motivates Us* by Daniel H. Pink
9. *The Element: How Finding Your Passion Changes Everything* by Ken Robinson and Lou Aronica
10. *Excuses Begone!: How to Change Lifelong, Self-Defeating Thinking Habits* by Wayne W. Dyer
11. *Getting Things Done: The Art of Stress Free Productivity* by David Allen
12. *The Hero with A Thousand Faces* by Joseph Campbell
13. *The Hero Within* by Carol Pearson
14. *Last Lecture* by Randy Pausch
15. *Man's Search for Meaning* by Viktor Frankl
16. *The Master Key System* by Charles Haanel

17. *Measure of a Man* by Sidney Poitier
18. *Nicomachean Ethics* by Aristotle
19. *The Omnivore's Dilemma: A Natural History of Four Meals* by Michael Pollan
20. *The Power of Now: A Guide to Spiritual Enlightenment* by Eckhart Tolle
21. *The Prophet* by Kahlil Gibran
22. *The Republic* by Plato
23. *Rich Dad, Poor Dad* by Robert Kiyosaki
24. *The Secret* by Rhonda Byrne
25. *Seven Habits of Highly Effective People* by Steven Covey
26. *Spark: The Revolutionary New Science of Exercise and the Brain* by John J. Ratey and Eric Hagerman
27. *Talent is Overrated: What Really Separates World Class Performers From Everybody Else* by Geoff Colvin
28. *Tao of Physics* by Fritjof Capra
29. *Think and Grow Rich* by Napoleon Hill
30. *The Tipping Point: How Little Things Can Make a Big Difference* by Malcolm Gladwell

Each of the listed books are available on audiobook and available in either printed text and/or ebook. Listen, read and study these texts then use the logbook to keep track of your revelations and epiphanies.

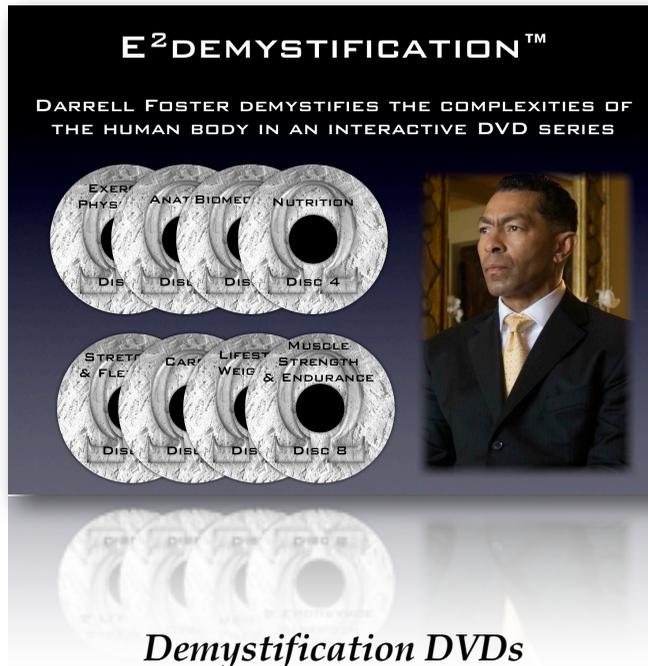
Step 4 - E² Demystification

The human body is a complex series of mechanisms, systems and networks of complicated pathways and mechanical engineering wonders, yet it remains the simplest survival system in the universe. At it's biological basics, the human body continuously commands homeostasis, an even balance. This is the body's ability to physiologically regulate its inner environment; to ensure stability in response to changes in the outside environment. Your body is capable of surviving and thriving in the harshest conditions, but it is dependent upon your homeostatic state and your body's ability to operate at prime functionality. Through the Demystification DVDs you will gain a greater understanding of the human body and its precise interrelations. Take the time to learn about your vessel and maintaining proper health and fitness will come as second nature. You cannot control that which you know nothing about - so take the time to learn as much as you can in order that you gain the most out of your E² experience.

"It's not so much the things we don't know that get us into trouble.

It's the things we know that just ain't so."

- Josh Billings



Demystification DVDs

Exercise Physiology
Anatomy
Biomechanics & Kinesiology
Nutrition
Principles & Methods:
Stretching & Flexibility
Cardiovascular Health
Lifestyle & Weight Management
Muscle Strength & Endurance

DISC ONE - Exercise Physiology

- The Cardiopulmonary System
- The Heart
- Energy Production Systems
- Cardiovascular/Cardiopulmonary Response to Exercise
- Skeletal Muscle Anatomy and Physiology

DISC TWO - Anatomy

- Cardiovascular System
- Respiratory System
- Circulatory System
- Nervous System
- Skeletal System
- Muscular System

DISC THREE - Biomechanics & Kinesiology

- Flexion and Extension
- Movement & Levers
- Planes: Sagittal, Transverse, Frontal

DISC FOUR - Nutrition

- Nutrients
- Food Groups
- Dietary Guidelines
- Nutrition and Exercise

DISC FIVE - Principles and Methods

- Cardiorespiratory Fitness
- Muscular Strength and Endurance
- Flexibility
- Balance
- Weight Control

This demystification series is not an exhaustive collection of all that comprises the human body. The explanations, analogies and descriptions are meant to provide clearer direction for you as you work to generate your own personal vehicle to overall greatness. Now you should have a clear realization that your vessel is your body and the only way to get to where you want to go is to know how to handle and maintain your vessel. You are responsible for creating your path using the outlined productivity principles.

If you follow the guidelines and recommendations for E² for 30 days, we guarantee you will see an extraordinary difference in your quality of life. Make a commitment to do your Audio-Cardio™ everyday, read and study your chosen text, gain a greater understanding of dietary nutrition and spend time learning about the human body. E² has been designed through years of practice and expertise and will provide you with the tools to achieve things you never dreamed of accomplishing. Once you fully come to realize that you hold the key to your destiny, you will never be the same again.

“Don’t Hesitate to Elevate”

Darrell Foster

Step 5 - E² Website

www.enlightenmentandexercise.com

The E² website is an interactive, user subscription website that is designed to enhance your E² experience. Not only can you contact us to generate your personal fitness plan, the website contains a wealth of news and information that you will find exceptionally useful along your journey.

Among the many features of the interactive site, as a member, you will have access to:

Additional E² Resources

Member Forums and Dialogue Divisions

Personal Videos and Testimonials

Exercise and Workout Routines

IPhone and IPad applications

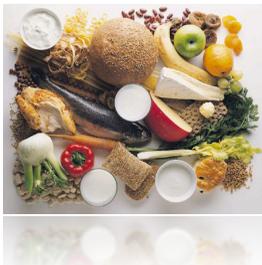
Monthly Live Streams with Darrell Foster and the E² Team

Step 6 - E² Nutrition

Nutrition. What exactly does that mean? Webster defines Nutrition as “the act or process of nourishing or being nourished; specifically, the sum of the processes by which an animal or plant takes in and utilizes food substances.” The human body carries out the process of nutrition with life sustaining substances found in foods, called nutrients. There are six (6) major classes of nutrients: Protein, Carbohydrates, Fat, Vitamins, Minerals and Water. These all work together to provide energy and structural materials for the body, and to regulate growth, maintenance, and repair of the body’s tissues.

The Six (6) Classes of Nutrients and Their Major Functions	
Nutrient	Function
Protein	<ul style="list-style-type: none">• Builds and repairs body tissue• Major component of enzymes, hormones and antibodies
Carbohydrate	<ul style="list-style-type: none">• Provides a major source of fuel (energy) to the body• Provides dietary fibers
Fat	<ul style="list-style-type: none">• Chief storage form of energy in the body• Insulate and protect vital organs• Provide fat-soluble vitamins
Vitamins	<ul style="list-style-type: none">• Help promote and regulate various chemical reactions and bodily processes• Do not yield energy themselves, but participate in releasing energy from food
Minerals	<ul style="list-style-type: none">• Enable enzymes to function• A component of hormones• A part of bone and nerve impulses
Water	<ul style="list-style-type: none">• Enables chemical reactions to occur• About 60% of the body is composed of water• Essential for life as we cannot store it, nor conserve it

Proteins, Carbohydrates and Fats are called fuel nutrients, or macronutrients, because you need them proportionately in large amounts daily. These three nutrients are the only substances the body uses to supply the energy (measured in calories) needed for work and normal body functions. The three other nutrients, Vitamins, Minerals and Water are called regulatory nutrients, or micronutrients, because you need smaller amounts of each and they have no caloric value but are necessary for normal functions and maintenance of good health.



The Macronutrients Defined

Macronutrients are nutrients that provide calories or energy. Nutrients are substances needed for growth, metabolism, and for other body functions. Since “macro” means large, macronutrients are nutrients needed in large amounts. There are three macronutrients:

- Carbohydrate
- Protein
- Fat

While each of these macronutrients provides calories, the amount of calories that each one provides varies.

Carbohydrate provides **4** calories per gram.

Protein provides **4** calories per gram.

Fat provides **9** calories per gram.

This means that if you looked at the Nutrition Facts label of a product and it said 12 grams of carbohydrate, 0 grams of fat, and 0 grams of protein per serving, you would know that this food has about 48 calories per serving (12 grams carbohydrate multiplied by 4 calories for each gram of carbohydrate = 48 calories).

Besides carbohydrate, protein, and fat the only other substance that provides calories is alcohol. Alcohol provides 7 calories per gram. Alcohol, however, is not a macronutrient because we do not need it for survival.

Why do we need Carbohydrates to survive?

Carbohydrates are the macronutrient that we need in the largest amounts. According to the Dietary Reference Intakes published by the USDA, 45% - 65% of calories should come from carbohydrate. We need this amount of carbohydrate because:



- Carbohydrates are the body's main source of fuel.
- Carbohydrates are easily used by the body for energy.
- All of the tissues and cells in our body can use glucose for energy.
- Carbohydrates are needed for the central nervous system, the kidneys, the brain, the muscles (including the heart) to function properly.
- Carbohydrates can be stored in the muscles and liver and later used for energy.
- Carbohydrates are important in intestinal health and waste elimination.

- Carbohydrates are mainly found in starchy foods (like grain and potatoes), fruits, milk, and yogurt. Other foods like vegetables, beans, nuts, seeds and cottage cheese contain carbohydrates, but in lesser amounts.

Fiber refers to certain types of carbohydrates that our body cannot digest. These carbohydrates pass through the intestinal tract intact and help to move waste out of the body. Diets that are low in fiber have been shown to cause problems such as constipation and hemorrhoids and to increase the risk for certain types of cancers such as colon cancer. Diets high in fiber; however, have been shown to decrease risks for heart disease, obesity, and they help lower cholesterol. Foods high in fiber include fruits, vegetables, and whole grain products.

Why do we need Proteins to survive?

According to the Dietary Reference Intakes published by the USDA 10% - 35% of calories should come from protein. Most Americans get plenty of protein, and easily meet this need by consuming a balanced diet. We need protein for:

- Growth (especially important for children, teens, and pregnant women)
- Tissue repair
- Immune function
- Making essential hormones and enzymes
- Energy when carbohydrate is not available
- Preserving lean muscle mass



Protein is found in meats, poultry, fish, meat substitutes, cheese, milk, nuts, legumes, and in smaller quantities in starchy foods and vegetables.

When we eat these types of foods, our body breaks down the protein that they contain into amino acids (the building blocks of proteins). Some amino acids are essential which means that we need to get them from our diet, and others are nonessential which means that our body can make them. Protein that comes from animal sources contains all of the essential amino acids that we need. Plant sources of protein, on the other hand, do not contain all of the essential amino acids.

Why do we need Fat to survive?

Although fats have received a bad reputation for causing weight gain, some fat is essential for survival. According to the Dietary Reference Intakes published by the USDA 20% - 35% of calories should come from fat. We need this amount of fat for:

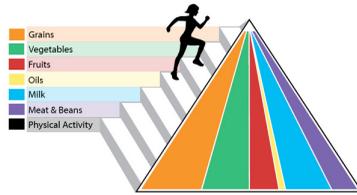


- Normal growth and development
- Energy (fat is the most concentrated source of energy)
- Absorbing certain vitamins (like vitamins A, D, E, K, and carotenoids)
- Providing cushioning for the organs
- Maintaining cell membranes
- Providing taste, consistency, and stability to foods

Fat is found in meat, poultry, nuts, milk products, butters and margarines, oils, lard, fish, grain products and salad dressings. There are three main types of fat, saturated fat, unsaturated fat, and trans fat. Saturated fat (found in foods like meat, butter, lard, and cream) and trans fat (found in baked goods, snack foods, fried foods, and margarines) have been shown to increase your risk for heart disease. Replacing saturated and trans fat in your diet with unsaturated fat (found in foods like olive oil, avocados, nuts, and canola oil) has been shown decrease the risk of developing heart disease.

Unlike many fads diets, it is vital to the success of your E² experience that you maintain a healthy, balanced diet, which includes all of the six (6) nutrients listed above (macro and micro nutrients). However, this program will not tell you exactly what to eat all the time, but will instead provide you the information and guidelines to creating a personalized nutrition plan that works best for you. Once you have a thorough understanding of the importance of diet and nutrition, you will be able to make wiser food choices, therefore taking control over what you once thought was impossible to own and maintain.

Instead of perceiving one nutrient superior over the other, transform your thinking to consider all six (6) nutrients as equally important to your overall health. Keep in mind that 'equally important' does not mean that you should consume equal amounts of each nutrient, it just means that each nutrient serves a very important role in your health and the success of E². Too much or too little of any nutrient can precipitate serious health problems.



According to the United States Department of Agriculture (USDA), a healthy diet is one that:

- Emphasizes fruits, vegetables, whole grains, fat-free or low-fat milk and dairy products;
- Includes lean meats, poultry, fish, beans, eggs and nuts; and
- Is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars

Brain Foods to Consume

With a thorough understanding of overall nutrition, the E² system places special emphasis on the “brain foods.” These are foods that improve brain function. For instance, a diet heavy in Omega-3 fatty acids can help keep the blood vessels of the brain clear of blockages and allow nerve cells to function at a higher level. So, naturally fish (major source of Omega-3s) will be amongst the recommended brain foods. Be sure to include these ingredients when creating your nutrition plan.

Brain Foods

Avocados	Olive Oil
Asparagus	Oranges
Bananas	Peaches
Beans	Peas
Blueberries	Raspberries
Broccoli	Salmon
Carrots	Spinach
Cheese, low fat	Strawberries
Chicken, skinless	Tea (Green)
Egg Whites	Tomatoes
Honeydew	Tuna
Kiwi	Turkey
Lemons	Water
Lentils	Yams & Sweet Potatoes
Oats	Yogurt, unsweetened

E2 Guides

E2 Enlightenment Logbook

E2 Exercise Template And Catalog

E2 Nutrition Journal

E2 Enlightenment Logbook

It is important to keep track of the new information that you are acquiring through your Audio-Cardio™ and study of the written text. The Enlightenment Logbook is designed to enhance your E² experience through reflection and acknowledgment of the truths that are revealing themselves to you. Use this tool in the manner that works best for you.

Below is one example of how the logbook can be used:

<i>The Alchemist</i>	
<i>Mon 2/7/10</i>	<i>Wow. I just started the E² program and I never thought I would be able to listen to an audiobook while on the treadmill. I thought it would be boring, but much to my surprise I didn't want to stop the treadmill (which is a first for me)! I think I might like this system - it brings a fresh idea to cardio. We'll see.</i>
<i>Tues 2/8/10</i>	<i>Even though I've read the Alchemist many times, it seems like I am experiencing a completely different book. I got lost in the book this morning and found myself focusing on the story instead of the run.</i>
<i>Wed 2/9/10</i>	<i>I had a little difficulty waking up this morning, but the thought of having to wait another day to listen to The Alchemist was enough motivation to get out of bed. It's amazing how much I am realizing about myself through this process and I am only 3 days into it.</i>
<i>Thurs 2/10/10</i>	<i>There is just something about running and listening to a book. I really feel like I am gaining a better understanding of the text because of the increased oxygen extraction. And surprisingly I don't miss my music like I thought I would! This is great -</i>

E2 Exercise Template and Catalog

The exercises included in the template and catalog have two primary goals: increase oxygen extraction throughout the body and maintain balance of the productivity neurotransmitters in the brain. You will find a more complete list of exercises for each part of the body in the separate E2 Exercise Template and Catalog booklet, but below is an example of what you can expect to find.

Week 1 Workout - At Gym (2 Days - Upper/Lower Body Split)

Monday - Upper Body			Wednesday - Lower Body		
Chest			Legs		
Exercise	Sets	Reps	Exercise	Sets	Reps
Bench Press	3	12, 10, 8	Squat	4	12, 10, 8, 6
Flys	3	12, 10, 8	Stiffed Legged	3	10
Back			Deadlift		
Exercise	Sets	Reps	Leg	4	12
Wide Grip	4	10-12	Extensions		
Pulldowns			Leg Curls	3	10-12
One Arm	4	8-10	Standing Calf	4	Max
Dumbbell Row			Raises		
Shoulders					
Steep Incline	3	8-10			
Dumbbell Press					
Lateral Raise	3	8-10			
Biceps					
Bent Bar Curls	3	8-10			
Triceps					
Dips	3	12			
Pulley Pushdown	4	12			

Example of Exercise Catalog

Biomechanical Exercises

The precise preparation, conditioning and strengthening of body parts is facilitated through specificity of training. All muscles are worked from their point of origin to point of insertion to maximize training and combat muscle adaptation. Every anatomical body part enlists particular movements and biomechanical exercises to achieve desired, maximum performance of the proposed muscle group - Shoulders, Chest, Back, Arms, Thighs, Calves, Abdomen.

SHOULDERS

Muscles of the Shoulders

Deltoid – a large, three-headed, thick triangular muscle which originates from the clavicle and the scapula at the rear of the shoulder and extends down to its insertion in the upper arm.

Basic Function: To rotate and lift the arm. The anterior or front deltoid lifts the arm to the front; the medial or side deltoid lifts the arm to the side; the posterior or rear deltoid lifts the arm to the rear.

Trapezius

Basic Function: To lift the entire shoulder girdle, draw the scapula up, down and to either side, and help turn the head.



Training the Deltoids

There are two basic exercises for the shoulders, Laterals and Presses.

- Laterals involve lifting the extended arm upward in a wide arc. To work all three heads of the muscle, Laterals need to be done to the front, to the side, and to the rear. Laterals should not involve the triceps, but should isolate the various heads of the deltoid muscle.
- Presses involve straightening the arms up over the head. Beginning with arms bent, the weight about shoulder height, the barbell or dumbbells are lifted over head, involving both the deltoids and tricep muscles.

Specific Exercises for Deltoids

Front Deltoids

- Machine Presses
- Arnold Press
- Front Dumbbell Raises
- Front Barbell Presses
- Upright Rows
- Incline Barbell and Dumbbell Presses
- Incline Dumbbell Flys

Side Deltoids

- Dumbbell Laterals
- Cable Laterals
- Laterals Burns – holding arms straight out with heavy weight

Rear Deltoids

- Bent-Over Laterals
- Bent-Over Cable Laterals
- Bent-Over Barbell Rows
- Seated Cable Rear Laterals
- Incline Bench Lateral Raises
- Lying Side Laterals

Training the Trapezius Muscle

The trapezius muscles are the visual center of the upper back, the diamondlike structure that ties together the neck, deltoid, and latissimus muscles. The traps work in opposition to the pulldown function of the lats – they raise the entire shoulder girdle. Use of heavy upright rows build mass and strength.

Specific Exercises for Trapezius

- Shrugs
- Upright Rows
- Deadlifts
- Clean and Press
- Reverse Laterals
- Rowing Exercises
- Cable and Dumbbell Laterals

E2 Nutrition Journal

Keeping a written record of your nutrient consumption will allow you to reflect upon and analyze the fuel that you are putting into your body. Make a habit to be conscious of your food and write down everything you consume. This will help you to determine exactly what nutrients and how much of each nutrient you are taking in on a regular basis. Below is an example that you may find useful when developing your nutrition journal.

Meal	Contents										
Breakfast	1 Cup Organic Oatmeal with fresh blueberries 1 Slice Wheat Toast with organic jam 1 Cup Orange Juice										
Snack	1 Medium Banana 10 Raw Almonds										
Lunch	Spinach and Romaine Salad with Balsamic Vinaigrette with roasted Chicken Breast 2 Dinner Rolls Cup Vegetable Soup										
Snack	6oz Plain Yogurt with Agave Nectar 5 Strawberries										
Dinner	Vegetable StirFry with low sodium soy sauce										
Water (1 serv = 8oz)	10 servings										
Brain Foods Consumed Today	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Banana</td> <td style="width: 50%;">Spinach</td> </tr> <tr> <td>Blueberries</td> <td>Strawberries</td> </tr> <tr> <td>Broccoli</td> <td>Water</td> </tr> <tr> <td>Chicken</td> <td>Yogurt</td> </tr> <tr> <td>Oats (oatmeal)</td> <td></td> </tr> </table>	Banana	Spinach	Blueberries	Strawberries	Broccoli	Water	Chicken	Yogurt	Oats (oatmeal)	
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NOTES