



Transcript

Episode 003

Today's project: Plug-in and Power-up! Tuning your body to outlive your career!

An essential guide
to peak performance now
so you can live a longer life.

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Jeffrey Mort:

00:00

Today's project, "Plug in and power up: tuning your body to outlive your career--an essential guide to peak performance now so you can live a longer life" coming up on 3-Phase Radio.

Music: 00:22 (Bluesy rock)

Jeffrey Mort:

00:23

Welcome my friends to episode number three of 3-Phase Radio, your "Transformation Station." A weekly educational program created for skilled electricians just like you. I'm your host, Jeffrey Mort. Thank you for joining us today in the 3-Phase Radio community. Thank you to my friends and family of CryBaby Creek for the intro music. You can enjoy more of their talent wherever music is found, or find them performing live in beautiful southern New England.

Jeffrey Mort:

00:51

In our previous episode, we focused on A-Phase--our minds and how to choose our destination of success with a scientifically proven method to find our way there. I hope you got a lot out of that episode. I did a lot of research on the common denominators of successful people, and brought you the best of the information in episode number two. If you missed it, you can go back and listen to that anytime.

Jeffrey Mort:

01:14

In today's episode, we'll focus on B-Phase. The amazing machine that is our physical bodies. We'll break down some everyday risk analysis and develop an action plan that'll give you a better chance to outlive your career. I'll focus on the three most important areas and some quick wins from each topic to fast track you to living your best life. Later down the road I'll do some exclusive episodes on each of these topics, diving even deeper into the science and biology that will certainly provide the framework for being more productive and energetic with every day.

Jeffrey Mort:

01:49

Now rest assured, we'll get to C-Phase in the next episode, which would be improving your skills as the most diversified trade in construction. So be sure to subscribe today and stay tuned with updates every week.

Jeffrey Mort:

02:02

So back to B-Phase, who exactly is this episode for? This episode is for the young and not so young alike. It can be for apprentices, it's for electricians, and especially trade veterans that may have more time behind them than in front. But what we're about to uncover can be helpful for

anybody at any age and will only extend their time. But these tips can increase their energy, productivity, and physical and mental performance.

Jeffrey Mort:

02:31

So, Wire Warriors, what's the problem I'm talking about today? I'm talking about the FLC test. FLC stands for "feels like crap." Do you notice how you feel day to day? Is it more often not good than good? I'm talking about aches in the morning, and noon, and especially at night after a long day of work. And what about pains? Constant pain, or dull pain, or those shooting pains? How about frequent illness? If you're sick every month, or sometimes it seems like for weeks at a time? How about chronic illness? Unfortunately, some of us suffer from chronic illnesses or autoimmune diseases. What about knee, back, and neck issues? Those are pretty common in our trade, as well as respiratory difficulties that some of us suffer from. Maybe you've been diagnosed with a disease, or worse, the dreaded c-word: cancer.

Jeffrey Mort:

03:27

Many of these ailments can happen to any of us, young or old. They're not biased. Look around, be aware, listen to work stories. Look at social media posts or simply taking notice of people in your environment. If you're the older end of the spectrum, and thinking you may have waited too long, I'll give you one of my favorite sayings. It comes from a Chinese proverb and it goes, "the best time to plant a tree was 20 years ago, and the second best time is today."

Jeffrey Mort:

04:00

That's relevant to so many things in our life that we put off. Remember, 3-Phase Nation, procrastination is limiting and it only delays us from where we want to be or who we wish to be. And regret--it's a painful emotion. But regret prevention? It's energizing, and when you do something that will help your future self, it's invigorating. The good news is our bodies are super resilient if we treat them to what they were designed for. Can you run a diesel generator on gasoline? No, it wasn't designed for it.

Jeffrey Mort:

04:35

Now, I'd like to tell you about some particular issues, although small and not immediately life threatening that happened to me. I myself reached a point where I noticed a pattern, a pattern that potentially had a grim future and that I wasn't very comfortable with. I'm talking about those daily aches and pains that led to high doses of prescription strength ibuprofen. I'm talking about 2,400 to 3,200 milligrams per day for years.

Realize an Advil is only 200 milligrams, and this was prescribed by a doctor for aches and pains. I'm talking about respiratory issues that led to regular use of a rescue inhaler as I was clinically diagnosed with asthma. I'm talking about seasonal and dust allergies that were

becoming worse every year, and at their peak were almost debilitating. Talking about headaches caused by congestion, tension, and stress became stronger and more frequent. Talking about the ringing in my ears, that became louder and constant. I was officially diagnosed with a condition that I had never known of called tinnitus or some people pronounce it "tin-i-tus."

Jeffrey Mort:

05:44

I'm talking about getting more than four or five hours of sleep at night was extremely rare. I'm talking about having random sharp internal pains that the doctors couldn't diagnose. My eating habits were never a concern. I ate when I was hungry, but then I started noticing things. Not to get too detailed, but I had symptoms that were common with IBS. I'd feel achy after most meals. I'd feel exhausted after I ate. My stress level was extremely high. My alcohol consumption at night was higher than I liked. I started developing signs of fatigue, anxiety, and depression. My ambition and energy levels were at an all time low. When I'd get a cold it seemed to last for weeks.

Jeffrey Mort:

06:28

In general, more often than not I felt like crap, and I found it was difficult to enjoy myself, to enjoy my family, enjoy my work, or any social activities. Like most people I'd just say things like, "it sucks getting old," or, "I'll sleep when I'm dead," or, "something's going to kill me eventually."

Jeffrey Mort:

06:49

One day I recognized this pattern, and it was as shocking as getting hit with 277. If any of these situations resonate with you, then listen up. I have a plan. I always have a plan, by the way, usually two or three just in case the first one doesn't work. There's something to be said about the quality of life. Every one of us deserves to be living a quality life. We each owe it to ourselves first, and second to our dependents that rely on us, be that our children or our parents.

We all deserve to live a life of quality, a life without chronic pain, a life without illness and disease. As I got older, I'd see so many of those around me complaining, suffering, and even dying from illness and disease and suffering from chronic pain. I decided to make a choice to live a quality life--a decision that changed my life.

Jeffrey Mort:

07:43

I chose to tackle these issues head on one at a time, and I chose to fix the problem. Over time, I realized that when I overcame one issue, it actually fixed other problems, too. Most of all, I realized the quality of my actions were more effective than the quantity of my actions. I noticed that when I made level-10 decisions, I'd get level-10 results. I'm going to give you a plan that

can help you feel better within days. A plan that will give you more energy, more focus, and help you live a longer, healthier life. Here's three key areas of examples of what to focus on, followed by three quick wins from each topic to take control, plug in, and re-energize your body to outlive your career. These examples are in priority according to my research, my experiments, and my results in the 3- Phase Bio Lab.

Jeffrey Mort:

08:36

The number one most important performance biohack is sleep. The number one most important ingredient to good health according to many reliable studies is sleep, and more specifically--sleep quality. Here are some facts about why. According to a new study in the Center for Disease Control and Prevention's (the CDC), they have a morbidity and mortality weekly report. Imagine that, a mortality weekly report. It reads 35% of US adults are not getting the recommended seven hours of sleep each night, and more than a third of American adults are not getting enough sleep on a regular basis.

So that's one out of three people who are sleep deprived. In a Harvard health article titled "Consequences of Inefficient Sleep" that states that sleep is 'vital for learning and memory and lack of sleep impacts our health, our safety, and our longevity.' Dr. Orfeu Buxton describes how animal and human studies suggest that adequate sleep is crucial for a long and healthy life.

Jeffrey Mort:

09:42

Most people don't get enough sleep. We're a society that burns the candle at both ends. A nation where people stay up all night to study, to work, or have fun. However, going without adequate sleep carries with it both short and long-term consequences. In the short term, a lack of adequate sleep can affect judgement, mood, ability to learn and retain information. It may increase the risk of serious accidents and injury. In the long term, chronic sleep deprivation may lead to a host of health problems including obesity, diabetes, cardiovascular disease, and even early mortality. Simply put, sleep deprivation over time will kill you.

Jeffrey Mort:

10:23

What about shift work and the effect on sleep? In October 2007 the International Agency of Research on Cancer, the IARC, classified shift work with circadian disruption or chronodisruption as a probable human carcinogen or a "group 2A" carcinogen. For 12 years it's been known that the lack of sleep and poor sleep quality can promote cancer and other chronic fatal diseases.

Jeffrey Mort:

10:55

So what can we do to level up our sleep game? Well, I'll give you three quick guidelines to better quality sleep for better health and longer life. The first one is to get rid of them. Evolution

designed our bodies from maximum efficiency by following the pattern of the sun, and to be awake during sunlight hours and asleep and recharging at night. This is known as your circadian rhythm. Keeping the same sleep schedule rhythm seven days a week will provide the best quality sleep. Staying up late and sleeping in on the weekends will mess you up during the week, and it actually has the same effect as jet lag.

Jeffrey Mort:

11:34

Next is a night ritual. Winding your body down like a motor on a VFD can set the tone for a good night's sleep. Activities such as adapt tea, or eating healthy fats, or reading, some binaural sleep music, or even stretching, or journaling, and breathing exercises are among my regular routine. Exercises such as Yoga, Tai Chi, and Qigong can also be excellent ways to find your quality sleep zone. Those also have a long list of other health benefits too. We can get into some of those in further episodes down the road.

Jeffrey Mort:

12:11

So, to list some bad habits for sleep: getting less than your required sleep. How do you know what your required sleep is? Well, if you have the opportunity to go to sleep without setting an alarm for the next day, for let's say three days in a row, and you took your average on how long you slept for those three days, that would be about what your body is looking at for required sleep and what it needs. My number is between six and seven hours, so about six and a half hours sleep is when I'm the best. Any less than that and I'm miserable, any more than that and I'm groggy.

Jeffrey Mort:

12:44

Next for bad habits is inconsistent bedtimes and wake up times. Like we talked about, that could have a jet lag effect on you. Another bad habit is night shift work. Sometimes you need to work nights. I work a night shift. Switching back and forth between day shift and night shift is even worse than just working night shift. But remember, studies show, night shift work--it's a carcinogen and it actually causes cancer.

Jeffrey Mort:

13:08

Another bad habit, I hate to say it, for a lot of folks is alcohol. Within six hours of your sleep time, nothing will mess up your sleep more than alcohol will. Next for a bad habit is caffeine within eight hours of your sleep. The way caffeine has an effect is it actually blocks the neurotransmitters that come out of your...that are produced out of your brain that actually promote sleep like melatonin.

Jeffrey Mort:

13:35

Another bad habit is screen time. That goes for TVs, laptops, tablets, smart phones. Emits a blue light, and that also limits the secretion of the melatonin at night. So any screen time closer to bedtime is going to limit your sleep quality.

Jeffrey Mort:

13:53

Another bad habit is junk foods. Eating any processed foods, that's going to impact your sleep in the way your body processes those foods at night. And sugar. Sugar is definitely a sleep inhibitor.

Jeffrey Mort:

14:06

Let's talk about some good habits for quality sleep. Some good habits are, believe it or not, morning sunshine. Getting sunshine in the morning, maybe 15 or 20 minutes. And it doesn't necessarily have to be sunny out. It can be cloudy. The sun still gets through and you're getting vitamin D from that, that actually sets the tone for a good night's sleep at night.

Jeffrey Mort:

14:25

Something else that sets the tone is exercising during the morning. So if you like to go to the gym, or do a little workout, or yoga or whatever kind of exercise that you do, doing that routine in the morning sets the tone for a good night's sleep.

Jeffrey Mort:

14:39

Some other good habits are supplements, dietary supplements, or natural minerals such as magnesium. Magnesium is probably the number one element that you could take into your body that would help you get a good night's sleep. It promotes a good sleep, it takes away pain, and believe it or not 80% of Americans are deficient in magnesium in their body. Next would be vitamin C. So getting plenty of vitamin C during the course of the day is going to set you up for a good night's sleep.

Jeffrey Mort:

15:10

Some other good habits: if you're going to be on screen time, at your smartphone, tablet, laptop, or even watching TV after a certain time at night, you want to put on some blue light blocking glasses. These block out that blue light that limit the secretion of your melatonin.

Jeffrey Mort:

15:28

Another good habit is called...it's an activity called "earthing" or "grounding." In line with what we do as electricians, if you just get your bare feet on the grass for five minutes a day, that actually resets the positive charge in your body and discharges it into the earth. And that's something that we can go in deeper in another episode. But earthing or grounding is definitely a technique that will set you up for a quality night's sleep.

Jeffrey Mort:

15:55

How about eating healthy fats before bed? A lot of people think that fat makes you fat and that's not the case. Trans fat is what is not good for you, but healthy fats before bedtime, your brain is mostly fat and the rest of it is water. Eating healthy fats before bed actually gives your brain the energy it needs. Your brain uses more energy at night restoring your body than it does during the day, helping you function. So take that one to bed.

Jeffrey Mort:

16:26

Another tip for a good night's sleep is resonance breathing. So some breathing techniques before bed will certainly set your...what that does, reading techniques, it rebalances your parasympathetic nervous system with your sympathetic nervous system. So that's your go or your fight or flight mode, or your rest and relax mode. It balances those two nervous systems just simply by inhaling and exhaling in a certain rhythm. And there's great apps but that breathing app is one of my favorite ones by Eddie Sterns.

Jeffrey Mort:

16:58

Some bedtime rituals--getting in some grounding, and some magnesium, and some light exercise before bed and doing some resonance breathing. Setting that up every night before bed will certainly give you a better night's sleep for a longer, healthier life.

Jeffrey Mort:

17:18

Summary: improving your sleep quality is the number one best action you can take for your overall health and longevity. And the best news is you can start tonight. An awesome resource if you want to learn more about better sleep is the book [Sleep Smarter](#) by Shawn Stevenson and that will be available as an affiliate link in our resource center and also in the show notes on the website. Moving on to the second most important item for increased performance, and that is hydration. And with that, I'm going to have a sip of my water here.

Jeffrey Mort:

17:53

So, let's talk about hydration. We've all heard that water is important, but most don't know why. To go deeper, the quality of water that we consume can exponentially accelerate the health benefits of proper hydration. And here's some facts about how proper hydration can vastly improve your health. There's a Slovakian proverb that says, "pure water is the world's first and foremost medicine," and that is so true.

Dehydration is one of the most common medical conditions that has adverse effects on the body and the mind, and there's a shocking number of people who are chronically dehydrated. According to one study, 75% of Americans are clinically dehydrated and only drank an average of two and a half cups of water daily. Your body's hydration level affects your energy. Not only does it also affect your cognitive function and ability to think clearly, but it will also make you sleepy, less productive, and more accident prone.

Jeffrey Mort:

18:50

This is because water is actually a liquid crystal that stores and transmits energy. How amazing is that? Water affects DNA maintenance and waste removal. If you're dehydrated, you're actually damaging the DNA that makes you who you are. Your waste removal systems, the glymphatic system in the brain and the lymphatic system in the body will not function properly, thus keeping toxins in your brain and in your body. This build up of brain toxins eventually leads to chronic disease like Alzheimer's and dementia.

Jeffrey Mort:

19:24

Here's some facts about water. Do you know that thirsty people tend to eat more and gain more weight? That's because thirst is the same signal as hunger. So it's no surprise that when someone is dehydrated, they eat food instead of drinking water. And when you feel thirsty, you're already dehydrated. Dehydration also impacts your ability to burn fat leading to increased weight gain.

Jeffrey Mort:

19:47

Water has been known to cure cases of DDD, which is degenerative disc disease. Spinal discs are a common problem in our trade, and are very difficult to get hydrated because they only get what's left over once the rest of the body gets all the water and the minerals. So, if you're dehydrated, it's no wonder you'll end up with back problems first. However, there is a very important step in hydrating your disks after drinking enough water. And that is movement.

Exercises like yoga, tai chi, qigong are all excellent ways to move the water through your body, but even something as simple as taking a walk will get the water on its way to where it's needed

most. You're starting to see all the problems that can arise simply by not drinking enough water? So now let's talk about the quality of water that you choose to drink.

Jeffrey Mort:

20:33

Is your tap water source coming from municipal water supply? Chlorine and fluoride are used to treat public water. The addition of chlorine to our drinking water began in the late 1800s, and by 1904 was the standard in water treatment, and for the most part remains so today. We don't use chlorine because it's the safest or even the most effective means of disinfection. We use it because it's the cheapest. However, according to a report from the U.S. Council of Environmental Quality, the cancer risk for people who drink chlorinated water is up to 93% higher than for those whose water does not contain chlorine. That's insane. 93% higher of a cancer risk for people that drink chlorinated water.

Jeffrey Mort:

21:15

And what about fluoride? According to FluorideAlert.org, fluoride is the only chemical added to water for the purpose of medical treatment. The U.S. Food and Drug Administration, the FDA, classifies fluoride as a drug when used to prevent or mitigate disease. As a matter of basic logic, adding fluoride to water for the sole purpose of preventing tooth decay, a non-waterborne disease, is a form of medical treatment. All other water treatment chemicals are added to improve the water's quality or safety, which fluoride does not do. Fluoridation is unethical. Informed consent is standard practice for all medication, and one of the key reasons why most western Europe has ruled against fluoridation.

Jeffrey Mort:

22:01

The dose can't be controlled. Once fluoride is put into the water, it's impossible to control the dose each individual receives because people drink different amounts of water. Being able to control a dose a patient receives is critical. Some people, for example, manual laborers like ourselves, or athletes, or diabetics and people with kidney diseases drink substantially more water than others. The fluoride goes to everyone regardless of age, health, or vulnerability. Fluoride is not an essential nutrient. No disease, not even tooth decay, is caused by a fluoride deficiency.

Jeffrey Mort:

22:36

Fluoride accumulates in the body. In a healthy adult, kidneys excrete 50 to 60% of the fluoride ingested each day. The remainder accumulates in the body, largely in calcifying tissues such as the bones and pineal glands. Infants and children excrete less fluoride from their kidneys, and take up to 80% of ingested fluoride into their bones. The fluoride concentration in bone steadily increases over a lifetime. No health agency in fluoridated countries is monitoring fluoride exposure or side effects. I remember in grade school lining up at the nurse's office to drink a cup

of blue liquid fluoride. It's crazy that this is still happening today on a massive scale through our public water supply.

Jeffrey Mort:

23:18

So what about bottled water, then? Many bottled waters are no better than tap water, and some are just that. According to Reviews.com the best bottled water contains no fluoride, a neutral pH, and moderate electrolytes. Their taste test resulted in Fiji as the best artisan brand water, Evian as the best mineral water, Just Water as the best recyclable packaging, and Crystal Glacier as the best cheap water.

Jeffrey Mort:

23:46

Let's talk about how plastic water bottles could be affecting and impacting your hormones. Lots of plastics contain a chemical called BPA. BPA stands for bisphenol A. An article written by Dr. Brent Bauer of The Mayo Clinic states that "BPA is an industrial chemical that has been used to make certain plastics and resins since the 1960s. Some research has shown that BPA can seep into food or beverages from containers that are made with BPA. Exposure to BPA is a concern because of the possible health effects on the brain and prostate gland. It can affect behavior and additional research suggests a possible link between BPA and increased blood pressure." So with BPA bottles, you're essentially drinking plastic tea. Always look for the BPA-free label on your plastic containers.

Jeffrey Mort:

24:38

That's enough of the shocking news about how low water quality and chemicals can harm you from the inside out. Now let's jam on some powerful ways to energize your water. Let's make sure your water comes from the best possible source. So what is the best possible source? Well, spring water from a reputable spring is the best source, because it's been through nature's filter and it contains pure minerals direct from the source. You can find a spring near you by using www.FindASpring.com, and remember to use only clean, BPA-free containers if you go to your local spring and bring home your own water.

Jeffrey Mort:

25:13

Believe it or not, if you have well water and the quality has been tested for contaminants, that is your second best resource from water as it comes from deep in the earth, and is also filtered by earth's natural filtration system, and contains vitamins and minerals and elements that you need. Next would be commercially bottled mineral water, and that would be third in line for source preference.

Jeffrey Mort:

25:38

You want to be sure to drink enough quality water, at least 64 fluid ounces per normal day. More when you're sweating. So that's about what? Four bottles of water a day. The best thing you can do is start your morning with a bottle of water as soon as you wake up. So if you're sleeping five to eight hours, that's without water. It means you're starting your day already dehydrated.

Jeffrey Mort:

26:01

This simple step of drinking a bottle of water as soon as I woke up in the morning was a game changer for me--made me feel so much better during the day. Let's talk about three ways to supercharge your water. You can put things in your water that can enhance the flavor and the effect into your body. So, things like lemon, but if you mix lemon and pink Himalayan sea salt in your water, what that does is it balances the body's pH levels and it replenishes electrolytes.

Jeffrey Mort:

26:30

It fights inflammation, it reduces stress, and it clears up the skin. Those are all benefits of drinking a glass of water with fresh lemon juice and a teaspoon of pink Himalayan sea salt. The way it works is the vitamin C content of the lemon and the minerals in the sea salt work together to create the ultimate detoxifying solution. So very, very good for you.

The next step to supercharge your water would be to add apple cider vinegar with mother in it. This has antibacterial properties that help to decrease inflammation, stabilize blood sugar, lower cholesterol, and prevent heart disease. The mother is a probiotic and it promotes good gut bacteria and healthy digestion. Add anywhere from a teaspoon to two tablespoons to your water and let it work its magic. For hot and spicy, if you like that, you can add some cayenne pepper with the apple cider vinegar and shake that up.

Jeffrey Mort:

27:21

A third way to supercharge your water are goji berries. Goji berries contain high amounts of zinc, iron, vitamin C, and fiber, and can do everything from boosting your immune system to maintaining blood sugar levels. Traditional Chinese medicine boasts that goji berries are their secret to longevity. Now a side note, if you're on certain medications, or breastfeeding or pregnant for you women, or have certain medical conditions like low or high blood pressure--you may want to skip the goji berries. Because, they contain a significant amount of vitamin A, and too much can lead to vitamin A toxicity. So limit your intake on those.

Jeffrey Mort:

27:58

That was a lot of information there for something as simple and natural as water. But if you follow some of these guidelines, I'm sure that you'll see immediate improvements to how you

feel every day. So, if you're getting an education from this information, I'd ask you to please share this episode and subscribe to the program so you don't miss out on any more valuable information in future episodes.

Jeffrey Mort:

28:23

That brings us to the third most important thing you can do to energize your life, and that is your fuel. If you're not paying attention to what you're eating, then you're on the path to illness and disease. I'm going to get a little bit more in depth on this topic because it's something that's helped me in so many ways. Unhealthy nutrition is also something that I see happening around me every day, and I feel that I'm not doing my due diligence to help if I don't educate my friends and family. And, I would be doing a disservice if I didn't share my knowledge about the life-threatening facts.

Jeffrey Mort:

28:55

Let's start here. I love motor sports, all kinds, and especially stock car racing in the modified division in particular. They were a big part of my childhood thanks to my dad and this friend and racing legend Mario "Fats" Caruso, and it's something that I still enjoy today.

Jeffrey Mort:

29:11

I even got to drive a modified tour car at a local speedway in a racing reality program with my dad as a birthday present, once. It was epic. And if you ever had the chance to do that, it was amazing. So if you would fuel your Whelen Modified Tour race car with 87 octane gas, you'd most likely not finish in the top five or even in the top 20. The reason being is the cars burning the higher octane fuel have the advantage because that's what they were designed to do. That's what they were designed to fire on. So why would you fuel your body with anything less than the best fuel, the best fuel available, and put yourself at a disadvantage to the competition by eating junk?

Jeffrey Mort:

29:50

Dr. Mark Hyman, a world-renowned doctor of functional medicine and founder of the UltraWellness center in Lenox, Massachusetts says, "there is no such thing as junk food. It's either junk or it's food!"

Studies show that processed foods are the leading cause of chronic illness such as diabetes, Parkinson's, and even dementia. This means that what you choose to eat has a direct effect on your cognitive function and you as a dynamic, organic machine.

Jeffrey Mort:

30:18

A study in the *Encyclopedia of Foods* showed that poor diet beats out tobacco at 35% compared to 30% for cancer causing factors. Imagine--food causes more cancer than cigarettes. It's a fact. The good news is that there are foods that actually help prevent cancer such as fruits and vegetables, limited whole grains, olive oil, plain yogurts and legumes. Conversely, foods that promote cancer are meat, especially cured, grilled, and fried meats; milk, alcohol, shellfish, refined products and sugars are food that promote cancer-causing cells to form and grow.

Jeffrey Mort:

30:56

I used to grill five days a week all year 'round until I became educated on the carcinogenic effect of cooking with fire and charcoal. A growing body of research shows that cooking meats over a flame is linked to cancer. The reason why is combusting wood, gas, or charcoal, emits chemicals known as polycyclic aromatic hydrocarbons. Exposure to these so-called PAHs is known to cause skin, liver, stomach, and several other types of cancer in lab animals.

Jeffrey Mort:

31:27

So you are what you eat. Not only are you what you eat, but you are what you are eating has eaten. Does that make sense? The very food that your food eats is getting into your system, and this includes processed commercial grain, corn, and antibiotics because the animals get sick from eating bulk processed food that they were not designed to eat, and they could potentially be drinking contaminated water, too. This is not always the case, but more often than not, commercial meat farming is more concerned with their bottom line than they are about your long-term health.

Jeffrey Mort:

32:00

Let's touch real quick on pesticides. Pesticides and your health. The Federal Insecticide, Fungicide, and Rodenticide Act, the FIFRA, is a United States federal law that in 1972 set up the basic U.S. system of pesticide regulation to protect applicators, consumers, and the environment. National Environmental Institute of Health Science suggests links to loss of smell, autism, infant motor function, cognitive decline, vision problems, and cancer from pesticides. The Agricultural Health Study--they actually monitor pesticide effects in the farming community.

So the summary? If your food was commercially farmed, you're most likely eating pesticides. So what are the options? Well, you can find natural foods, or foods that were treated with organic pesticides, and that's an option, too. A simple step is to rinse your fruits and vegetables when you bring them home.

Jeffrey Mort:

33:02

Let's talk about processed foods. In particular, fast food. Although there's a growing number of healthier fast food options, most fast food can still be classified as junk food.

Jeffrey Mort:

33:13

Eating a poor quality diet high in junk food is linked to higher risk of obesity, depression, digestive issues, heart disease, stroke, type 2 diabetes, cancer, and early death. Imagine that--fast food, it'll kill you. It's a fact.

Jeffrey Mort:

33:31

Let's talk about sugar. Sugar and the American diet. The top sources are soft drinks, fruit drinks, flavored yogurt, cereals, cookies, cakes, candy, and most processed foods. But added sugar is also present in the items that you may not think of, like soups, breads, cured meats, and ketchup. The result: we consume way too much added sugar.

Jeffrey Mort:

33:55

In a study published in 2014 in JAMA Internal Medicine, Dr. Hu and his colleagues found an association between a high sugar diet and a greater risk of dying from heart disease. The fact is you don't need added sugar to survive, and too much will eventually kill you.

Jeffrey Mort:

34:14

Let's talk about whole grains. Don't be fooled that whole grains are entirely healthy. Our bodies were not designed to eat grass. Starch and sugar are essentially the same thing, and flour acts more like sugar in your body than whole unprocessed grain. In fact, eating two slices of whole wheat bread raises your blood sugar more than eating two tablespoons of table sugar. Whenever you eat something containing wheat flour, you might as well be mainlining sugar.

Jeffrey Mort:

34:41

Let's move on to gluten. Gluten is a protein naturally found in some grains including wheat, barley, rye, and spelt. It acts like a binder holding food together. What most people don't know is that gluten can cause serious health complications for many. You may be at risk even if you don't have full-blown celiac disease.

Jeffrey Mort:

35:02

Our gut lining can break down from stress--too many antibiotics or anti-inflammatory drugs like aspirin or Advil, steroids, intestinal infections, a low-fiber, high-sugar diet, and alcohol. These

and other things trigger and activate an immune response, sparking food allergies and aggravating your second brain, which is your stomach, and that creates havoc.

That leads to leaky gut. So, simply put, certain foods can irritate your bowels and digestive system. We call these food sensitivities. They aren't true allergies like a peanut allergy or shellfish allergy, but rather more mild food sensitivity that can cause terrible symptoms.

Jeffrey Mort: 35:42 When your gut microbial ecosystem is unhealthy, you're unhealthy. When you have too many pathogenic bacteria and not enough healthy bacteria, you become sick. You become inflamed, and more susceptible to health problems. So healing your gut starts by removing the bad stuff, and adding the good stuff. And that's why gluten is no good for you, if even if you're not celiac.

Jeffrey Mort: 36:04 Let's talk about dairy. Dairy is nature's perfect food...but only if you're a calf. Contrary to the famous slogan, milk does not do a body good. It isn't just lactose intolerance. If you're lactose intolerant or dairy sensitive, then you should avoid it at all costs. But even if you are tolerant, milk shouldn't be a major part of your diet. Milk from conventionally raised cows is full of hormones, chemicals, and inflammatory compounds. Avoid it and reduce your intake of all other industrial produced cheeses and dairy products.

We can get adequate levels of calcium from other foods such as sardines and arugula. A little bit of butter is healthy, too, especially grass-fed organic ghee. So, if you are worried about not getting your calcium, you can get it in plenty of other places. Dairy, it's strictly an inflammatory and it's going to cause you problems.

Jeffrey Mort:
36:55

Let's talk about preservatives. Food preservatives are designed to prevent bacteria growth and spoilage, but a side effect can be poor health. According to an article on Livestrong.com, some of the associated health issues are respiratory problems, behavioral changes, heart tissue damage, and cancer.

Jeffrey Mort:
37:12

And on the line of preservatives, we'll talk about cured meats. A big headline on the website for the American Cancer Society reads, "World Health Organization says processed meats cause cancer." The International Agency for Research on Cancer, or the IARC, has classified processed meats as a carcinogen, something that causes cancer. And, it's classified red meat is a probable carcinogen, something that probably causes cancer. The IARC is the cancer agency of the World Health Organization.

Jeffrey Mort:

37:45

Processed meats--that includes hot dogs, ham, bacon, sausage, and some deli meats--it refers to meat that has been treated in some way to preserve or flavor it. Processes include salting, curing, fermenting, and smoking. Red meat includes beef, pork, lamb, and goat. Don't know how many of you eat goat, but, you've got to cut that out of your diet. And, as far as processed meats or deli meats, according to Statista, \$27 billion of deli meats are consumed in the U.S. every year, and unfortunately a lot of it by construction workers.

Jeffrey Mort:

38:20

Another tip here is don't fear fat. Contrary to popular belief from food industry advertising campaigns who favor profit over health, the right fats are extremely good for your health and for brain function, and some can even help with weight loss. The evil fat is trans fatty acid, also known as trans fat. It's an unhealthy substance that's made it through the chemical process. Hydrogenation solidifies liquid oils and increases the shelf life and the flavor stability of the oils in the foods that contain them.

Trans fatty acids are found in vegetable shortening, and some margarines, crackers, cookies, and snack foods. Trans fatty acids are also found in abundance in many deep fried foods. So those trans fatty acids both raise the bad LDL cholesterol and lower the good HDL cholesterol levels in blood, markedly increasing the risk for heart disease. Also known as "trans fat." We'll talk about the good fats in a minute, but as far as that trans fat, if you see that on the nutritional facts, you got to stay away from it.

Jeffrey Mort:

39:27

Remember, just because something's for sale at the grocery store and FDA approved doesn't mean it's good for you.

It almost sounds like everything we eat on a regular day is not healthy. Exactly. This is why illness, cancer, and chronic disease is on the rise and why healthcare is spinning out of control.

Jeffrey Mort:

39:44

So what the heck should we be eating? Well, here's a basic list of always available foods that will get your started to outliving your career. The top four superfoods for health. Here we go.

Jeffrey Mort:

39:55

Number one are seeds such as chia, flax, and hemp seeds. They have omega-3 fats, dietary fiber, and essential vitamins and minerals. Flax seeds have powerful anti-cancer hormone

balancing phytonutrients called lignans. Freshly ground flax seeds sprinkled into a smoothie is an excellent way to unclog your digestive plumbing, by the way.

Jeffrey Mort:

40:19

Next on the superfood list is one of my favorites. It's MCT oil. MCT stands for medium chain triglyceride oil. It's one of my favorite daily superfoods. I blend it in my morning coffee and I have some right before I sleep. MCTs are a special type of fatty acid derived from coconut oil. Studies show that MCT oil can help with weight loss, cognitive ability, and much more.

The super fuel becomes an instant energy source because MCTs get rapidly burned and metabolize very efficiently. That helps absorb directly into the gut and then to the liver. MCTs don't get stored as fat. You can add MCT oil to almost anything as it's odorless, it's colorless, and it has no flavor. MCTs also provide powerful antioxidant support to help strengthen the immune system. Studies show MCTs also benefit liver and gut function.

Jeffrey Mort:

41:19

The next superfood are mushrooms. Medicinal foods should be part of your everyday diet, and mushrooms play a huge role within the Chinese medicine. Reishi, shiitake, and cordyceps contain powerful healing properties that boost your immune system and support healthy hormone production. Mushrooms are antiviral and anti-inflammatory to support healthy liver function, optimize cholesterol levels, and have anti-cancer benefits.

I use them often. I drink mushroom coffee and I drink mushroom tea. I cook with shiitake mushrooms and I love mushroom soup. If you're thinking mushrooms in your coffee will taste like dirt, nothing could be further from the truth. My favorite is [Four Sigmatic mushroom coffee and elixirs](#). I'll put a link to those in the show notes.

Jeffrey Mort:

42:04

Next on the superfood list: plant foods. The vast colorful array of vegetables represents over 25,000 beneficial chemicals. The balance of these chemicals provides numerous health benefits, a diverse diet with numerous colorful whole foods.

Jeffrey Mort:

42:20

Our hunter/gatherer ancestors ate well over 800 varieties of plant foods. Today, we don't consume anywhere near this amount, so make extra effort to include as many varieties of these colorful superfoods as you can. Every fruit and vegetable color represents a different family of healing compounds.

Red foods, they contain the carotenoid lycopene, which helps eliminate free radicals that damage our genes. Green foods contain the chemicals sulforaphane and isocyanate, as well as indoles that inhibit carcinogens to protect against cancer. Simply put, the more color you incorporate, the more health benefits you receive.

Jeffrey Mort:

43:00

So let's talk about seven superfruits. We'll run down this list real quick. Figs for controlling high blood sugar levels. Blueberries for brain health. Kiwi for good digestion. Beets, they'll purify your blood. Lemon for immunity and detoxification. Noni fruit to check high blood pressure. And, dragon fruit to help digestion and avoid chronic disease.

Jeffrey Mort:

43:24

Other healthy foods: a few tree nuts, walnuts, pistachios, and almonds can help with weight loss, prevent cancer, lower cholesterol, and improve brain function. Healthy fats such as nuts, seeds, avocados, MCTs, and fish. Everything but trans fats. Those will also help with weight loss, prevent cancer, lower cholesterol, and improve your brain function.

Jeffrey Mort:

43:46

How about fatty fish? One of the healthiest foods on earth offering omega-3 fatty acids, proteins, vitamin D--fish may lower the risk of heart attack, may boost brain function, and may treat and even prevent depression.

Jeffrey Mort:

43:59

And how about grass-finished beef? Well, simply put, grass-finished beef comes from cattle that ate nothing but grass and foraged for their entire lives. Grass-fed, on the other hand, may be used to label meat from cattle that were started on grass diet, but have either received supplemental grain feed or are finished on a fully green-based diet. If you're trying to improve your quality of meat intake, then grass-finished is where it's at. Grass-fed is pretty much just an advertising propaganda.

Jeffrey Mort:

44:31

Another superfood is healthy oils--oils like olive oil, flaxseed oil, canola, avocado, coconut oil, and sesame oils. All have major health benefits. So, let's talk about how you cook all this food. Well, unhealthy cooking, we'll run down that list. Unhealthy cooking: avoid microwaves at all costs. I know this is difficult when you bring leftovers to work, but microwaves, there's nothing good for you about it. And they also damage the flavor of your food.

Jeffrey Mort:

45:00

Unhealthy cooking: avoid fried foods. Fried foods are no good for you. Those are loaded with trans fat and they'll give you bad cholesterol and lead to heart disease.

You want to avoid smoked foods. Smoked foods are carcinogenic. And, you want to limit your amount of grilled foods, which is also A-listed as a carcinogen and will lead to cancer.

Jeffrey Mort:

45:20

Healthy cooking--how do you cook your food healthy? Well, baking. Baking is a healthy option. Broiling--broiling allows the fat to fall down and get into the bottom of the pan and not stay on the meat. Pressure cooking is a great alternative, even using a slow cooker, or one of my favorites that I use a few times a week since I gave up grilling outside is using a George Foreman grill and that gets all the fat out of the food.

Jeffrey Mort:

45:45

What does a balanced diet look like today? Well, that old school Food Pyramid, it's scientifically proven to be unhealthy and it should be avoided at all costs. A good start to a healthy diet would look like a cross between a Paleo and Vegan diets. It wouldn't include eating much, if any, meat or dairy and avoid foods that are high in sugar and refined carbs. About 70 to 80% of the diet should be plant foods like vegetables, beans, and fruits, and some whole grains. And as always, plenty of quality mineral water.

Jeffrey Mort:

46:19

Well, there you have it. A basic list of how to use food to have more energy, live a better life, and outlive your career.

Jeffrey Mort:

46:26

I have an idea for a 3-Phase power lunch delivery service exclusively for construction workers. So, if this is an idea that you may be interested in, please comment "what's for lunch?" wherever you're listening to this. Or, on the 3-Phase Radio Facebook group, or on my social media accounts, or on the website. If there's enough interest, I'll get that program pushed through the 3-Phase laboratory ASAP.

Jeffrey Mort:

46:53

So your call to action--if you're enjoying today's episode, I'd like to ask a favor and have you take a moment to review on iTunes. It would mean a whole lot to me.

Jeffrey Mort:

47:03

Now it's time to plug in and take action, my Wire Warrior friends. It starts with education. I'm telling you this because I care about each and every one of you. I care about you. I care about your family. I care about your social life. And, I care about your career. So now it's time to power up and get energized about tomorrow.

Jeffrey Mort:

47:22

To recap, here's some compact power line straight from the 3-Phase laboratory, and I'll you three steps that'll help you avoid failure.

Phase A: be aware. Be aware by educating what's going to help you, and what's going to hurt you.

Jeffrey Mort:

47:37

Phase B: take action. The 3-Phase lab power factor is $K+A=P!$ K is knowledge, and P is power, but knowledge is only power when you add the secret ingredient of action. Make good decisions towards a quality life.

Jeffrey Mort:

47:57

Phase C: be consistent. It's not a trend, it's your life. To recap here, here's a plan with some quick wins to get started.

Jeffrey Mort:

48:06

Power Line Tip Number One--power down with sleep.

A-Phase is keep the same sleep schedule as often as possible. For example, 10:00 p.m. to 5:00 a.m. seven days a week and avoid the night shift whenever possible.

Jeffrey Mort:

48:18

B-Phase is avoid activities that negatively impact your sleep every day. There are so many. Implement more of a positive impact on sleep quality all day and not just at night, because there are so many advantages that these are easy and free to do.

Jeffrey Mort:

48:33

C-Phase--power down to sleep mode with a regular routine 30 minutes before closing your eyes for sleep.

Jeffrey Mort:

48:40

Power Line Tip Number Two: hydration for duration.

A-Phase--the 4x rule. Drink at least four bottles of water every day starting as soon as you wake up. The more the better.

Jeffrey Mort:

48:51

B-Phase--water quality. It's super important, so go for the good stuff. It's worth the extra pennies. Your body will thank you later.

Jeffrey Mort:

48:58

C-Phase--super charge your water. Try something new every week and see what a difference it makes.

Jeffrey Mort:

49:03

Power Line Tip Number Three: nutrition from nature.

A-Phase--reduce and remove toxic foods one at a time. Reduce fast food, get rid of sugar, cut down on the wheat, cut down on the dairy, eliminate processed foods, cut down on your cured meats, and your trans fatty acids.

Jeffrey Mort:

49:21

B-Phase--eat more healthy whole foods like fruits, vegetables, nuts, seeds, legumes, fatty fish, and grass-finished beef and healthy fats.

C-Phase--educate. Start reading food labels and know what you're fueling your body with. Phase out the junk and bring in the food.

Jeffrey Mort:

49:38

Cook wisely. Bake and broil instead of grilling, smoking, or frying your food. Use a crockpot or pressure cooker and avoid the microwave at all costs. Find reputable resources to follow their guidelines. So, there you have it: three major yet simple components to living a better life.

The challenge: add one new item every week or more frequently if you like. Keep track in a journal or in a notes app on your smartphone to recall what works and what doesn't. Be aware of the changes that make you feel better, and the ones that may not.

Jeffrey Mort:

50:10

The best gift you could give back to me is to share this information with your family, your friends, your co-workers, and anyone you care about. It could actually save a life. Thank you for listening. I appreciate your time. I hope you got a whole lot out of this episode.

Jeffrey Mort:

50:24

In the next episode, we'll be getting into the skills of being an electrician, and some business tactics as well. And then we've got a whole lineup of special guests along the way. Industry experts that'll drop value bombs in every episode and help you educate to being a better electrician and living your best life. So remember, Wire Warriors, the best investment you can make is in yourself. Thank you for listening.

Jeffrey Mort:

50:50

This podcast is for educational purposes only and is based on my own experience and my own research. I am not a medical or nutritional professional, nor am I a sleep or hydration expert. If you have medical concerns, please consult with a medical doctor, a nutritionist, or a functional medicine practitioner. Thank you very much.

Music: 51:29 (Bluesy rock)