

# Helping you become a Lean & Green fighting machine

Everyone realizes that ring sports require tremendous physical conditioning, mental toughness and of course a great deal of skill. One aspect of these sports however, that sets them aside from most others is the dreaded process of 'making weight'; just ask Olympic boxer Frankie Gavin!

Most fighters have been there; working out in sweatsuits, running miles and eating nothing but egg whites. Unfortunately, while attempting to lose pounds in this way, many fighters lose something they don't bargain on; strength and energy.

## DANGEROUS

However, and perhaps more serious, is that rapid weight loss can be one of the most dangerous aspects of the fight game. As often the traditional tactics to cut weight deprive the body of valuable fluids vital for normal bodily functions, which cannot be sufficiently restored in the few hours between weigh in and competition.

Someone who has suffered, while trying to make weight, is Craig Nield, of the

Beastmasters Gym, Altrincham. Craig who has been practicing Muay Thai for 8 years and originally trained for three years with Master Sken, before coming under the guidance, in 2004, of former 3 times World Champion Keith "Pele" Nathan.

It was Craig's own experience of the difficulties and consequences of pre-fight weight loss that led him, earlier this year, to set up his "Lean and Green" company.

## INCREASING STAMINA

Craig says, "Our aim at Lean & Green is to provide to fighters and gym participants with natural and herbal products to assist their training, and to help them to reach their goals and to cut weight naturally while actually increasing their stamina and energy levels. I, like many

fighters, used to struggle with cutting weight before fights and had to endure sacrificing food and liquids and spend hours in the saunas just to reach the correct weight only to find that I felt drained before the fight."

Lean & Green offers a range of natural products that are easily absorbed, and have a wide spectrum of activity. The products are designed to strengthen the immune system, and provide concentrated, balanced nutrition. These naturally balanced supplements are more easily absorbed than ordinary multi-vitamin formulas.

## REPUTATION

The company has built its reputation on the principle of sourcing the finest quality products and providing a reliable service. The diversified product range continues to grow by not only observing trends while improving the standard products, but also by listening to their customer's requirement.

Craig says, "This allows us to make a distinctive and substantial impact for our clients, including many World Champions, such as Andy Howson, Julie Kitchen, Daniel Hudson, Stephen Primrose and also many European and British champions

All our products are internationally sourced and only the finest quality products are used, so people know that when they buy from Lean & Green, they are assured that the products are true to their word."

Some of the most popular products in the range are Supreme Greens, Digestive Enzymes and Spirulina.

## SUPREME GREENS

This product a Mega-Food formulation of organically grown grasses and vegetables, sprouted grains, blood purifying and immune enhancing herbs, and antioxidants. Supreme Greens is naturally alkaline, helping to balance the body's pH, while providing the vitamins, minerals, amino acids, and plant proteins needed for proper cell regeneration.

It is important to keep the body alkalized and the pH level balanced, as when unbalanced the body can be affected creating results such as heart disease, obesity, weight problems, fatigue and problems with the cardiovascular system.

Supreme Greens are most effective when used alongside a good training program and healthy eating plan to ensure general good wellbeing, enhance weight loss, and provide plenty of extra energy and stamina. They can be taken in powder or capsule form.

## DIGESTIVE ENZYMES

Digestive enzyme powder is easily absorbed into the body and can help the digestive process enormously, with papain and bromelain to help digest your food, psyllium husks to help clean out the system, fennel seed, ginger root

and peppermint leaf to calm the stomach and prebiotics and probiotics to look after bacteria in gut.

High in digestive fibre, three servings a day more or less guarantees the recommended daily fibre intake, digestive enzymes are particularly recommended if you are taking supreme greens as they can increase the absorption rates. The modern diet and cooking methods mean that we rarely get the enzymes the body needs to complete some of its important internal processes. The Digestive Enzyme product is a very simple way of looking after the digestive system.

## SPIRULINA

Spirulina is the most extensively researched food microalgae. Many people use Spirulina in their self-care strategy for more energy, nutritional insurance, weight control and cleansing. It is perfect for taking in between or before meals for good nutrition without the heaviness of bulky food. Athletes taking this product often discover that they have more endurance and strength.

It is a microscopic blue-green vegetable algae that has been used as a food source for centuries, with very significant health benefits. As a supplement, Spirulina algae is an extremely high protein source, with

a protein content of 60-70 percent, which is higher than any other natural food and in fact most nutritional products.

Adding natural supplements to your everyday diet can be very useful, giving you the added nutrients and vitamins that many diets just don't provide enough of, especially when you are undertaking a hard and tiring training program and more especially when preparing for a fight; pushing yourself physically and mentally. A lot of products out in the shops today are good in what they provide but unfortunately they also have many additives added to the ingredients. All products at Lean & Green are natural and this is what we so are proud of.

Look out for Lean & Green at many of the forthcoming Muay Thai and kickboxing events this year. Several of our fantastic sponsored fighters are competing in very prestigious bouts and everyone at Lean+ & Green is excited to be part of this. Look out for updates on our website [www.greenfightingmachine.com](http://www.greenfightingmachine.com), of the fighters progress and new products that are available.

For more information or nutritional advice, please contact Craig on 07932945436 or Stephen Primrose on 07966989031. You can also see our advert on page 56 of this magazine.



Marc Sargeant



Steve Jones, British Champion, Beastmasters Gym, is currently training hard and will be competing in this year's trials for Contender 2, Asia. He says, "I can really feel the difference with taking the products and have more energy and stamina to train harder and longer."