

The 7 Secrets of Nutrition & Flexibility

by Lucas Rockwood, E-RYT 200
Yoga Teacher & Nutritional Coach



**“The No-Nonsense Truth About
Yoga, Food & Flexibility!”**

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YOGABODY Flexibility Kit: www.YogaBodyNaturals.com

— What Students Are Saying —

“I was finally able to hook my fingers together in the Gomukasana...”

And here is why I'm so happy today... I've been taking the **YOGABODY supplements** and doing the Gravity stretches for about two months now. I've been noticing improvements along the way, like being able to put my hands on the ground above my head when I lie on my back. And my back bends are going places they've never been before. But today, I was finally able to hook my fingers together in the Gomukasana arms on both sides. Thanks Lucas!

- Jason Alan Griffin (Nia Teacher & Personal Trainer)

“I can feel a huge difference!”

Thank you on all of your mails and **The YOGABODY Handbook**... the Gravity Poses are amazing! After just 2 days of doing them, I can feel a huge difference! Can't wait for day three today...

- Vesna Bacic (Yoga Student)

“I am sleeping much better...”

The supplements combined with your Gravity Poses seem to be working... I easily held full front splits for five minutes (both sides) the other day—haven't done that for a while! I have also noticed that I am sleeping much better. I don't know whether it is the extra stretching or eating more fruit and vegetables that has improved my sleep, maybe it's both.

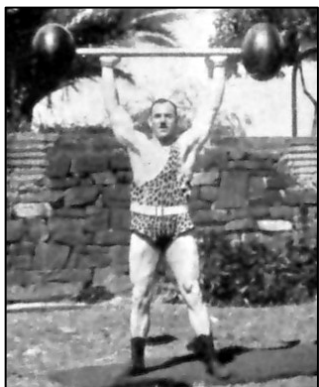
- Iain Campbell (Yoga Student)

“I can put my hands FLAT ON THE FLOOR!!!!”

Lucas, I had to share an amazing thing I discovered this morning: When I bend at my waist and keep my legs straight, I can put my hands FLAT ON THE FLOOR! You gotta understand how cool this is—I am 40 years old, and I have NEVER been able to do that in my entire LIFE! When I started YOGABODY six weeks ago, I couldn't even touch my TOES! Thank you, thank you, thank you, thank you. This is incredible!

- Margie Remmers (Yoga Student)

Secret #1: **ANYONE CAN BECOME FLEXIBLE**



Let me tell you why I KNOW that anyone can become super flexible.

In 2003, I met Jake, a former body-builder turned yoga student who showed me old pictures of himself.

Jake used to have biceps like tree branches. No joke! This guy was ripped, and everyone knows that body builders are all stiff as a board... right?

Well, this guy completely transformed his body into a long, lean, flexible machine so fast that his friends didn't recognize him.

He did this using a system he learned in India that involved long-hold stretches, a special Ayurvedic diet, and some funky Pancha Karma detoxification program.

All told, Jake spent 1 full year in India practicing and studying, and I have to say his results were amazing.

But here's the thing:

I got the same results in HALF the time using Gravity Poses, nutritional supplements, and eating healthy foods. I'm not one to take shortcuts, but hey, who wants to waste time?

Here's a tip you can use tomorrow:

Try drinking green juice before you stretch (like at least 30 minutes before). These are my favorites: wheatgrass, spinach, kale, and parsley juice.

I don't have space here to explain to why green juices make you bendy, but trust me, they do.

If you're interested in the theory behind green juices and other "flexibility foods," I go into more detail on page 29 of the **YOGABODY Handbook** (which I'm giving away free of charge by the way in my YOGABODY Flexibility Kit).

Secret #2: **COFFEE MAKES YOU STIFF**

When I was 19, I worked at Starbucks on Park Row in downtown Manhattan.

At first, I was really into the Carmel Macchiato, but after two months, I couldn't drink the sweet stuff anymore. Made me sick.

The staff mostly drank Americanos (espresso and hot water), but after a couple weeks on those, I decided to skip the water and drink 12 oz. glasses of straight espresso—3 times per day!



My bean of choice was from Sumatra; full bodied, thick as mud, and not too bitter. I was a coffee boy for nearly a year and half (the entire time ruthlessly addicted to caffeine) and here's what happened:

- I gained 15 lbs.
- My skin went translucent
- My stools looked like petrified wood
- I couldn't seem to sleep OR stay awake
- My love life was crap (read between the lines)
- Every joint in my body ached

What I'm trying to tell you is, I know coffee. I know why you love it and why you need to give it up, or a least cut WAY back.

Here's a quick stretching tip: drink fresh juice instead of coffee, tea, or sodas and watch your flexibility improve within 36 hours. I'm serious.

Sound too simple?

Get this: caffeine sucks the water out of your system, fries your nerves, and makes you tense. Let me put it this way: dry, tense, over-stimulated bodies are, without fail, stiff and tight every time.

If you really need a pick-me-up, do a 3-5 minute headstand. It beats the hell out of Grande cup of Sumatran espresso any time.

Trying to quit coffee? If so, Liquid Clarity-B is an all-natural, water-based food supplement that can be very helpful. Learn more here: [**LIQUID CLARITY-B**](#)

Secret #3: INDIAN FOOD IS NOT YOGA FOOD

In 2006, I spent 3 months in India studying yoga.

I practiced with Sri K. Pattabhi Jois in Mysore, I spent time at the Sivananda Ashram in Kerala, and I met some really cool, old-school yogis at random temples and markets.



I've traveled to over 20 countries, but India stands out as both the best and the worst. It witnessed beautifully-rich traditions, heart-wrenching poverty and desperation, magnificent monuments, and desolate slums all crammed together in a huge land mass that somehow always feels crowded even when there's no one around.

And the food? Well, Indian food tastes amazing, but for yoga and flexibility, it's death! ***Let me explain.***

The Indian diet consists mainly of wheat, rice, and dairy – three of the most mucus-forming foods known to man (think of mucus like glue smeared throughout your body).

Lots of Mucus = Lots of Stiffness

So why do yoga teachers always recommend that you drink milk, eat yogurt, and suck down spoonfuls of ghee every day? Probably because they've never tried giving it up! Here's a quick tip: give up dairy for 1 week and see how much more flexible you feel. Most people notice a HUGE difference within 3 days (I'm talking night-and-day difference).

Listen, I know what you're thinking: "Not another crazy vegan trying to turn yoga students into tree-hugging hippies..." well, think what you like. I'm not a hippy, I'm only slightly crazy, and this isn't about the cows! (OK, I'll admit I do think it's wrong to strap cows to machines, steal their babies, and pump them full of antibiotics just so we can have yogurt for breakfast... but that's another topic altogether.)

Mucus sucks! That's the straight story. Give up dairy, go deeper in your backbends, and your sinuses will be so clear, you won't believe it. After 1 week, if you just can't go another day without Ben & Jerry's Chunky Monkey, well then at least you'll know why your hamstrings are so stiff when you wake up the next day.

Secret #4: **YOGA DOESN'T WORK (usually)**

Warning: this might shock you!

Yoga classes, for flexibility, rarely work. Sad but true. Let me tell you why.

In most yoga classes, you'll practice 30-50 postures in 90 minutes. This means that you usually get less than 30 seconds per posture.

I'm no math whiz, but I can tell you this: 20 seconds ain't much! Neither is 40 seconds and neither is 1 minute. If you want to really get flexible (this century), you need to start holding postures for 2-5 minutes.



Sound crazy?

We'll get this: most yoga poses demonstrate rather than develop flexibility. That's why dancers are always the stars of yoga classes while the stiff guys (like me 5 years ago) hide out in the back and pray for a miracle. We'll stop praying and start practicing!

The miracle of flexibility is in self practice, at home, where you can take your time. I'm a yoga teacher, and I know what I'm talking about.

If you want to get flexible, you need to learn a different way to stretch. The method I use, called **Gravity Poses**, involves ZERO effort, just a ton of concentration and deep breathing.



Let me give you a sample of what I'm talking about. This is for tight hamstrings:

- 1** – Stand with your feet about as wide as your hips
- 2** – Bend your knees a little
- 3** – Grab opposite elbows & fold forward over
- 4** – Relax your head
- 5** – Breathe in through your nose and out through your mouth really deeply (I mean, really deeply)
- 6** – Count 100 breaths and then release

***NOTE:** don't bounce or wiggle or use any effort... just allow gravity to do the work.

Secret #5: **RAW FOOD FOR FLEXIBILITY**



In 2002, I stopped eating.

I lived in New York City at the time, and after returning from my first 10-day, silent Vipassana meditation course, I got off the subway in a daze and said, “Forget it!”

Forget meat, forget dairy, forget booze, and forget cigarettes. I quit everything right there—just like that.

I began this new healthy chapter of my life with a 5-day fast. I drank carrot juice, orange juice, watermelon, cucumber – anything I could find.

My head was spinning, my belly was shrinking, and a little voice in my head said: “You’re on to something here, Luke!”

So when I started eating again, I ate only raw food... and that lasted for the better part of 2 years! In case you don’t know, raw vegan food consists of fruits, vegetables, nuts, and seeds. Nothing else.

Lucky for me, I really like plants (hmm... broccoli).

Here’s what happened: I dropped 40 lbs in 8 weeks, my clothes hung from my lean frame like laundry on the line, and I had this crazed look in my eyes of someone who just discovered a HUGE secret... and I had! Wanna hear it?

“Food is the most powerful drug on this planet!” Eat the good stuff, and like a German diesel engine, your body will perform like a champ for a century. But if you like to eat the crap at 7-11, then you better invest in a premium health insurance plan.

So what does this have to do with flexibility? Well, when I started on a plant-based diet, I got really bendy, really fast because plant foods prime your body for growth and change like no other.

Here’s a quick tip: try to eat at least 1 raw meal per day (a giant salad is fine), and if you can, make it your last meal of the day. I’ve done this experiment with over 140 people, and they ALL told me the same thing: raw food makes you flexible.

Plus, it’s damn good for you too. Funny how that works... if you eat healthy foods, your body seems to perform better. Coincidence? I doubt it.

Secret #6: FLEXIBILITY IS NOT GENETIC

I don't care if your mom is stiff or if your dad can't touch his toes... flexibility is not genetic!

My older brother, Ryan, can drop down into the full side-splits (that's impressive), while my younger brother, Mike, has a hard time touching his toes.



Genetically, these two are 99.9% alike, so why the difference? Well, Ryan stretches and Mike doesn't. It's that simple.

Forget the rumors: flexibility is not something you either have or don't have—like red hair or a clef chin. Flexibility is developed through physical practice and proper diet. Nothing else.

What does that mean? Well if you did ballet as and ate a macrobiotic diet, then sure, you'll probably have an easier time with stretches. Here's how it works: people move their limbs through a wide range of motion on a regular basis tend to be really flexible... the rest of us tend to be stiff. So obviously, if you want to improve your flexibility, you need to start stretching. That's probably not news to you—but maybe this is:

Firstly, you need to stretch 5 days per week, but only for about fifteen minutes. Secondly, you need to practice long-hold **Gravity Poses**, these are passive stretches that target specific areas

**NOTE* That's right. Just 15 minutes per day.*

If you're looking for a fast-track stretching routine, in the **YOGABODY Handbook**, I have a 5-day program that targets all the major areas of the body.

It's got color photos and illustrations, and is extremely easy to follow... but let me give you one passive stretch for the hips that you can do right now:



- 1 – Standing, bring your feet wider than your hips
- 2 – Squat down and turn your feet slightly outward
- 3 – Bring your arms inside your knees
- 4 – Rest your hands on the floor
- 5 – Drop your head and relax
- 6 – Breathe in through your nose

Secret #7 NEVER STOP STRETCHING



Once, a yoga teacher really hurt me.

I used to practice at this dingy old studio in the East Village in New York City where the head teacher was known for his strong adjustments. I was in cobra pose and this teacher came up behind me, stuck his knee right between my shoulders, and “knee-ed” me into a REALLY deep backbend. That’s when I heard a POP!

Ever torn an intercostal muscle? Let me tell you, it’s not fun. Just a deep breath or light laughter would sent knife-blade pain down my entire left side!

Yoga’s not supposed to hurt, but hey, sometimes it does.

So I started treating myself naturally. I knew all about sulfur, the most important mineral for tissue regeneration, and I knew that MSM was the best source for it. (MSM is an organic form of sulfur derived from pine trees). But I wasn’t taking nearly enough!

Most MSM supplements contain 500-1000 mg which isn’t even an ‘active dose.’ I discovered that the supplement companies save money by giving consumers mini-doses which don’t actually do anything!

When I found this out, I was pissed off. My nutritional coach suggested I take 3-4 grams of MSM combined with Vitamin C as part of my regular healthy diet. And since I’m always open to experiments (especially with all-natural, water soluble nutrients), I gave it a shot.

And you know what? It worked!

The whole time I was injured, I never stopped stretching (I just moved very carefully), and within 5 weeks, I was as good as new! Here’s today’s lesson... if you hurt yourself:

1 – Don’t stop stretching, just go really slow and be gentle.

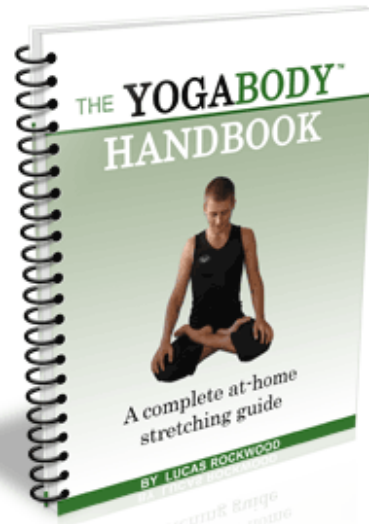
2 – Take MSM with Vitamin C. MSM is one of the most pure, bio-available sources for sulfur in nature, and when combined with the free radical scavenger Vitamin C, you then have the beginnings of the perfect stretching formula.

NOTE The YOGABODY Stretch formula is ideal for practice and recovery from soreness and injury. To learn more, read on...

YOGABODY Flexibility Kit: www.YogaBodyNaturals.com

The YOGABODY Flexibility Kit

The Most Successful At-Home Flexibility System in the World...

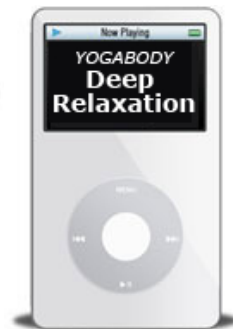
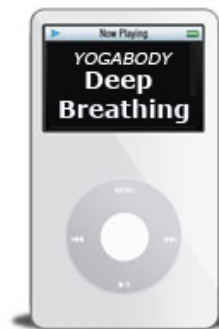


- FLEXIBILITY GUARANTEE -

Anthony's flexibility secrets work. I've used them and taught them to thousands of people, so I'm completely confident that I can help you get flexible fast.

But if you're not happy, for any reason (or no reason at all) just send back your order for a no-questions-asked, prompt, 100% refund. How can I guarantee that you'll be happy?

Well, it works like this: you want to get flexible, and I want to help you. If my system doesn't work for you, then you don't pay. To me, that just seems fair. No catch, no fine print, and nothing to lose but that nagging stiffness in the backs of your legs.



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