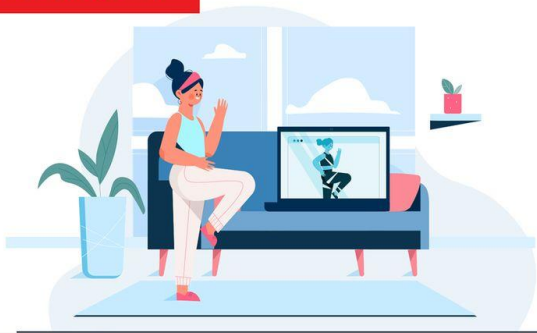


PART 6 OF 6



# FITNESS APR. 4 7PM ET

## ***POWHER Hour Questions Follow Up - Fitness***

Please note, these are the questions (including spelling) that were left unanswered during the Q&A session for the POWHER Hour Series on Sunday, April 4th.

The answers to these questions are NOT to be deemed as medical advice, and you should consult with your primary care physician and / or medical specialist team to confirm that these answers fit YOUR terrain.

- 1. Q: For those of us who work indoors, how often and how much time should we strive to be outdoor/day?***

A: 15 mins at morning and 15 mins at night so you can get a little bit of both sunlights

- 2. Q: This is a question from last week, so I understand if you cant answer this week, but I will ask anyway - Can you have miso soup daily if you are healing from triple positive breast cancer?***

A: You must first determine if you have an estrobolome that can use soy. And most miso is also loaded with gluten and other grains or legumes, so watch

carefully. Most have barley (gluten) and most are contaminated with GMO/glyphosate. I am more concerned about that than the soy issue. I would say mix it up with bone or mushroom broths or pureed green soups and limit it to no more than 2x/week if you have all the right genetics and GI function to handle it.

**3. Q: Dr. Nasha, sleeping is important to recovery after a workout, please remind me of the mattress you recommend?**

A: This is the one I like (the one I currently have is no longer being made, but when I replace it eventually, it will be this one and is the one I have all my clients get): [Here](#)

And this is a great article by one of my endorsed patient supporters as well if you want to dig into organic mattresses further: [Here](#)

**4. Q: I'm hopeful you will give us some advice/direction for best types of exercise for 50+ women, esp for muscle building and some weight loss. thanks!**

A: high intensity training max 20 min 2 or 3 times a week

**5. Q: would like to know your thoughts on Dr Zach Bush 3min nitric oxide HIIT workouts? how many times a day should someone do these workouts?**

A: Love it! We discussed during the call as well!  
<https://www.youtube.com/watch?v=PwJCJToQmps>

**6. Q: there is a lot of emphasis on having protein after a workout. Is it really necessary? If I work out around 7 pm, I can't eat anything after that. My next meal is in the morning.**

A: It's ok but not necessary. If you want to keep burning fat, you can add a spoon of coconut or MCT oil after.

**7. Q: Do you know of anyone to follow online who specializes in post-menopausal women's fitness needs?? to follow online? :)**

A: <https://www.drnasha.com/patient-resources/> Lisa Nielsen is your person for this:)

**8. Q: Are there any supplements you'd recommend after a workout? Or doing anything to help recovery? I do stretching and a warm shower to relax muscles**

A: Breath work, cryotherapy, sauna, hydration/electrolytes (I love pickle juice! Some prefer apple cider vinegar (as long as organic/raw, high in malic acid, which is great to flush the system and support mitochondrial function)

**9. Q: Does Qi gong "count" as exercise?**

A: Yes!

**10. Q: What are your thoughts on red and infrared light exposure (Joov panel for example) for muscle recovery? Is it safe for people with a cancer history?**

A: Love it! We discussed on the call but check out Ari Whitten's book: [Here](#)

**11. Q: I know we need to know what is best for our own body, but in a daily routine would workout come before or after the sauna?**

A: Either is great. In the colder months, I like to sauna first but either is wonderful.

**12. Q: Thoughts about rebounding on a quality rebounder?**

A: Love it and discussed on the call:) Vibration plates are also excellent!

**13. Q: What do you think about HIIT groups?**

A: Groups? Not sure what you mean by that but I love HIIT workouts:)

**14. Q: what blood test tells you about how 'fatty' liver u have?**

A: Fatty liver shows up with high glucose/insulin, HbA1C and also elevated liver enzymes (AST/ALT, GGT) and elevated triglycerides (>90)

**15. Q: I do strength training 2/day but kind of hate it. Is walking outside 4-5 miles/most days sufficient?**

A: Two dimes per day? I hope you mean 2x/week---too much if done daily:) And no, walking is NOT sufficient. You will not build muscle and create strength. Mix it up on your walks, drop and do pushups, add in lunges, wear ankle/wrist weights, carry a dumbbell and work arms, do pull ups on trees, step ups on benches, etc.

**16. Q: Best ways to replenish electrolytes after sauna?**

A: Pickle juice, apple cider vinegar, Recharge, LNMT, Jigsaw (watch for added sugar and avoid!)

**17. Q: What do you think of biomat to create heat from the inside? Is there a cheaper version of biomat that you recommend?**

A: Check out Ben Greenfield's hack to turn your BioMat into a sauna: [Here](#)

**18. Q: Is sauna different from Biomat?**

A: Yes but see above as well

**19. Q: What do you think of blood flow restriction bands, or even Kaatsu, for muscle strength building? Is this safe?**

A: I love them. I have these: <https://bstrong.training/> and they certainly shorten your workouts significantly and you gain a lot from very little

**20. Q: What about alternating cold and hot showers? I heard that is beneficial for lymphatic system**

A: I have done this religiously for 30 years. I don't feel complete without ending my showers in the cold. Most days I also go back and forth--60 seconds hot, 20 seconds cold--ALWAYS end cold for best effect. VERY beneficial to lymphatics, circulation in general, a little hormesis to enhance immune function, etc.

**21. Q: Glad you asked about cold and hot showers. how long should one do a cold and hot shower**

A: You can get the Wim Hoff App and take his cold shower challenge which builds you up to 2-3 minutes over time:) I easily do that most mornings and sometimes alternate hot cold as well (see above)

**22. Q: what do you think of a zaaz machine (vibrating plate machine)?**

A: See above

**23. Q: I do the cold and hot shower in fact, and I like it and feel more energized, and more tolerant of cold. Just wonder what exactly is doing to the body**

A: See above:) And keep it up!

**24. Q: From last time - what does it mean if you have SL22A5 gene - l-carnitine deficient should be one supplement and is ok to do Keto with this SNP.**

A: SLC22A5 SNP means you don't have the right vehicle to get fat across the cell membrane into the Krebs cycle in the mitochondria. VERY okay to do with Keto. In fact, the worst is for the vegetarians as the ONLY source of carnitine is from "carne"--meat. So I find more of my veg/vegans are troubled by this and my low carb/keto get some of the resources of carnitine through food, but if someone has a lot of these SNPs (there are many), then they may need that additional support. L-Carnitine or Acetyl-L-carnitine (NOTE: please consult a physician if you may have brain tumor or metastatic brain disease as acetyl-form would not be appropriate but regular form of L-Carnitine is fine)

Thank you again for all your questions and time.

We are excited to continue hosting these types of discussions the next following weeks. You can find more information on our instagram ([@powherprogram](#)) or our [website](#). If you have any questions, please feel free to message us there or at [info@powherprogram.org](mailto:info@powherprogram.org).

With gratitude,  
The POWHER team