

BRITISH DRUG-FREE POWERLIFTING ASSOCIATION



*An affiliate of the
W.D.F.P.F.*

AUTUMN-TIME NEWSLETTER, 2015

How time flies? Here we are again with another successful round of events and big hopes for us to host, in addition to three Nationals, two of four International 2016 events! Each year, we endeavour to excel ourselves!

Thankfully, directly beyond World Singles in Telford, I survived all seven surgeries spaced approximately forty-eight hours apart and, though there were some extremely touch and go moments – I am still here to tell the tale!

However, December's projected surgeries are sadly no longer an option – unless I can be successful with newly designed stents currently being trialled in Detroit: My surgeon refuses to lose me on the operating table – if trials fail, I am expecting to leave UK and move into German clinic, where I will undergo 24/7 dialysis. This is determined to hold me until February – maybe March with a lot of luck. Current stents are expected to remain functional until towards end of December, allowing me to remain in my beloved home for as long as possible. I will need to wait until mid-November as to current trial progression: My surgeon will be further influenced to operate if trials are successful.

In discussions with Neil, he is happy that this Newsletter be last one via me. However, I'm keen to complete the fourth and final one later this year so I will deliver December's Newsletter as to be the last from me (my eighteenth!).

With sadly so few finding the time to contribute write-ups as to their organised events, it seems pointless just repeating information that is already available via our website – tirelessly updated by Pete G.

As possible, I am happy to contribute pertinent nutritional information via our research establishment which may assist your health and lifting prowess. Such information will be placed under 'News' section.

Until final Newsletter, I am continuing my write-ups of the events I have either organised or officiated at –

World Singles Championship, Telford, June 12-14th, 2015

I delayed this report as you are all aware, having to fly out to Frankfurt within hours of Pete G kindly dropping me at home on 14th.

This event was originally my personal brainchild and I submitted a bid to WDFPF early in 2013. However, as my health prognosis significantly worsened, and fearing I would not be able to oversee, I withdrew the bid later in 2013. At World Congress in 2013, Wim had overlooked its withdrawal and all Nations around the table awaited Neil's agreement via email as to whether he was prepared to take this on. Fortunately Neil said yes! Owing to unavailable details – as with Ukraine's bid, the decision had to wait a further year – though BDFPA were successfully voted to host in Moldova 2014.

All the hard work we put in on this definitely superbly paid off: Neil in particular, exemplified just what can be achieved when one is prepared to apply such intensive effort to fulfil a goal.

On day one, the girls from England, Wales and Ireland broke multiple World records, with just one coming from Italy – MPF lifter Teresa Loi with a successful 116kg squat at bodyweight of 64.6 kg. Mary Anderson securing Best Lifter with a whopping 150 kg WR squat at 73.5 kg b/w

Weighing in at exactly 75 kg, Richard Webb achieved a WR squat of 202.5 kg.

Best lifters – Mary Anderson and Indra Sudarminto for equipped section.

Indra, weighing in at 74.7 kg eye-wateringly squatted 310 kg.

Mick Amey, M6, 81 kg bodyweight successful with WR of 192.5 kg.

Our amazing Andy Davies, M7, weighing in at 88.4 kg was very determined to achieve his new WR of 150 kg.

Lyndsey Hallam, Rachael Armstrong, Nathan Leach, Seb Madronal, Wes McGuinness and Bradley Smith all achieved World records in their MPF sections.

Day two – Bench Press - unequipped

Scottish lifter Ish Wade was delighted with her 50 kg WR, after a rocky start.

Our esteemed membership registrar, Manon Bradley was wearing her ‘other hat’ as she consolidated an impressive 82.5 kg at 69 kg bodyweight.

Junior lifter Alice Pearsons pushed 80 kg for a WR on her first attempt.

Mary Anderson was successful with a Euro record of 90 kg.

Gary Dada with his WR of 228 kg at 119.6 kg bodyweight was best lifter. Paul Merricks achieved a Euro record 233 kg at 155.8 kg bodyweight with David Williams and Steve Williams both achieving equipped World records.

Lyndsey Hallam took a 50 kg MPF World record.

Day three – unequipped dead-lift

From not even being sure I could attend and certainly unconvinced as to whether I could lift, the two previous days of complete sedentary rest just refereeing (very welcome given my usual manic work/travel schedule!), boded well: I warmed up ok – thanks to Liz and Debbie for getting me to the bar and taking my cane from me. On competitive platform I literally went ‘out on a limb’ – well, three to be exact, with my right knee suffering major problems, hence discarding cane at last moment and taking as few unaided steps as possible! Thankfully my three attempts were accepted, including my last World record as M6: My usual 100% lift-focus was necessarily split between not falling over and pulling it!

Shachar Head gained a T3 World record of 180 kg at 83.7 kg bodyweight.

Success for our unequipped men all gaining World records came from Paul McClaren, M1 (67 kg bodyweight) - 210 kg, Sean Cole (74.46 bodyweight) - 245.5 kg, John Gavin Walker – our M8 lifter, despite being unwell pulled 145 kg to secure a World record in 110 kg class, weighing in at 100.1 kg. John Gallacher, our M9 lifter at 80.5 kg bodyweight pulled a massive 170.5 kg.

Darren Wood, M1, weighing in at 113.7 kg pulled 306 kg and Mike Leadbetter at 117.46 kg bodyweight twice increased the World record, settling with a fourth attempt of 247.5 kg.

Scott Thompson (M1) and Gary Phillips (M2) both in 145 kg class pulled 280 kg and 275 kg for their records.

A truly excellent event and really pleased to have been part of the process.

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West Midlands Push Pull, 26th July at Dominator, Tipton

A new venue, a strong-man gym and whilst a low turn-out of WM entrants everything proceeded well. I was very grateful to Ruth Farrell whom single-handedly ran the yellow-card system with no back up. We coped despite some referees not turning up. Newly passed SW referee Richard Bremner came all the way from Weston-Super-Mare to assist Colin Cooke and I, bringing with him Russ Martin who superbly took on role of platform manager and instructed my newbie spotter/loaders – thanks SO much Russ!

Some first-timers, some ‘old-hands’ at this 2016 National qualifier, all unequipped except for Deborah Macdonald whom lifted both unequipped and equipped – well-done Debbie on your newly acquired Divisional referee status

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North West Divisional, 23rd August, Lancaster

Neil Ratcliffe's first hosted event – and such an excellent job with a great turnout.

From the six girls competing, Kate Gould had best squat lift and Yasmin Greenwood had best bench, dead lift and total.

National records were achieved by Joe Bailey, Richard Webb, Richard Crossland, David Hearn – travelling over three-hundred miles from Inverness – and Alastair Lees.

Richard Webb achieved best squat and total, Andy Rigby for a 220 kg bench press at 107.8 kg bodyweight.

My thanks to Neil Ratcliffe for ensuring I was collected from station and delivered to Premier Inn.

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East Midlands Divisional, 6th September, Welwyn Garden City

Glen Danbury hosted another excellent event, though with no desk help, had to side referee all day and work with yellow card system at same time! Manon Bradley and I switched from centre to side refereeing positions. As write, I have not heard from Glen for a while and do not have access to results.

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Euro Single Championships, 18th, 19th, 20th September, Trentino

From leaving BHX, it took an amazing thirty-two hours for me to arrive at Lake Garda hotel – impossibly close connection which did not happen, five and a half hours queuing for re-booking plus overnight (well – four hours!) accommodation I eventually arrived. With a slow start on Friday, we caught up pretty well with WDFPF team applying usual efficiency.

Really pleased that James Minear put in the work to pass his International Referee exam early Friday – at just twenty years of age! James went on to put in some great equipped squats with Neil T convincing him to add another 15.5 kg to his impressive 250 kg third attempt. Fourth attempt of 265.5 kg at 86.80 kg bodyweight was accepted by referees – more to come from James!

Mary Anderson declared best female equipped squat with a successful 190.5 kg World record.

On Saturday Neil Thomas, barely in 125 kg class at 110.5 kg bodyweight had three successful bench press attempts, despite ongoing injuries.

On Sunday, Mary Anderson pulled a World record unequipped dead-lift of 187.5 kg followed later with a 195 kg equipped dead-lift. Ann Thomas had a great day with World records in both unequipped dead-lift (152.kg) and equipped (155 kg) at 59.80 kg bodyweight.

We were blessed with exceptionally warm weather and beautiful surroundings for this event – though approximately four hours travel from Verona airport via airport bus, train travel and expensive taxi to my hotel. Many thanks to Greig Murray for a lift back to airport last Monday – though I had to ‘kick my heels’ there for ten hours ahead of first flight! Sight of my home early Tuesday was very welcome!

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Recently invigilated and pass-marked five more Divisional referees for West Midlands – David Hodgson is sitting exam at my home on October 2nd – well done to all!

Tips for avoiding toxic chemicals – some ‘pearls’ from my German medical team

It's clear that governments are falling short when it comes to protecting you from potentially devastating toxic chemicals. Within such a dysfunctional system, you are the best one to keep your family safe. Although no one can successfully steer clear of ALL chemicals and toxic agents, you can minimize your exposure by keeping the following principles in mind.

Eat REAL FOOD, ideally that is locally grown, fresh, and organic. Processed and packaged foods are a common source of chemicals such as BPA and phthalates. Wash fresh produce well, especially if it's not organically grown.

Choose grass-pastured, sustainably raised meats and dairy to reduce your exposure to hormones, pesticides, and fertilizers. Avoid milk and other dairy products that contain the genetically engineered recombinant bovine growth hormone (rBGH or rBST).

Rather than eating conventional or farm-raised fish, which are often heavily contaminated with PCBs and mercury, supplement with a high-quality krill oil, or eat fish that is wild-caught and lab tested for purity, such as wild caught Alaskan salmon.

Buy products that come in glass bottles rather than plastic or cans, as chemicals can leach out of plastics (and plastic can linings), into the contents; be aware that even “[BPA-free](#)” plastics typically leach other endocrine-disrupting chemicals that are just as bad for you as BPA.

Store your food and beverages in glass, rather than plastic, and avoid using plastic wrap.

Use glass baby bottles.

Replace your non-stick pots and pans with ceramic or glass cookware.

Filter your tap water for both drinking AND bathing. If you can only afford to do one, filtering your bathing water may be more important, as your skin absorbs contaminants. To remove the endocrine disrupting herbicide Atrazine, make sure your filter is certified to remove it. According to the Environmental Working Group (EWG), perchlorate can be filtered out using a reverse osmosis filter.

Look for products made by companies that are Earth-friendly, animal-friendly, sustainable, certified organic, and GMO-free. This applies to everything from food and personal care products to building materials, carpeting, paint, baby items, furniture, mattresses, and others.

Use a vacuum cleaner with a HEPA filter to remove contaminated house dust. This is one of the major routes of exposure to flame retardant chemicals for you, your children and your pets.

When buying new products such as furniture, [mattresses](#), or carpet padding, consider buying flame retardant-free varieties, containing naturally less flammable materials, such as leather, wool, cotton, silk, and Kevlar.

Avoid stain- and water-resistant clothing, furniture, and carpets to avoid perfluorinated chemicals (PFCs).

Make sure your baby's toys are BPA-free, such as pacifiers, teething rings, and anything your child may be prone to suck or chew on — even books, which are often plasticized. It's advisable to avoid all plastic, especially flexible varieties.

Use natural cleaning products or make your own. Avoid those containing 2-butoxyethanol (EGBE) and methoxydiglycol (DEGME) — two toxic glycol ethers that can compromise your fertility and cause fetal harm.

Replace your vinyl shower curtain with a fabric one.

Replace [feminine hygiene products](#) (tampons and sanitary pads) with safer alternatives.

Switch over to organic toiletries, including shampoo, toothpaste, antiperspirants, and cosmetics. EWG's Skin Deep Cosmetics Database¹¹ can help you find personal care products that are free of [phthalates](#) and other potentially dangerous chemicals.

Look for fragrance-free products. One artificial fragrance can contain hundreds — even thousands — of potentially toxic chemicals. Avoid [fabric softeners](#) and dryer sheets, which contain a mishmash of synthetic chemicals and fragrances.

Inflammation is the most dangerous condition your body has to handle to make you well and keep you that way. It diminishes your immune system. It can trigger a wide variety of serious degenerative illnesses, from early aging and heart disease to diabetes, arthritis, food intolerance and mental disorders. Inflammation is your body's natural response to infection, injury and tissue damage. It comes in two forms: Acute and chronic inflammation—systemic inflammation, which spreads throughout your body. Acute inflammation is temporary, the purpose of which is to restore good tissue function as soon as possible. Your body creates inflammation as its defence against disturbing homeostasis in an attempt to prevent harm to surrounding tissues. Chronic inflammation is different. It turns into a festering fire causing pain, illness and disability all round. The reactions it brings about in the body are highly complex, involving many cellular and molecular distortions. It acts upon pro-inflammatory immune cells that circulate throughout your body, damaging healthy areas like the linings of your blood vessels in arteriosclerosis, joint tissue in arthritis, gut mucosa in lactose and gluten intolerance, and pancreatic tissue in diabetes. It can even act as a precursor to cancer.

SURPRISING DISCOVERY



Recently, highly respected cardiologists have pointed out that when it comes to the treatment of many conditions—such as heart disease—the medical profession has been doing it all wrong. Prescribing drugs to lower cholesterol, and telling people to restrict quality fats, do not protect from heart disease as we have been taught. The statins which cardiologists continue to prescribe are not only useless, they say, these pharmaceuticals can be seriously detrimental to your health. It is, they have discovered, inflammation in the arteries that is the real cause of arteriosclerosis and heart problems.

Cholesterol can never line artery walls causing heart attacks and strokes unless systemic inflammation is widespread in your body.

Dwight Lundell, former Chief of Staff and Surgery at Banner Heart Hospital in Arizona, is one of many outspoken physicians in regard to this mistake. “We physicians with all our training, knowledge and authority often acquire a rather large ego that tends to make it difficult to admit we are wrong,” he says. “I freely admit to being wrong. As a heart surgeon with 25 years’ experience, having performed over 5,000 open-heart surgeries, today is my day to right the wrong with medical and scientific fact.”

THE TRIGGERS

What causes inflammation in the body? Many things, from genetic inheritance to environmental influences—especially the wrong diet; being exposed to bacteria, inhalants, pollutants; even electromagnetic influences from cell phones, smart meters and towers; not to mention taking long-term courses of powerful drugs—from antibiotics to hormones, anti-depressants, analgesics and sedatives, to drugs like statins, commonly used to treat heart conditions; and other prescriptive drugs, the remains of which literally poison the body, badly polluting its terrain.



If you wish to protect yourself from inflammation, you need to become aware of where it's likely to be coming from. This means examining how you live your life, and making changes to protect yourself from possible causes. The second step is to learn about which foods cause inflammation and which foods can help protect you from it. Then it's time to throw out every one of the inflammatory foods that line your cupboard and your refrigerator, and forever change how you may have been eating.

ANTI-INFLAMMATORY EATING



Certain foods, herbs, spices, and supplements help reduce inflammation and protect your body from it in the future. Organic dark green vegetables are high on the list: Spinach, kale, dandelion greens, collard greens, broccoli, bok choy, beet greens, and asparagus are high on the list of protective vegetables. So are organic berries of all kinds, organic chicken, grass-fed lamb, beef, venison, wild salmon, and green-lipped muscles from New Zealand.

Foods that cause inflammation which you want to avoid at any cost are all kinds of sugars, regardless of how much they may be promoted as “good for you”; all artificial sweeteners, which are chemically dangerous to your body; and all GMO foods, which can literally be deadly. A large percentage of the population also reacts badly to cow’s milk products—from the milk itself to cow’s yogurt and cheese. Another category of foods that can be highly inflammatory to the body are high-carbohydrate foods, from the common grains and cereals to packaged convenience foods which line your supermarket shelves. They are chock-full of colourants, flavour enhancers and other chemicals which poison your body. It goes without saying that you want to avoid all junk foods, from sugared drinks to pastries, completely. Explore instead using the faux grains, which do not pollute your body and are great for meals and baking.

SPICE IT UP



Certain spices are wonderful for helping to quell inflammatory issues. Always buy organic. Most herbs in supermarkets have been irradiated—sprayed with herbicides and pesticides, which you do not want to allow into your body.

- **Turmeric has been used for centuries as a medicine for treating colds, flu, and liver disease. It contains curcumin which has been used for centuries to reduce inflammation.**
- **Cinnamon, in addition to its beautiful smell and flavour, has been shown in many studies to exert anti-inflammatory properties and to ease swelling.**

- **Garlic** in fresh form eases the inflammation of arthritis, as well as helping to protect you from colds, flu and other ailments.
- **Ginger**, in the form of a fresh root which you can grate into your foods and drinks, is fabulous for calming inflammation of upset stomachs, getting rid of headaches and infections.
- **Cayenne**, like other chilli peppers, contains capsaicinoids which gives it its anti-inflammatory properties and can ease the pain of arthritis and headaches.

MAGNESIUM THE ULTIMATE

For those in the know, it is magnesium that forms the foundation of both treatment and prevention of heart disease, arteriosclerosis and diabetes by calming the fires of chronic inflammation. Virtually everybody in the western world is seriously deficient in this wonderful mineral. All packaged convenience foods are very low in it. Magnesium deficiency is common in obesity, type 2 diabetes, and the insulin resistance that can trigger cardiac issues as well as the widespread incidence of cancer. Magnesium reduces hypertension, reduces your rate of aging, helps protect from bone fractures, and calms troubled minds.



It is as basic as clean air and water for becoming healthy and staying healthy. There are many ways you can take magnesium, from swallowing supplements (not the best way) to bathing in magnesium chloride baths. One of the most effective ways to get more magnesium into your body—something all of us need to help clear inflammation and treat pain—is transdermal magnesium therapy. Get yourself a spray bottle of high quality magnesium chloride and spray it on your body, massaging it in all over. Magnesium chloride is taken right through your skin into the cells. Slowly but surely, doing this three times a day counters inflammation and pain superbly well. Spray it on or have a friend massage it into your body. When it dries, it may leave traces of white powder on the skin surface. This is nothing to worry about. It is some of the magnesium itself, that's all; you can brush it off. Life Flo Health make a pure Magnesium Chloride Oil, which is inexpensive. It provides 66mg of magnesium chloride for every 4 sprays or 560mg per teaspoon. It is taken from the Ancient Zechstein Seabed, which lies 1600 to 2000 meters beneath the surface of the earth in the Netherlands, and is 100% pure.