

MAMBA ELITE HEALTH OPTIMISATION

MAXIMISE PHYSICAL PERFORMANCE AND YOUR LIFESPAN LONGEVITY

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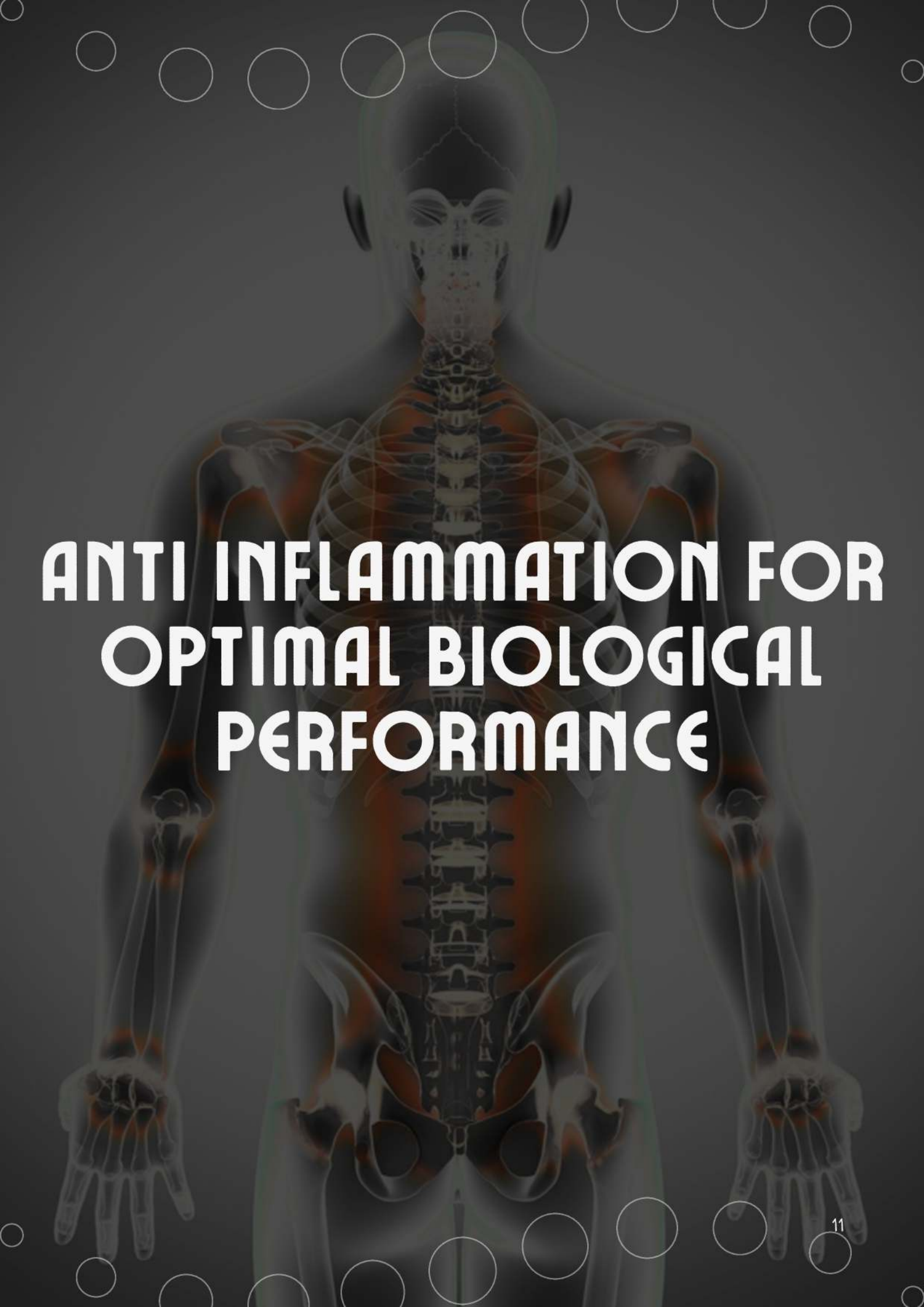
MAKE MAMBA WAY YOUR LIFESTYLE

PLATINUM GRADE PERFORMANCE, RECOVERY & LONGEVITY LIFE PLAN



FORWARD

AT MAMBA AELITE, WE BELIEVE THAT TRUE PERFORMANCE COMES FROM MASTERING BOTH THE EXTERNAL AND INTERNAL GAME. THIS GUIDE WILL HELP YOU REDUCE INFLAMMATION, REGULATE YOUR NERVOUS SYSTEM, OPTIMISE HYDRATION AND NUTRITION, AND STRENGTHEN YOUR MENTAL AND EMOTIONAL WELLBEING SO YOU CAN TRULY GO FROM PAIN TO PERFORMANCE.



ANTI INFLAMMATION FOR OPTIMAL BIOLOGICAL PERFORMANCE

THESE 9 THINGS ARE MAKING YOUR ANTI INFLAMMATION IMPOSSIBLE

PROCESSED FOODS, CHEMICAL ADDITIVES, AND INDUSTRIAL OILS INCREASE INFLAMMATION, DISRUPT HORMONES, DAMAGE THE GUT MICROBIOME, AND IN MANY CASES ARE LINKED WITH CARCINOGENIC EFFECTS MEANING IT CAN CAUSE CANCER.

KEEP AN EYE OUT FOR THE FOLLOWING IN YOUR DIET

ARTIFICIAL SWEETENERS:

SUCRALOSE, ASPARTAME, ETC

PRESERVATIVES

SODIUM NITRATE, SULPHITES, AND OTHER E NUMBERS.

HIGHLY PROCESSED OILS

CANOLA, PALM, RAPESEED, SOYBEAN OILS, VEGETABLE OIL

ULTRA PROCESSED PACKAGED FOODS

ANYTHING THAT CONTAINS OVER 50% MORE PROCESSED INGREDIENTS THAN WHOLE FOODS

PROCESSED MEATS

SAUSAGES, DELI MEATS, BACON

EXCESS GLUTEN

SIMPLY MINIMISE WHERE POSSIBLE – ONLY IF NECESSARY

EXCESS DAIRY

MINIMISE IF SENSITIVE AND A HISTORY OF FLARE UPS

EXCESS CAFFEINE

AVOID AFTER 12 P.M. (MIDDAY)

THE QUICK WINS FLASHPAGE

TO REDUCE INFLAMMATION AND BECOME OPTIMAL DAY TO DAY

Nervous System Regulation Stress and inflammation are directly linked to how your nervous system operates through your vagus nerve.

Learning how to shift from the sympathetic state ('fight or flight') into the parasympathetic state ('rest and digest') is essential for recovery, clarity, and high performance.

5 TRICKS TO A STRESS FREE LIFE

1

PRACTICE DAILY BREATHWORK
(SLOW, DEEP NASAL BREATHING).

2

ENGAGE IN MEDITATION OR
MINDFULNESS TO REGULATE
EMOTIONS.

5

TO ALWAYS CONSUME FOODS AT
REST RATHER THAN ON THE GO.
ON THE GO MEANS THAT CORTISOL
IS ACTIVATED MEANING YOUR BODY
IS NOT IN DIGEST MODE.

THEREFORE CAUSING LOW
STOMACH ACID ISSUES SUCH AS
REFLUX WHEN YOU'RE EATING
WHICH WILL AFFECT YOUR BODY'S
EFFICIENCY IN BREAKING DOWN
FOODS AND ABSORBING THE
NUTRIENTS YOU NEED.

LOW STOMACH ACID CAN ALSO
INDICATE THAT YOU MIGHT HAVE
FOOD INTOLERANCE.

3

USE PRE GAME OR PRE TRAINING
ROUTINES TO CALM THE MIND AND
BODY AND POST
TRAINING/COMPETITION TO
DESTRESS.

4

REFLECT THROUGH JOURNALING
ON WHAT WENT WELL, WHAT CAN
IMPROVE, AND WHAT YOU'RE
GRATEFUL FOR.

INFLAMMATION AVOIDANCE CHEAT SHEET

  BURGERFRIES  PIZZAFRIED CHICKEN  DONUTCHIPS	  GUMMY BEARSODA  ICE CREAMCOOKIES  CAKECANDY	  CORN OILSOYBEAN OIL  CANOLA OILSUNFLOWER OIL  SAFFLOWER OILGRAPESEED OIL	  SUCROSEASPARTAME  SUCRALOSESACCHARIN  ACESULFAME KNEOTAME
  SODIUM NITRATESODIUM SULFITE  BHABHT  TBHQBENZOATES	  CANOLA OILPALM OIL  RAPESEED OILSOYBEAN OIL  COTTONSEED OILVEGETABLE OIL	  INSTANT NOODLESFROZEN MEALS  PACKAGED SNACKSCEREAL  PROCESSED CHEESESOFT BREAD	  SAUSAGEHOT DOGS  BACONDELI MEAT  PEPPERONISALAMI
  WHEATBARLEYRYE  OATSSPELTKAMUT	  MILKCHEESEYOGURT  ICE CREAMCREAMBUTTER	  COFFEEENERGY DRINK  BLACK TEAGREEN TEAMATCHA  PRE-WORKOUT	

THIS IS WHAT YOU CAN PRIORITISE INSTEAD

To fuel performance and reduce inflammation, focus on **whole, natural foods** that nourish your body and gut health. Best tip is to have food in the way god has created it!

Whenever you see food packages with a long list of ingredients, paragraphs after paragraphs, automatically avoid!



Sliced seasoned chicken breast, mayonnaise, smoked bacon and lettuce in a gluten-free seeded bread.

INGREDIENTS Gluten-Free Seeded Bread [Water, Rice Flour, Thickeners (Cellulose, Hydroxypropyl Methyl Cellulose, Sodium Carboxymethylcellulose, Methyl Cellulose, Xanthan Gum), Maize Starch, Tapioca Starch, Rapeseed Oil, Psyllium Husk Powder, Potato Starch, Egg White Powder, Yeast, Spirit Vinegar, Millet Seeds, Sugar, Prune Purée, Wholegrain Maize Flour, Caramelised Sugar, Brown Linseeds, Rice Bran, Acidity Regulator (Sodium Carbonate), Folic Acid, Thiamin, Sunflower Seeds, Poppy Seeds, Quinoa, Salt], Seasoned Chicken Breast (25%) [Chicken Breast, Cornflour, Salt, Black Pepper, Garlic Powder, Sunflower Oil], Smoked Bacon (7%) [Pork Belly, Sugar, Salt, Emulsifier (Sodium Triphosphate), Honey, Preservative (Sodium Nitrite)], Water, Lettuce, Rapeseed Oil, Cornflour, White Wine Vinegar, Pasteurised Egg Yolk, Mustard Flour, Salt. **Allergy Advice** For allergens, see ingredients in **bold**. **Caution** Although every care has been taken to remove bones, some may remain. **STORAGE** Keep refrigerated.

The best diet to follow is the **anti-inflammation protocol diet (AIP diet)** and here is a few examples below of what you can and cannot have:

Examples of food to have:

Organic whole foods, ideally home cooked and consumed within 72 hours.

Grass fed meats and wild caught fish.

Lots of organic fresh fruits and veg and dark leafy greens

Consume natural sugars such as organic honey (manuka honey) and dates

Fermented foods: coconut kefir, sauerkraut, kimchi, kombucha, miso, tempeh, and natural yoghurts.

Extra virgin olive oil on vegetables to enhance absorption of phytonutrients and polyphenols.

Can use coconut oil, extra virgin olive oil, avocado oil, grass fed butter and ghee to cook with your foods.

Plenty of colourful vegetables and fruits, focusing on diversity for microbiome health.



MAMBA APPROVED!



MANAGING FOOD INTOLERANCES & GUT HEALTH

SOME ATHLETES MAY EXPERIENCE FOOD INTOLERANCES, LEADING TO FLARE UPS SUCH AS SKIN FLARE UP, BLOATING, INDIGESTION, STOMACH UPSET, DIARRHOEA, CONSTIPATION, OR FATIGUE AND CHANGE IN STOOL (TYPE 3&4 IS NORMAL, ANYTHING ELSE IS NOT).

IF YOU SUSPECT INTOLERANCES, USE STRUCTURED APPROACHES LIKE LOW FODMAP DIETS AS WELL AS AVOIDING INFLAMMATORY FOODS AS LISTED ABOVE.

F-O-D-M-A-P

FERMENTABLE OLIGOSACCHARIDES, DISACCHARIDES, MONOSACCHARIDES, AND POLYOLS

FODMAP Breakdown:

- Fermentable: These carbohydrates are broken down (fermented) by bacteria in the large bowel, producing gas.
- Oligosaccharides: Found in foods like wheat, rye, onions, garlic, and legumes.
- Disaccharides: Including lactose found in dairy products.
- Monosaccharides: Fructose, which is a sugar found in fruits and honey.
- And
- Polyols: Sugar alcohols such as sorbitol and mannitol, found in some fruits and vegetables.

Windsor Center for Digestive Health «4

THE F-O-D-M-A-P ROADMAP



START WITH LOW FODMAP VEGETABLES AND FRUITS TO ESTABLISH A BASELINE AND REDUCE SYMPTOMS FOR THE FIRST 8 WEEKS.



ONCE SYMPTOM FREE, SLOWLY RE-INTRODUCE 1-2 HIGH FODMAP FOODS PER WEEK.



IF NO FLARE UPS OCCUR, CONTINUE ADDING MORE FOODS GRADUALLY.



AFTER TOLERANCE IMPROVES, TRY REINTRODUCING SMALL AMOUNTS OF FERMENTED GLUTEN & DAIRY (E.G., SOURDOUGH, KEFIR).

Track symptoms daily in a journal to spot patterns and food triggers. Sometimes triggers are not a direct flare up rather than an accumulation of certain food that causes the trigger,

E.g pasta and gluten once a week, no flare up, pasta and gluten 3 times a week, feeling bloated and type 7 stool, this means you have low tolerance to low dose gluten and you should keep it minimal for the foreseeable future.

This should be done with every food group.



YOU MUST UNDERSTAND THAT 80% OF YOUR IMMUNE SYSTEM, HORMONE AND NEUROTRANSMITTER PRODUCTION (SEROTONIN, MELATONIN, DOPAMINE, OXYTOCIN, GHRELIN, ALL THE OTHER FEEL GOOD CHEMICALS THAT KEEPS OUR BODY TICKING) ARE PRODUCED IN THE GUT.

EVEN THE NATURAL T KILLER CELLS ARE PRODUCED IN THE GUT, AND THESE ARE RESPONSIBLE TO FIGHTING INFECTIONS AND CLEANING UP ALL THE DEAD/MALFUNCTIONING CELLS THAT CAN TURN INTO FIBROIDS, CYSTS, NODULES AND EVEN CANCEROUS CELLS.

OPTIMISING GUT HEALTH THROUGH HEALTHY EATING AND HEALTHY HABITS IS NOT ONLY JUST ATHLETIC PERFORMANCE, BUT ALSO FOR LIFE LONGEVITY AND VITALITY!

REMEMBER THAT ALL NON GENETIC DISEASES STEM FROM THE ROOT CAUSE OF METABOLIC DISORDER, A MITOCHONDRIAL DYSFUNCTION, AND THIS STARTS FROM THE GUT. YOUR GUT IS YOUR SECOND BRAIN; IT CONNECTS TO EVERYTHING EVEN TO YOUR VAGUS NERVE THAT HAS BEEN MENTIONED PREVIOUSLY ABOVE WHICH CAN AFFECT OUR MENTAL HEALTH AND MENTAL PERFORMANCE TOO!

THE F-O-D-M-A-P FOOD CHART

LOW



EAT FREELY

MODERATE



BE MINDFUL & LIMIT

HIGH



AVOID COMPLETELY

VEGETABLES

- CARROT
- RED BELL PEPPER
- ROCKET
- SPRING ONION / SHALLOTS (GREEN TOPS ONLY)
- PARSNIP
- LETTUCE
- KALE
- TOMATO
- YAM
- SPINACH
- SWISS CHARD
- BEAN SPROUT
- GALANGAL
- ALFAFA
- ARUGULA
- GREEN CHILLI
- CHOY SUM
- WHITE POTATO PEELED
- GINGER ROOT
- WATER CHESTNUTS
- COLLARD GREENS
- POTATO DUMPLINGS
- PEELED GHERKINS
- BEETROOT IN VINEGAR
- PICKLED JALAPENO

20G

- BROCCOLI
- EGGPLANT
- GREEN BEANS
- BOK CHOY
- TOMATILLO
- CABBAGE
- CASSAVA
- TURNIP
- MUSHROOMS
- SWEET POTATO
- OKRA
- SQUASH
- PICKLED BEETROOT
- FROZEN LOTUS ROOT

40G

- BROCCOLINI
- BUTTERNUT SQUASH
- KIMCHI
- BRUSSEL SPROUTS
- LEEK
- SWEET CORN
- ASPARAGUS 7G
- CELERY 10G
- SNOW PEAS 16G
- BEETROOT 20G
- ZUCCHINI 60G
- EDAMAME 85G

80G

- CAULIFLOWER
- ANCHO CHILLI
- GARLIC
- DRIED LOTUS ROOT
- SHALLOT ONION
- SPRING ONION (BULB)
- SPANISH ONION
- PICKLED ONION
- WHITE ONION
- DRIED SHITAKE
- MUSHROOM



FRUITS

- CARAMBOLA
- COCONUT CREAM
- DRAGONFRUITS
- DURIAN
- GUAVA
- LEMON
- LIMES
- MANDARIN ORANGES
- PAPAYA
- PLANTAIN
- STRAWBERRIES
- RHUBARB
- STARFRUIT
- GRAPES
- KIWI
- BREADFRUIT
- FIRM SUGAR BANANA
- CUMQUATS
- PRICKLY PEAR
- ACKEE IN BRINE
- CLEMENTINE



30G

- AVOCADO
- DRIED BANANA CHIPS
- SHREDDED COCONUT
- YELLOW PEACH
- LYCHEE
- RIPE BANANA
- TAMARILLO

50G

- BLUEBERRIES
- MANGO
- POMEGRANATE
- PASSIONFRUIT

80G

- COCONUT
- RIPE SUGAR BANANA
- PERSIMMON
- RASPBERRIES
- DRIED CRANBERRIES
- CURRANTS
- RAISINS

115G

- GRAPEFRUIT 80G
- HONEYDEW MELON 90G
- UNRIPE BANANA 100G
- ROCKMELON 120G
- PINEAPPLE 140G

- APPLE
- APRICOTS
- BLACKBERRIES
- DATES
- FEIJOA
- DRIED FIG
- FRESH FIG
- DRIED MANGO
- NECTARINE
- CLINGSTONE PEACH
- WHITE PEACH
- DRIED PEAR
- NASHI PEAR
- PACKHAM PEAR
- DRIED PINEAPPLE
- CUSTARD APPLE
- UNRIPE GUAVA
- PRUNES
- CHERRIES
- SULTANAS
- CANNED PEACH
- BOYSENBERRY PLUM
- BLACK DIAMOND PLUM
- DRIED PAW PAW
- SEEDLESS WATERMELON

GRAINS

- ROLLED OATS
- OAT FLAKES
- OAT BRAN
- RICE BRAN
- SPELT SOURDOUGH
- OAT SOURDOUGH
- GLUTEN-FREE BREAD
- RICE
- RICE NOODLES
- RICE FLOUR
- SAGO
- ARROWROOT
- CORNSTARCH
- POTATO STARCH

25G

- PEARL BARLEY
- CORN BREAD
- WHEAT BREAD
- RICE FLAKES
- VITAL WHEAT
- GLUTEN

85G

- SPELT PASTA
- WHEAT PASTE
- PUFFED AMARANTH 10G
- PUFFED RICE 15G
- CHICKPEA PASTA 100G

- WHEAT BRAN
- BUCKWHEAT KERNELS
- FILO PASTRY
- NAAN, ROTI BREAD
- AMARANTH POWDER
- PUMPERNICKEL BREAD
- RYE BREAD
- WHEAT FLOUR
- FREEKEH
- WHEAT NOODLES
- RAISIN TOAST
- FINE SEMOLINA

MAMBA TIP

If you want to look further test into your nutritional deficiencies and how to optimise health & performance, then I would recommend to do a full blood test and test full blood count and all organ and hormone function including your lipids and omega 3:6:9 ratio to determine your current deficiencies and baseline.

You can also do a test for DNA methylation test to test what genetic and nutrition deficiencies you have due to your body's inability to absorb and digest it and this will be a helpful way to get a roadmap of what foods to avoid/add and how certain supplements can help facilitate and bridge any gaps to your nutrition.

You can also do a food intolerance test to see if you have foods that your body cannot break down. Although not as accurate nor detailed as DNA methylation test, it is a lot cheaper to do and will give you a rough guidance to where you can start with your AIP diet journey!

BONUS

Minimise usage of plastics.

This includes plastic food tupperware, bottles, cutleries and tableware items. That even includes cutting boards!

Opt for glass or wooden instead to avoid ingestion of chronic accumulation of microplastic into your body which has been shown to cause systemic inflammation in the body, disrupt gut and immune system health and increase risk of cancer.

Avoid heating your foods with plastics!



You are not aiming for perfection but rather regaining baseline and reducing inflammation which can take 3-6 months and can differ from person to person. Once back to baseline for at least 3-6 months with no inflammation symptoms, you can opt a 90-10 rule where you **stick to 90% of your foods are AIP diet with 10% allowing flexibility to eat whatever you want in moderation**. Once again if you get any flare up, eliminate/minimise that food immediately from your diet!

IF YOUR GUT IS INFLAMED, YOUR GAME IS INFLAMED. FUEL ABSORPTION, NOT JUST INTAKE. THAT IS HOW PROS REBUILD FROM THE INSIDE OUT. THIS IS THE MAMBA AELITE GUT PRINCIPLE.

GO GET THAT COMPETITIVE EDGE

WORK WITH MAMBA AELITE 1-1

YOU CAN DO A LOT FROM THIS GUIDE ALONE, BUT CLARITY & GUIDANCE WILL ACCELERATE YOUR PROGRESS FASTER WHEN IT IS TAILORED TO YOUR INDIVIDUAL NEEDS!

IF YOU WANT A CLEAR PLAN, FEEDBACK AND REAL ACCOUNTABILITY, YOU WILL NEED COACHING.

THIS IS FOR YOU IF YOU ARE

TIRED OF GUESSING

TIRED OF REPEATING THE SAME INJURIES

READY TO LIVE LIKE AN ELITE, NOT JUST TRAIN LIKE ONE



COMPETE AS A MAMBA AELITE



AT MAMBA AELITE

GET A FULL BODY MOT FUNCTIONAL STYLE ASSESSMENT OF YOUR MOVEMENT AND PERFORMANCE

ATHLETIC SCORE (PAS) OF YOUR LIFESTYLE, SLEEP, NUTRITION AND RECOVERY

FIND THE ROOT CAUSES OF YOUR PAIN AND PLATEAUS

FOLLOW A PERSONALISED STRENGTH, CONDITIONING AND INJURY PREVENTION PLAN.

GET NUTRITION AND LIFESTYLE GUIDANCE BUILT FOR YOUR BODY AND YOUR SPORT

TRACK PROGRESS USING DATA AND PERFORMANCE MARKERS

HAVE AN EXPERT IN YOUR CORNER KEEPING YOU HONEST

SEND ME A MESSAGE ON INSTAGRAM @MAMBAELITE WITH THE WORD "AELITE"

I'M READY

IT'S TIME TO BECOME AGILE & EXPLOSIVE

Ahmed Ibrahim: Founder & Owner of Mamba Aelite
Sports Rehab & Explosive Performance Coach

MAMBA  AELITE

MAMBA IS THE WAY
AELITE IS THE STANDARD



LIVE AS A MAMBA AELITE

PLATINUM GRADE PERFORMANCE, RECOVERY & LONGEVITY LIFE PLAN