

# RE·BODY®

## TOTAL TRANSFORMATION SYSTEM†

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### LEARN HOW CELEBRITIES GET THEIR BODIES TONED AND FIT



## RON NOLAN: A NEW MIND IN A NEW BODY

Posted by [Pamela S.](#) on July 19, 2012 with [0](#) comments



Image source: [Bigtoebuddha.blogspot.com](#)

Ron Nolan is a man on a mission to change the way we look at weight loss and fitness. A near-death experience caused by his diabetes led him towards the light, and the lighter side of life. That would be 75 pounds lighter. Ron believes that we can change our behavior by reprogramming our mind to focus on a healthier and more positive approach to living. It has worked for Ron. He chronicles his metamorphosis on his blog, [Big Toe Buddha](#). Ron inspires others to make a change towards a better life on his website [New-Humans Incorporated](#).

You have taken a different approach to weight loss. Would you call it a new age approach or a more natural way of life? Can you tell us about your weight loss philosophy?

The mechanics of our approach, the “New-Humans Fitness Program” are quite natural.

- Daily nut-fruit-spinach-avocado-tomato, protein supplement diet
- Daily stick twist body sculpting fast twitch fiber exercises that burn fat fast
- Daily high rep, moderate weight training
- Daily walk/runs with breathing meditation
- Daily yoga

(This plan consists of exercises averaging 150 minutes spread throughout the day, seven days a week, and a “raw” diet which many might consider extreme—so it is not for everyone, but you may pick the parts which will work best for you.)

The new age component of our program is evolving; right now we have the ability to manage our own personal behavior programming enabling us to fix program logic errors so we can lose weight. For example, we can condition ourselves to readily decline-without a trace of temptation-the offer of an ice cream sandwich and opt instead to munch on grapes and almonds—and feel happy about it! Or how about feeling so great during a workout that you grant yourself a reward of doing a few extra sit-ups or bench presses? This is the exact polar opposite of “...only six more reps than I can quit and get a candy bar, beer, corn dog.”

In the future, we anticipate that rapid advances in technology and medical science will enable cell biologist-programmers to fine-tune the body’s immensely complicated cell machines as they perform their roles in energy production/storage, waste removal, and structural reinforcement.

#### How did you learn to reprogram your brain and how has it led to your weight loss and healthy living plan?

“Program” is exactly the way I approach weight loss and fitness. A program’s function is to direct the flow of information. Ultimately, human homeostasis is all about information processing; whether we actually consist of information or can only be described as information is currently one of the [great debates in cosmogony and cosmology](#).

There is a magic point where your mind goes through a metamorphosis from “I know that I need to work out tomorrow” to “I can barely wait until tomorrow morning to get up and work out.” Because it feels good! And it does so much good! Fitness is all about taking care of the machine that surrounds us and is us. It is the most important thing in our lives. Without it, we cannot help the ones that we love the most. So in this case, putting oneself first is not selfish but the right thing to do.

**You recommend a gentler approach to fitness and weight loss, such as meditation and other forms of healing, which you call the New-Humans Fitness Plan. For those of us who have tried gyms and other weight loss techniques, how can we benefit from this program?**

Gyms are great...if you go and don’t fall into the sinkhole of excuses, “It’s getting too late,” I’m tired,” “Traffic is a killer right now,” “I need to finish this...” etc. I have used them all. So how can you arrange to work out everyday like I do? One way for those of us that work at desk jobs is to set up a personal gym in your office and then you will have NO MORE EXCUSES. You can see [how I did this](#) in my small office at home. So the excuses “I’m too tired,” “I went yesterday,” “I’ll go tomorrow” don’t work. Once you have the place, then set up a time for your workout which you can stick to. I start every day with my workout program. Getting in shape is the best thing you can do for your (family, jobs, career).

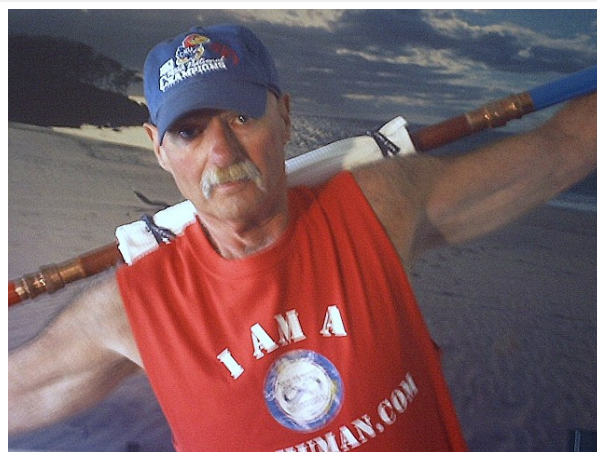


Image source: [Bigtoebuddha.blogspot.com](#)

#### How did you come up with the idea for your Spirit/Body Sculpting Stick, and how does it work?

Naturally when I started, I wanted to burn as much belly fat as fast as possible. I figured that the friction of alternately tensing and relaxing the abdominal muscles that occurs when you swing a twist stick would burn the closest fat nearby—the deposits located in my protruding belly. I was surprised and happy to see some slimming within the first week. After a while my neck started to get sore, so I added a padded cushion to the stick. The cushion led to an important discovery. If you firmly pull the stick down below your neck onto your shoulder blades, it arches the back, lifts the rib cage and pulls the abs upward and forward, tensing them in a way that can be sustained much longer than if you tensed them while doing crunches. So basically, the abs are continuously stretched by the

stick/shoulder pressure and then are twisted horizontally or obliquely by the tensing and relaxation of opposing muscle groups, depending upon the direction of the stick exercise.

When I picked up the twist cycle pace and the degree of abdominal tension, I noticed outstanding belly fat loss results. Recently I discovered that stick twist exercises may be extra effective at burning belly fat because the quick-paced twisting action stimulates anaerobic, fast-twitch muscle fibers which are less efficient than aerobic, slow-twitch fibers, and thus burn more fat. See “[Fast Twitch Fibers and Body Sculpting-are fitness enthusiasts missing out?](#)”

I like twist sticks so much that I started [making them on a limited basis](#). The new versions have heavy copper joint fittings that add mass to the stick and allow you to break it down and stow it in its carrying case to take with you on trips. Now there is no excuse not to exercise on a business or camping trip!

**Have you tried the traditional routes for weight loss and diet and what did you find lacking?**

I was a member of original Hamel's Gym in Mission Beach, CA in the late 1970's. It was a great experience then. Now I save time and stay focused by getting up, checking my e-mail and working out-some of my best ideas happen during my workouts. My fitness program is a totally independent undertaking, but the stick twist exercises could also be incorporated into a class workout as well. I would like to see someone give it a try.

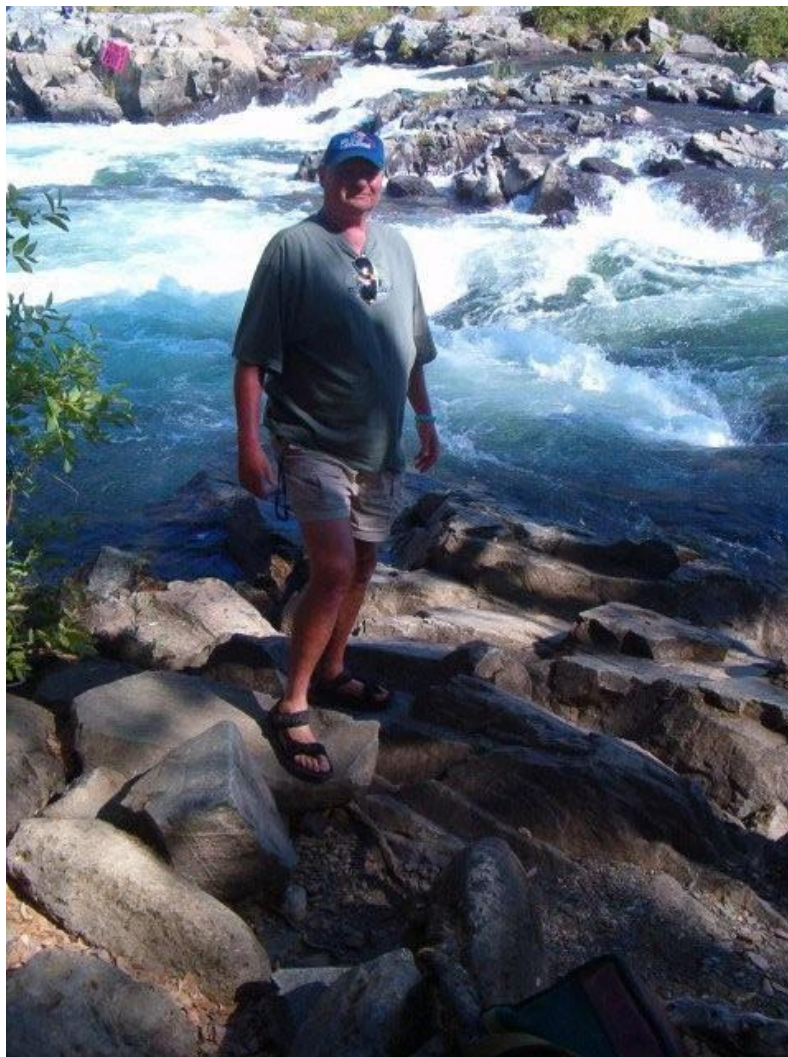


Image source: [Bigtoebuddha.blogspot.com](http://Bigtoebuddha.blogspot.com)

**What was your epiphany that led you on this journey towards health and a happier physical and spiritual life?**

A near-death experience will get your attention. No excuses really count then. I know of nothing comparable to being trapped in a frigid, windowless room, plugged in and connected to machines, while a surgical team amputates your infected, [diabetic toes](#). At that moment, it was obvious to me that anything and everything that led to being hospitalized had to change in a big hurry. This was not my usual, easily overlooked New Years kind of resolution, but the realization that I needed to transform myself into a New-Human, to metamorphosize myself like a caterpillar into a butterfly and that meant NO MORE EXCUSES...I also took up the pen name “[Big Toe Buddha](#)” for the diary I am writing.



It worked. I have burned away 75+ pounds of fat, sculpted 12" off my waist line, and completely cured my diabetes-for which I no longer take any medication whatsoever.

**How has helping others attain their goals contributed to your personal fitness and weight loss success?**

My goal is to impart my experience and what I am still learning in such a way that people who know deep inside that they need to lose weight but lack the motivation, feel for just a moment some of the fear and unhappiness I experienced during my ordeal. Then...get off their butts, go to the fridge and throw out all the food that they already know is bad for them. Then, sit down and scope out how they are going to change their life-without the actual, painful trauma of having to undergo their own code-red emergency.

Telling my story through my pen name, "Big Toe Buddha," is definitely part of my personal healing journey. I can't promise there won't be numerous side trips along the way.

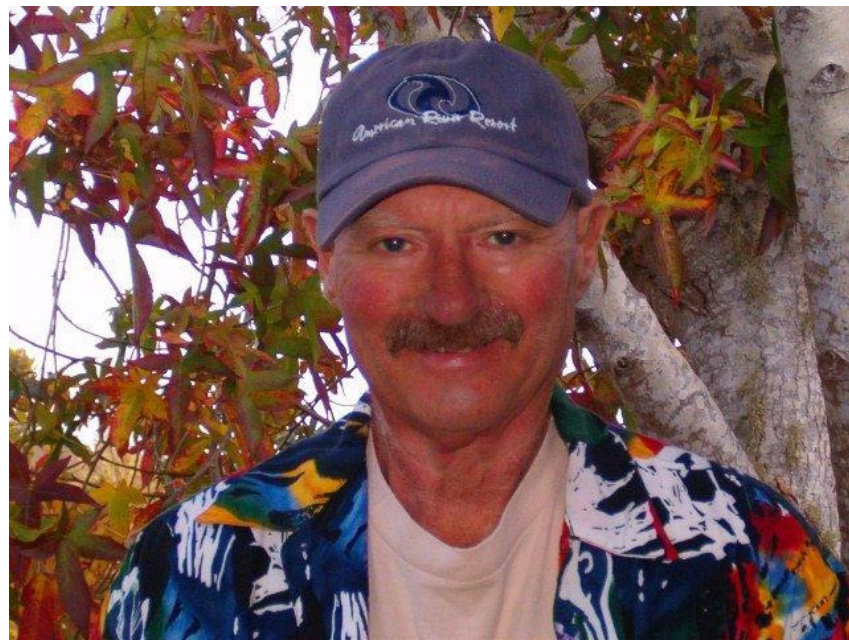


Image source: Bigtoebuddha.blogspot.com

**What source of inspiration has been the most vital to your progress and how do you pay that forward?**

I am a fan of Ray Kurzweil and support the premise of the **singularity concept** which if true, will be the biggest game changer of all time. The singularity premise is that exponential rates of technology advancement will result in dramatic increases in human longevity. Assuming that Ray Kurzweil is on target, then we want to be in the best mental and physical condition possible so we can stick around long enough to become New-Humans!

*Rebody develops supplements based on the latest scientific and clinical studies. If what you seek in the sea of weight management and nutritional products are naturally sourced ingredients, consider **Rebody products**.*

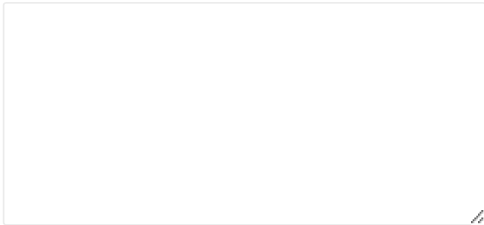
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<sup>†</sup> Rebody's total transformation system includes nutritional supplements that assist with weight management, nutrition and appetite control. They are to be used with a reduced diet and exercise program.

<sup>‡</sup>For best results, use in conjunction with a reduced calorie diet and exercise program. SafSlim® is part of a belly fat reduction and weight management program. SafSlim, along with all other Re-Body products, are intended to be used as part of a reduced calorie diet and exercise program. Use as directed.

<sup>°</sup>Check with your healthcare professional before beginning a reduced calorie diet and exercise program or before taking this product if you are pregnant, nursing, taking medication or under a doctor's care. Do not use any product containing Satiereal® if you are currently taking anti-depressants.

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