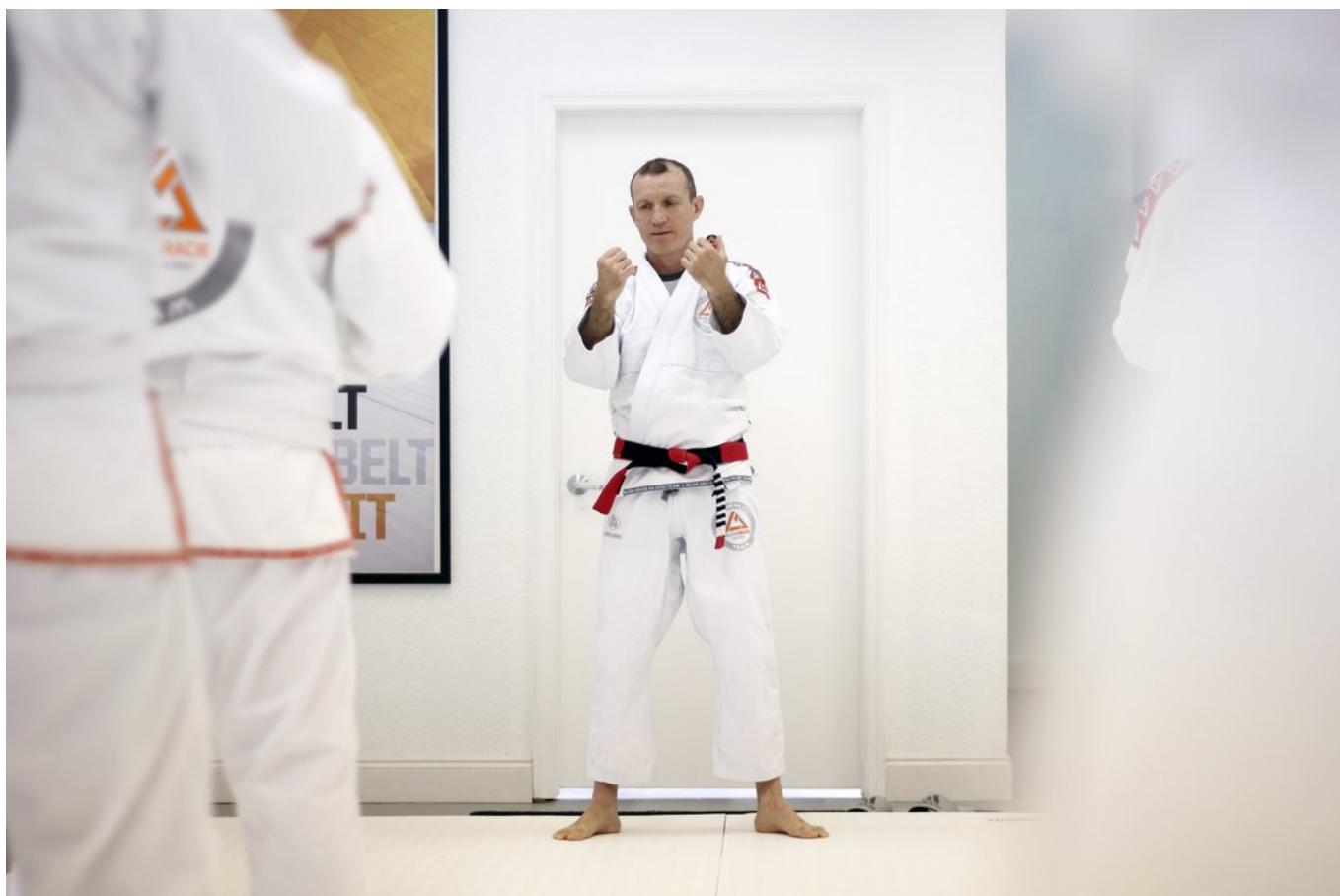


## LIVING LEGACY BLOG

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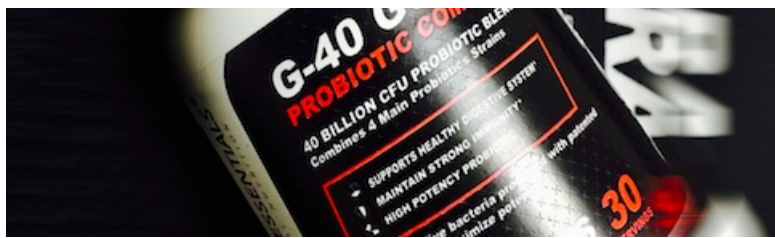
### The Number One Reason Why Fighters Quit

POSTED BY RILION GRACIE · OCTOBER 19, 2017

Unfortunately many academy owners don't even know that they are losing members because of this simple reason. A few steps can help the instructors and the students to keep up with their training routine.

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## How Probiotics Can Boost your Fitness

POSTED BY GRACIE ESSENTIALS · SEPTEMBER 04, 2017

Research shows that probiotics can control the good and bad bacteria in the gut. It also protects the gut against digestive issues and inflammation. However, now research has shown that probiotics might provide more benefits than what was known before. Below are ways in which a probiotic supplement can help improve your fitness.

### **Nutrient Absorption**

Probiotics can help maintain optimal health of the gut lining that leads to better nutrient and energy absorption. The gut lining is made of cells that control the absorption of nutrients, and at the same time gets rid of waste. That's why it is important to keep the cells of the gut healthy at all times.

### **Immunity**

Athletic activity and regular workout can put a stress on your immune system. Majority of the immune system resides in the gastrointestinal tract or GI. By regularly taking probiotics pre and post-workout, you are able to maximize your immune activity without having to compromise your performance during workout. The good bacteria produce compounds that can help prevent oxidative stress, inflammation, and infection. These factors can help you recover faster, and get the most out of the workout.

### **Diet and Weight Loss**

A good diet plan involves the balance of vegetables, hearty grains, and fruits. You might not know it, but the fiber from the foods is also raw material probiotics that can be utilized to make vitamins. Consuming at least 60 grams of fiber each day will allow you to get 10 percent of your daily caloric requirements without having to add more calories.

### **Improves Mood and controls Cravings**

The good bacteria in the gastrointestinal tract produce dopamine and serotonin. Over 75% of these hormones of our entire body are located in the gut. These are two hormones that help elevate the mood. By taking probiotic each day, you will be able to get into the "good" mood to workout. But that is not all! With low serotonin levels, you will feel those famous cravings for carbs, especially during the night. That's why when you eat that delicious chocolate bar you feel so happy and satisfied ... your "mood" is fed by serotonin!

### **Produce Nutrients**

Gut bacteria and probiotics produce various nutrients as a by-product of their metabolism. For instance, probiotic bacteria produce vitamins B, and K. Indigestible fiber is also metabolized from the diet into short chain fatty acids (SCFA) that are used by the gut cells, and help in feeding other tissues and organs. With a healthy gut, you are able to generate 10 percent of the daily caloric requirement through the production of SCFA.

### **Anti-Inflammatory**

Last but definitely not the least; probiotic can help prevent inflammation of the gut lining. It has been observed that strenuous workout can result to gastrointestinal problems, such as diarrhea, because of the inflammation of the gut lining. Probiotic can prevent this from happening. It protects the gut, which allows you to exercise without worrying about problems with your gastrointestinal tract.

Probiotic supplement can help in both recovery and performance. And that's how it can boost your overall fitness. And through the right supplement, you'll get a good dose of good bacteria that will help the body perform at its best.

TAGS: [GRACIE ESSENTIALS](#) [PROBIOTIC](#) [SUPPLEMENTS](#) [VITAMIN](#)



## How Supplementation with Collagen Can Upgrade Your BJJ

POSTED BY GRACIE ESSENTIALS · SEPTEMBER 02, 2017

Collagen Protein is a unique in its amino acid structure because of its high amounts of glycine, lysine and proline, which are found in lower amounts in other protein food supplements.

These particular amino acids are found to generate cell growth faster because the natural ability to produce supporting amounts of connective tissue diminishes after the age of 25.

Collagen is more easily digested in the hydrolyzed form because of its low molecular weight and is absorbed within 30 minutes.

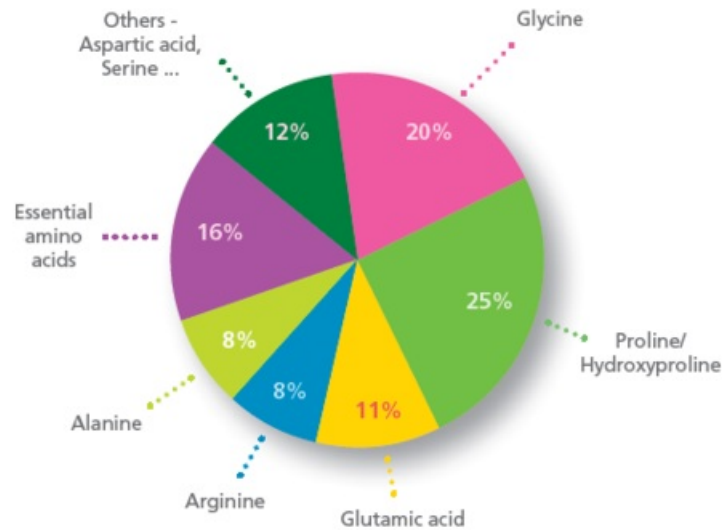
**"I have noticed a major difference in the health of my joints in particular, since I started taking Collagen. Sometimes the discomfort I used to feel right after heavy training sessions or tournaments persisted for days. Now the time I need to full recover is much shorter. The best thing is having the Collagen mixed with Whey, so that makes the supplementation easier and cheaper. I don't have to buy 2 different products."** - said Wilson Sgai, Jiu-jitsu Black Belt Master.

Gracie Whey is the product developed by Gracie Essentials that brings Collagen Peptides in its formula.

Gracie Whey hydrolyzed collagen peptides are so-called **Type 1 Collagen Peptides and comes from bovine source**. This means they are identical to the collagens found in human bones and skin. This patented peptides presents high-purity, natural bioactive product, containing more than 97% protein (on a dry weight basis).

Gracie Essentials product contains 18 amino acids, the building blocks of our tissues and the primary component of proteins. Glycine, proline and hydroxyproline represent around 50% of total Collagen amino acid content; the glycine and proline concentration in Gracie Whey is 10 to 20 times higher than in other collagen proteins. As a result this product offers health

benefits that cannot be found in other protein sources.



Not only for jiu-jitsu and MMA fighters, but for sportspeople in general, optimal nutrition is key to achieving an ideal physique, to recovering from training sessions, to boosting performance and staying mobile and injury-free.

Among the main benefits of Collagen we can highlight these following excerpts from scientific studies: support of connective tissues, joint discomfort reduction and injury prevention (3,4,5) by stimulating local cells to produce more collagen fibers and tissue matrix. Latest science also demonstrated collagen's anti-inflammatory effects (6).

So, if you want a real upgrade on your roll, think twice on what supplement to use to recover. Gracie Whey will give you the best amino acids profile available in the market, packed with the traditional BCAAs and also the Collagen Peptides unique components. Gracie whey is available in two flavors, Acai (exclusive) and Cocoa.

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## Gracie Essentials Official Launch at World Masters

POSTED BY GRACIE ESSENTIALS · AUGUST 28, 2017

Gracie Essentials Product line was officially launched during the last weekend Aug 24 - 26th at World Masters IBJJF Championship in the Las Vegas Convention Center.

The company's booth became one of the main attractions of the event where the athletes and visitors could meet and take pictures with the legends of Jiu-jitsu.

The booth received the legends Rilion Gracie, Roggan Gracie, Renzo Gracie, Carlson Gracie Jr., Carlos Gracie Jr., Marcio "Macarrao" Stambowsky, Leão Teixeira, Mauricio Motta Gomes and many competing athletes.



Visitors were able to enjoy the Gracie Essentials products tasting and the highlight of the event was our exclusive Gracie Whey Açai, the whey designed for jiu-jitsu and mma fighters. Many athletes also stopped at our booth prior their fights to get some Gracie pre-workout.

On the last day of the event Renzo Gracie offered an open seminar to all participants and we transmitted via Facebook and Instagram Live to our followers.

Also during the event IBJJF certified several Coral Belt Masters, including Master Rilion Gracie.



Visit our Social Media channels to check the nice pictures and videos of the event.

TAGS: [BJJ](#) [GRACIE](#) [GRACIE ESSENTIALS](#) [IBJJF](#) [JIU-JITSU](#) [SUPPLEMENTS](#) [WHEY](#)



## Your Supplements Might be Killing You!

POSTED BY GRACIE ESSENTIALS · JUNE 08, 2017

Just like my father, Great Master Carlos Gracie Sr., I became an autodidact when the subject is healthy nutrition.

And I cannot ignore the evolution of this market in the last few years, specially in a country like the US. We have seen a significant growth of interest in the topic, especially among the younger population.

However, people quickly began to realize that keeping a natural, healthy, strict and disciplined diet it's not practical in the modern society, where everyone is in a kind of a "rush" for everything.

And that is where the supplement industry has found one of its main pillars by addressing the "need" for instant consumption of essential nutrients in a very convenient format: a capsule or a powder scoop.

As getting the necessary nutritional value from the real food that we eat alone became nearly impossible nowadays, we then turn to supplements of different kinds.

That was the main reason why I created Gracie Essentials. If you cannot fight them, join them. But in a way you can preserve your principles, values and beliefs.

Mostly important, I did not want to enter in my academy's locker room anymore and find my athletes taking supplements that represent a treat to their health.

But this was not their fault. I realized that a lot of people fail to comprehend that taking nutritional supplements from unauthorized and unproven ingredients with questionable health effects is a considerable gamble that may end up causing potentially devastating effects on their bodies.

## Watch Fake Products

Not only there is an abundance of fake supplements and other types of nutrition on the market, but the trend is growing in popularity. Products of this kind are even sold by trainers and self-proclaimed nutritionists, coming from sources that cannot be trusted.

Unfortunately, the consumer is unaware of the schemes as well as of the side effects, which can follow.

### What to do?

My honest advice is to purchase your supplements, whey protein, pre-workouts, BCAA, Vitamins and all sorts of additional supplementation from renowned, reputable and established brands on the market. I take pride in also providing this possibility to you with Gracie Essentials.

This is absolutely critical. It's true that proper intake of additional nutrition through different supplements could be particularly beneficial. It could significantly increase and enhance your performance

Furthermore, it could also help you with different weight-related challenges. Whether you want to gain weight and muscles or you want to burn through excessive fat, proper supplements are absolutely necessary and paramount. However, you should make sure that you get this from reliable sources with established reputation.

So, a few things you have to check before buying supplements:

1. Make sure the company manufacturers the product in the USA.
2. Look for certifications from the manufacturer like GMP (good manufacturer practices)
3. See if the products are manufactured in a approved FDA (Food and Drugs Administration) facility.
4. Look the label of the supplement and check if everything is disclosed. Be careful with proprietary blends that do not tell you what is inside the formula.
5. Be sure there are no banned substances in the formula. FDA banned some harmful ingredients that even the big supplements and retail brands used to sell with no restrictions in the market.
6. Make sure the company has a website and a real customer service. You have to be able to communicate with the manufacturer in case you have any doubts about the ingredients or the directions to take the supplement
7. And last, but not the least, we advice you to talk with your doctor in order to determine your compatibility and proneness to taking supplements of the kind. Remember, supplements are not medicines and are not supposed to cure any deceases. Always trust in your doctor's opinion.

Hope this information helps you to navigate through this huge market of sports nutrition with so many options in the shelf. And do not forget to check our products at [www.gracieessentials.com](http://www.gracieessentials.com)

OSS!

*Master Rilion Gracie*

TAGS: [BCAA](#) [GRACIE ESSENTIALS](#) [PRE-WORKOUT](#) [PROTEIN](#) [SUPPLEMENTS](#) [VITAMIN](#) [WHEY](#)

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Living Legacy Movement - Blog. We create content to help you, shake your world ! Blog. "Our mission is simple: we want eternal impact". 5 Years. As a movement we celebrated 5 years. To celebrate this auspicious occasion we released a Live Album. The Kingmen - 5 Years (Live Album). Get the album. Living Your Blogging Legacy. 50 Comments / Blogging Tutorials, Guest Posts / By Vernessa Taylor | CoachNotesBlog / 06/19/2011 11/16/2011. What blogging legacy would you like to leave behind? We are moving ahead so fast, we're not where we thought we were. When you look behind you, what do you see? When you started your blog, you probably weren't thinking about the blogging legacy you would leave behind. Most likely, you were considering your goals and thinking about how to fulfill your dream. You Said . . . We decided to create Living Legacy after the Spring of 2015. An energetic elderly man - "HD" - sat down with us for two afternoons and told us his story. A WWII veteran, he had served overseas and survived the Slapton Sands disaster, a battle during which German submarines attacked a fleet of Allied ships that were performing a practice-invasion for D-Day. "HD" sent his biography video to family and friends across the country. Living the Legacy would like to Thank Clifton for gracing the pages of Living the Legacy the Blog. Where we believe Legacy just doesn't happen, it is created. Until next time stay up and be bless. The views and opinions expressed on this blog are purely the bloggers' own. Any product claim, statistic, quote or other representation about a product or service should be verified with the manufacturer, provider or party in question. This blog does not contain any content which might present a conflict of interest.

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