

INTERNATIONAL

# NATURAL BODIES

M A G A Z I N E



**FIBER...IT REALLY IS  
YOUR FRIEND**

**PERNELL GARRISON  
NATURAL NATIONALS  
OVERALL WINNER**

**GREETINGS FROM  
THE KITCHEN!**

**WIN A CAR!!!  
AT THE NATURAL  
OLYMPIA 2011**

**ATHLETE BIO  
DANNY JOE**

**MAGNESIUM, AN IMPORTANT  
MINERAL FOR MUSCLE HEALTH**

## Featured Athlete

### PERNELL GARRISON

Height: 5'7"

Weight -Off Season:195 Competition: 155

Lives in: Grand Prairie, Texas

Marital Status: Single

Occupation: Sales

Years Training: 20 Competing: 10

**Interests:** Learning anything and everything, Weight training, Baseball, Track and field, Computers, Spending time with girlfriend ,kids, family and friends, watching action movies and drinking a good Margarita from time to time.

#### **Contest Competed:**

1<sup>st</sup> and Overall INBA Naturals Nationals  
Bodybuilding Championships

What is a fun fact about you? I bench pressed 400 once. Only been beat in the 40 yard dash once out of 20 races. Won 2 bench press contests as a lightweight while in College and beat the heavyweights.

#### **What motivated you to begin weight**

**training?** A bet got me into competing. A lifelong friend named SAM AUSTIN bet me one day that he could outrep me while squatting 225lbs, I was exhausted from working all day , he cheated and knew that, we competed and Needless to say, he won. I lost the bet and had to compete

in a show. I almost died from eating nothing but Chicken and Potatoes for 8 weeks straight. There were 8 competitors in the Novice Lightweight class. I was the biggest and tallest but not the most conditioned. I learned that its tough to get very conditioned from eating Potatoes 3 times a day. I did not do well but learned from a fellow competitor to turn to vegetables instead of Potatoes all the time. I took his advise and WON my second show 3 weeks later . I caught the Fever and have been competing ever since. I have Won numerous other competitions but cant find the trophies to remember the names of the shows.

#### **What was the factor that made you decide to begin competing?**

I already had a good Bodybuilding base seeing that I played college football and ran Track and field which both sports requires a lot of Weight lifting for legs and upper body.

#### **What is your favorite "after show" meal?**

Everything. I tend to stop by McDonalds to get a burger and fries, Taco Casa to get a huge Burrito and Stop at 7-11 to get a Slurpee and some Donuts. Then when I get home, I stuff myself with all the Desserts my girlfriend Angela has made (She knows what I crave, lol) After eating all that, I usually plan on going to Celebrate with my girlfriend Angela and friends but ALWAYS BACK OUT BECAUSE " I JUST CAN'T MOVE

FROM ALL THE FOOD I'VE OVERSTUFFED MYSELF WITH". Bad Pernell. Bad Bad. lol

**Why did you decide to become an**

**ABA/INBA competitor?** I could see that this Organization was more Passionate about Natural Bodybuilding. I also can see that this Organization wants to keep Growing and Not become stagnate like many of the other organizations. I have competed in Many other Organizations and have seen that many are all the same. They all have a Novice, Open, and Pro shows and usually that's it. None except the INBA/ABA have a Natural Olympia Contest and Contests across the World. Its almost Impossible for a Natural competitor to qualify for the IFBB OLYMPIA. Being a NATURAL competitor, I knew that wasn't in my future weighing usually only 155-162 lbs depending on water. Living in the Dallas ,Texas area there are many NPC shows and I know many competitors. Being and STAYING in the lightweight classes of the Npc, I tend to do well even in that Organization. Understanding that a Natural Competitor cannot go very far in the NPC or IFBB AND wanting to just compete in just Pro shows, I decided to become an ABA/INBA competitor to compete in an ORGANIZATION that was as passionate about the sport as I am. The ABA treats their competitors better based on most of the contests that I have competed in and won, the ABA/INBA has Outstanding shows

like the Natural Olympia (competing against competitors from across the World) that most others do not have, the ABA/INBA has competitions across the world, the ABA/INBA Urine tests all their competitors and Not just Polygraphs like many other Natural Organizations.

**What do you like most about the**

**ABA/INBA?** Urine Tests all competitors. Has a Natural Olympia. Has a Team USA, Is growing in the state of Texas. There are 5 shows now in Texas. When I first started competing there were NONE, Zero, Zilch, Nunya, Nada competitions in Texas except one 2 miles from Arizona in El Paso. Growth is Great and I'd like to help it become bigger.

**What Workout plan has worked for best for you?**

Medium to semi-heavy weight for 6-12 reps and as many sets it takes to become sore for the next couple days. Usually, if I choose the right weight, its 5-7 sets of everything. I test myself a little in each and every workout whether it be adding 5lbs to something I have never done, doing more reps than I ever done on something or going more sets. That works for me ! I bought a Smith Machine last week and counted 12 sets of bench in 1 evening. If I eat terrible, I work out harder. lol

**What is your favorite exercise?** Leg presses because it hits glutes, hams and quads all

in one exercise if done correct. It used to be bench until shoulder rotator cuffs started coming into play.

### **Who do you admire in natural sports?**

Dave Gooden. He is a rare bodybuilder who is in his 50's and is and will be an Inspiration to all age groups, competes in the IFBB Naturally. He has his own Natural Bodybuilding column in IRONMAGAZINE, and is a Great guy. He motivated me to keep working hard to get a Pro Card and kept me going.

### **What is your nutrition plan on and off**

**season?** Off-Season I tend to eat anything and everything because my girlfriend is a great cook and she likes to see me PLUMP but I never get too far away from seeing a partial six pack with my magnifying glasses on( he he he)and only when squeezing my abs hard as possible and almost busting a Brain blood vessel. I ALWAYS get my protein in Morning, Noon, after workout and before Bed. If I don't get too fat, I know that what I am truly seeing in the mirror is muscle. I used to take weight gainers but usually got too fat and what I saw in the mirror was not fat. So no more weight gainers.

Getting ready for a show I tend to cut carbs 5 days a week. I have one huge carb/anything I want day and then a half carb and Half fat day. I eat mostly chicken in many different ways and lots of

vegetables, yogurt, grapefruit, kiwi, fish, turkey, and low carb protein shakes on the other 5 days. Next year, GOD WILLING, I will keep more carbs in throughout my diet (some advise from a fellow competitor who looked great at the show)and hopefully not loose soo much muscle/weight while dieting.

### **What supplements do you feel are**

**necessary?** Protein, Protein, Protein, Multivitamin/Mineral , Zink, Magnesium, Niacin, and Coffee.

### **What are your future competitive plans?**

Top 5 at 2012 Natural Olympia. Win the First INBA/ABA Pro show in Texas, Win Height class at 2012 Team USA. If Money is right, I'd like to compete in Europe.

### **If there is one thing you could pass on to persons reading this, what would it be?**

Stay Natural. If you put in the hard work, it will Pay Off. Train Hard. Its not easy to build muscle and add masses of weight but your physique and shape changes in order to truly see your gains and its WELL WORTH IT. Motivate others. Promoting a healthy lifestyle just being yourself, walking around and SAYING NOTHING, Says 1000 words. Where ever I go, I see people, kids and adults looking and intrigued on how to get into **ATTAINABLE** SHAPE like me and all other NATURAL COMPETITORS.

# FIBER..it REALLY is your friend.

Unleash your inner stud  
muffin with a high fiber  
diet.



I'm asked constantly; REALLY, Fiber?  
Yes people, yes; do the math. Your body  
is designed to be self cleaning, like that  
expensive oven your wife asked for,  
only her oven can "self clean" with heat  
and you self clean with fiber. The only  
way "you" can accomplish this is to offer  
enough roughage to your intestinal  
track. The fiber act as a broom, it  
sweeps particles off the walls of your  
colon creating a stool. Yes, I know  
lovely conversation! LoL.... how **you**  
**work** is important to know.

All of your meals should equally contain  
a significant portion of fiber. Fiber slows

the absorption of carbohydrates and  
allows your body to use them properly  
offering long burning energy. Once your  
body can use them it helps your body  
form the waste into a stool, this process  
brushed away particles of waste from  
the walls of your colon.

Fiber is commonly classified into two  
categories: those that don't dissolve in  
water (insoluble fiber) and those that do  
(soluble fiber).

- **Insoluble fiber.** This type of fiber  
promotes the movement of material  
through your digestive system and  
increases stool bulk, so it can be of  
benefit to those who struggle with  
constipation or irregular stools.  
Whole-wheat flour, wheat bran,  
nuts and many vegetables are good  
sources of insoluble fiber.
- **Soluble fiber.** This type of fiber  
dissolves in water to form a gel-like  
material. It can help lower blood  
cholesterol and glucose levels.  
Soluble fiber is found in oats, peas,  
beans, apples, citrus fruits, carrots,  
barley and psyllium.

The amount of each type of fiber varies  
in different plant foods. To receive the  
greatest health benefit, eat a wide  
variety of high-fiber foods.

Fiber offers a foundation for the  
increased protein you're taking to build  
muscle. Without fiber it creates excess  
gas, not a favorite in the gym or your  
family car.

How much fiber do you need each day?  
The National Academy of Sciences'  
Institute of Medicine, which provides  
science-based advice on matters of

medicine and health, gives the following daily recommendations for adults are below. In my opinion with the increase protein we take in each day as a bodybuilder, these recommendations are low. As a woman, I take in as many as 50 grams throughout the day, well spaced and with adequate amounts of water.

	<b>Age 50 and younger</b>	<b>Age 51 and older</b>
Men	38 grams	30 grams
Women	25 grams	21 grams

Read your labels, get your fiber, add it almost calorie free to each meal, and be serious. If you don't have two to three well formed bowels movements a day you are not eating enough fiber. Fiber helps regulate your metabolism; it's all win-win.

Take your nutrition a step further, when you're reading the labels for "protein", "carbs" and "fat" check FIBER. It's the long standing ingredient you will need for health!

Next...probiotics. Yes, live bacteria in your gut is GOOD!

See you at the shows!!!

Kathy Saldana

## Greetings from the Kitchen!

By: Chef Phillip L. Dell,

Team USA, INBA Competitor

Some of the simplest things in life are the best things for us. I think many of us complicate things so much that we lose sight of the way things are supposed to be. When I started my transformation a few years ago, I re-educated my taste buds. This is to say that I ate everything the way it was intended. I ate salads with no dressing, vegetables without dips, coffee without cream and sugar or even a fancy umbrella to decorate it with. Okay, maybe I took that last one too far, but the point is that I began to appreciate what each food had to offer without all of the accoutrements we tend to cover it with these days. I'm not saying that you can't or shouldn't add things to food to help it taste better. All I am saying is that when things are added to food it should benefit or accentuate it in some way not cover it up.

In this month's recipe you will not only be taken back to the roots of what our land has to offer, but you will also quickly see just how simple something can be and still taste amazing!

## Caramelized Onion and Grilled Vegetable Quinoa Salad

*Serves 3-6.*

### Balsamic Dressing

1/4 cup balsamic vinegar  
3 tablespoons olive oil  
2-3 cloves garlic minced  
salt and pepper to taste

### Grilled Vegetables

1 small Italian eggplant (about 2 cups when

cut into cubes)

1 small zucchini (about 2 cups when cut into cubes)

1/2 small red onion (1/4 of a large red onion)

3/4 cup grape tomatoes

4 sprigs fresh thyme, leaves stripped

### Mint and Basil Quinoa Salad

1 Tablespoon olive or grape seed oil

1 cup chopped sweet onion

2 cups water or vegetable or chicken stock

1 cup quinoa

1/4 cup basil leaves loosely-packed, chopped

1 tablespoon chopped fresh mint leaves

### Optional Ingredients

1/2 cup Feta cheese or nuts such as pine nuts, walnuts, or slivered almonds

Whisk together all the balsamic dressing ingredients and set aside.

Place oil and onion in a medium saucepan over medium-high heat. Stir onions until caramelized. Add quinoa and stir. Pour water or stock into the saucepan and bring it to a boil. Reduce heat, cover and simmer till all the water has been completely absorbed, about 20 minutes. You will know the quinoa is ready when the seeds open up.

While quinoa is cooking, cut the eggplant and zucchini into 1 1/2 inch cubes. Cut the red onion into rings. Place cubed eggplant, zucchini, red onion, tomatoes and thyme leaves in a bowl. Pour half the balsamic dressing over the vegetables and toss well.

Brush grill grates with olive oil or non-stick spray (I used a stove-top, cast-iron grill). Heat grill to medium-high. Grill the vegetables about 3 minutes on one side or till grill marks appear, about 3 minutes. Flip them over and grill other side till vegetables

are tender but still a bit firm. The tomatoes will cook quicker than the rest; remove them from the grill as soon as they start to blister.

Reserve the balsamic dressing that remains in the bowl.

If you don't have a grill, broil the vegetables in the top rack of an oven, till one side is golden. Flip and broil other side.

When the quinoa finishes cooking, toss it with the second half of the balsamic dressing. Stir in chopped basil, and mint, salt and pepper to taste.

At this point you may mix the vegetables with the prepared quinoa, or leave them separate. Garnish the salad with crumbled cheese or nuts (optional). Serve warm with the reserved balsamic dressing on the side.

If smaller bites of vegetables are desired, just slice the vegetables and grill them. When finished and cooled slightly, cut them into smaller pieces.

Rice may be used in place of the quinoa, if desired.

Editor's note:

Chef Phillip is the Executive Chef and Owner of Sin City Chefs, an exclusive, private chef service specializing in recipe and lifestyle transformation and providing menu and meal-plan transformations. He has helped many ABA, INBA, and PNBA athletes from all over the world, including the United States, Australia and Canada, to achieve their goals. To reach Executive Chef Phillip for your own specialized meal plan, menus, or recipes, email mail him at [sincitychefs@gmail.com](mailto:sincitychefs@gmail.com).



## **THE PATH OF DANNY JOE'S DREAM**

*by Lorenzo Gaspar*

*INBA Hall of Fame Inductee*

At age ten, Danny Joe moved to America with his family from Korea looking for a fresh new start in life. As a teenager, Danny played a lot of basketball in dreaming of becoming a professional player. His big brother Won Tae Joe started bringing Danny to the gym to build his legs for jumping and running up and down the courts as well as his overall strength.

Reality set in and knowing that genetically he wasn't going to grow well over six-feet tall, so at 130 pounds he decided he wanted to become a bodybuilder. At the time many people laughed in doubt that his dream would not flourish. But that negative response turned into a positive reaction for Danny as that gave him more drive and motivation to fulfill his dream to become a bodybuilder.

At age 20 years of age he had a set back after his car rolled over five times. Surviving that near fatal accident Danny feels that he has a second chance in life and will succeed in whatever his heart and mind endeavors.

Over the next seven years Danny continued his weight training packing on the muscle in dreaming of becoming a professional bodybuilder. Along the way his education was just as important receiving his Bachelor's Degree in Business Management from California State University Northridge. He also attained his certification as a personal trainer and also a licensed nutritionist. In Hollywood where he became successful as a trainer and his clients included Asian celebrity actors such as Lee Byung-Hun in GI Joe and Brian Tee

in the 2006 hit movie, The Fast and the Furious 3: Tokyo Drift.

In 2007 Danny decided to test his dream of becoming a Professional bodybuilder by competing in his first Amateur Bodybuilding Association (ABA), the San Diego Natural novice class in which he not only won his class but the overall title as well. This victory moved him up a level to the open class where all competitors were advanced and most have won titles.

After the excitement and celebration he knew he had a greater mountain to climb going into the next level of his bodybuilding career. With this in mind, Danny planned out his next contest which was the 2010 ABA Los Angeles Natural. With all the sweat and tears of hard training and dieting and his older brother Won Tae alongside through training and prepping for this competition Danny Joe won his class and overall title. Now his dream of becoming a professional bodybuilder was in sight.

Just around the corner that summer was the ABA World Natural competition. Again Danny won his class, but went toe to toe in defeat to the veteran World Cup Natural champion Nyhon Ly. Now knowing what he needs to do to improve Danny will plan on just dedicating one or two years to just training on gaining more size.

In the meantime Danny has just signed with Joe Antouri, CEO of Muscle Fitness Management Agency for modeling and promotional jobs.

At age 27, look for Danny in a year or two in returning on stage in earning his INBA Pro Card. With his dedication, determination there is no doubt he will become a professional bodybuilder as time and patience with a plan will be key to success and dream.



Danny Joe with Brian Tee of Fast and Furious 3: Tokyo Drift



Danny Joe with actor Wesley Snipes



# ***Magnesium, an Important Mineral for Muscle Health***

***By: Kathy Saldana***

Magnesium is necessary for the body to produce and coordinate energy production and to synthesize protein, according to a National Institutes of Health website. Energy and protein are the basic components for healthy muscles.

Magnesium is of key importance to human health. It participates in over 300 enzymatic reactions in the body. A deficiency has been linked to conditions such as irregular heartbeat, asthma, emphysema, cardiovascular disease, high blood pressure, mitral valve prolapse, stroke and heart attack, diabetes, fibromyalgia, glaucoma, migraine, kidney stones, osteoporosis, and probably many more.

Magnesium is particularly important when it comes to ensuring the health of the heart and bones. About 99% of the body's magnesium stores are found in the bones and tissues and heart tissue is particularly rich in this important mineral. About half of the body's magnesium stores can be found in bones, so it is clearly a very important mineral as far as osteoporosis prevention is concerned. Only 1% of the body's magnesium is actually present in the blood so a standard blood analysis is a very poor way of determining overall magnesium status.

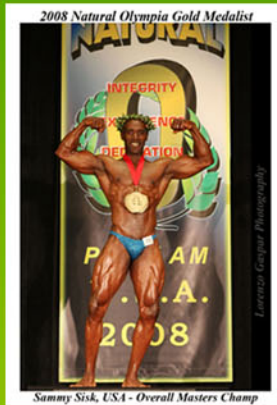
Magnesium is the 11th most abundant element by mass in the human body; its ions are essential to all living cells, where they play a major role in manipulating important biological polyphosphate compounds like ATP, DNA, and RNA. Hundreds of enzymes thus require magnesium ions to function. Magnesium is also the metallic ion at the center of chlorophyll, and is thus a common additive to fertilizers

Food sources for magnesium...

Almonds, nuts, blackstrap molasses, wheat bran and wheat germ are good sources of magnesium; however, many people will, no doubt, prefer to take a magnesium supplement as an easy and reliable way of assuring an adequate daily intake. Up to 800 mg/day of elemental magnesium is probably safe; however, people with kidney disease or severe heart disease should not supplement with magnesium without their doctor's approval. There is some evidence that a continued magnesium deficiency may reduce the ability to absorb magnesium. Thus it may be necessary to have intravenous magnesium infusions first before an oral supplementation program can make a meaningful difference. Magnesium absorption tends to decrease as body stores are replenished so there is little chance of overdosing.

Vitamin D is required for optimum absorption so it is important to get adequate unprotected sun exposure daily or to take a vitamin D-3 supplement when using oral replenishment of magnesium. Some magnesium supplements, when taken in excess, cause a looser stool and even diarrhea. Taking too much magnesium is not a good idea since diarrhea is likely to cause the loss of most, if not all, of the supplemented amount.

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