



ACTIVE LIFESTYLES CHIROPRACTIC & p h y s i c a l t h e r a p y

Nutritional Supplementation for Athletes (Newsletter July 2009)

I have been an athlete all my life competing in hockey, soccer, tennis and more recently in triathlon events. As I age and keep active, I have come to the conclusion that in order to prevent chronic conditions and maximize recovery, I must supplement with whole food nutrition. I specify WHOLE FOOD NUTRITION as opposed to synthetic vitamins. As for the former, I can benefit from a whole array of vitamins, minerals and phytonutrients that are usually not included or as effective in synthetic vitamins. I figure, if I want a natural body, I will put nature's products in me and if I wanted an unnatural and synthetic body, then I would use the synthetic supplements.

Equally and sometimes more important than supplementation is your nutritional intake. Most of us cannot afford to ingest a Michael Phelps's ration of calories (estimated 8000 calories/day) to ensure we get all our nutritional requirements. Most of us have to maximize the nutrition and minimize the calories. Those extra pounds we carry can make a big difference in our performance. Reaching your ideal weight by the loss of a few excess pounds is the cheapest and best way to improve performance. Amateur athletes usually make the mistake of purchasing lighter and more expensive equipment (bikes and running shoes) to compensate as opposed to attempting to achieve their ideal weight for their sport. I say, invest in yourself first, then the equipment!

Furthermore, I know of many athletes who eat whatever they want because they work hard and reward themselves with junk food because they feel entitled to it. Would you ever put diesel fuel in an expensive sports car? Why do it to yourself? Inevitably these athletes run into trouble including impaired recovery, illnesses, suboptimal gains and never reach their full potential.

My patients and fellow gym members ask me what I do. I tell them that 90-95 % of the time, I eat very well incorporating protein and complex carbohydrates in the form of fruits, vegetables and unprocessed whole grains and good fats such as the fats found in salmon, tuna, nuts and olive oil. I also supplement with Whole Food Supplements and Quality Herbs that support my stress glands (Adrenals), detoxification organs (liver and kidney) and build musculoskeletal systems. Every regimen should be tailored to individual needs as every athlete has different obstacles to surmount to reach his/her absolute best. If you feel that you are having trouble reaching your peak performance or just want to take your workout up a notch, supplementation may be your answer. Please feel free to call regarding a plan that can work for you.

Best in Health,
Dr. Res.

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