

Sports Nutrition

Athletes ranging from high endurance to sprinters, young to old, elite to weekend warrior, can all benefit and create healthy energy from nutrient dense whole food diets. Take care of the foundations of functional nutrition with proper balance of EFAs, minerals, hydration, blood-sugar handling, and avoiding or eliminating dairy and grains.

4 Keys to Food Based Sports Nutrition

1. Prior to a game or hard workout, eat a little bit of fruit, such as an apple, plum, pear, citrus fruit (not juice), or berries. They give you a small energy increase without the massive plummet.
2. Two to three hours before a game or hard workout, complex carbs, fats, and a small amount of protein are best. Sweet potatoes, brown rice, olive oil, almond butter, walnuts, almonds, and eggs are all easy to digest and can give you more sustained energy for the day. Consider [Beta-TCP™](#) at (2) per meal if there is a need to digest fats more efficiently.
3. Post exercise, our body is nitrogen-poor and your muscles have been broken down. That's why we need amino acids from animal proteins like chicken, beef, and eggs, as well as vegetable carbohydrates.
4. Although many experts have advised athletes to load up on carbs before a long-distance event, fact is, burning sugar is not what happens over long distances. After a short period of time, particularly at slower paces, your body is burning fats. Therefore, rather than loading up on carbs, more long distance runners are loading up on fats and small amounts of proteins prior to racing, with no more carbs than the body can easily store anyway.

Unfortunately, athletes are often dehydrated, lacking proper mineral balance, and their electrolytes are depleted. Muscle cramping is common for endurance athletes (distance runners, hikers) as well as those who need rapid bursts of speed (sprinters, LaCrosse, tennis, soccer, basketball).

Consider the following sports drink recipe to mix with one liter of filtered water and some ice to drink prior to and post workout:

- (1/2) squeezed lemon
- (1/2) scoop of [NitroGreens™](#)
- Add some frozen blueberries as sweetener or a bit of stevia to add to the taste!

Also, taking (2-3) [Bio-CMP™](#) prior to and post workout can also provide a balance of calcium, magnesium, and potassium to reduce risk of cramping. It also works great for decreasing symptoms of restless leg, growing pains, and/or menstrual cramping.

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