



ENHANCING ATHLETIC PERFORMANCE

1. True or False: Complex carbohydrates are a better source of fuel for athletes in improving athletic performance than simple carbohydrates.

ANSWER: True. First off - Not all carbs are the same! Complex carbs are a more effective source of fuel for athletes conducting in athletic events providing a steady, long lasting energy source. Adversely, simple

carbohydrates give you energy, but with peaks and crashes. Lab tests are available to determine the best carbs for each person.

2. Which of the following is essential for supporting athletic performance?

- A. Rest
- B. Electrolyte replenishment
- C. Adequate protein intake
- D. Complex carbohydrate loading
- E. All of the above

ANSWER: All of the above support athletic performance and should be considered in context with the proper pre and post workout nutrition. A bio-impedance test is an accurate procedure for determining your metabolic rate, cellular water balance, hormonal implications and percentages of muscle, water and fat – info needed to creating an optimal diet.

3. True or False: Whey protein should be consumed for pre exercise nutrition and for post exercise recovery?

ANSWER: True.

Pre-digested proteins are proved to be the best for pre and post workouts and during the workout. They are known as oligoantigenic and they are the most advanced protein source for cutting fat, building lean muscle and promoting muscle and tissue healing. When balanced with the right forms of carbohydrates, oligoantigenic proteins increase workout stamina delaying muscle fatigue.

4. Supplements that can enhance athletic performance are called Ergogenic aids and include which of the following:

- A. Creatine & Branch chain amino acids (BCAA's)
- B. Medium Chain Triglycerides (MCT's)
- C. Dihydroxyacetone Pyruvate (DHAP)
- D. Vitamin C
- E. All of the above

ANSWER: Yes, All of the above.

Creatine, a naturally occurring substance in your body made from amino acids arginine, methionine and glycine increases athletic performance by generating phosphocreatinine (a source of stored energy) in muscles. BCAA's aids in the repair of muscle, promotes nitrogen balance and minimizes muscle breakdown. MCT's, unlike normal fats, are not stored as glycogen and are directly sent to the liver and utilized for energy through thermogenesis. DHAP reduces fat and enhances energy by supplying naturally occurring pyruvic acid, a compound involved in energy metabolism. Vitamin C reduces inflammation, improves immune system function and provides antioxidant protection.

The best way to maximize exercise efforts or lose fats is to have a blood-detective analysis performed of your blood work for individualized suggestions – go to www.intmedny.com for more info.

Listen to Dr. Michael Wald's audio show, Blood Detective for more information about this topic.

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