

BACK²NORMAL *be* responsible.™ MONTHLY TOPIC

September 2017

nutrition & hydration for runners

YOUR GUIDE TO FUEL FOR PERFORMANCE & BEYOND!

When fueling your body, it's best to choose foods & beverages that are nutrient-dense, energy-supplying & healing; that provide benefits above & beyond strength or speed in the short-term. All things considered, there are a few simple guidelines as to what you should include & exclude, that will ensure you feed your body most advantageously on race day, and everyday.

What types of food should you INCLUDE?

BLENDING & JUICED FOODS

When you blend or juice foods, you make things much easier on your digestive system, allow foods to empty more quickly from the stomach. Blending or juicing also helps to pre-digest the food so your body doesn't have to work as hard during digestion. This frees up precious energy for you to be able to devote to breathing, moving & contracting muscles. Cell walls are broken down and nutrients are quickly released.

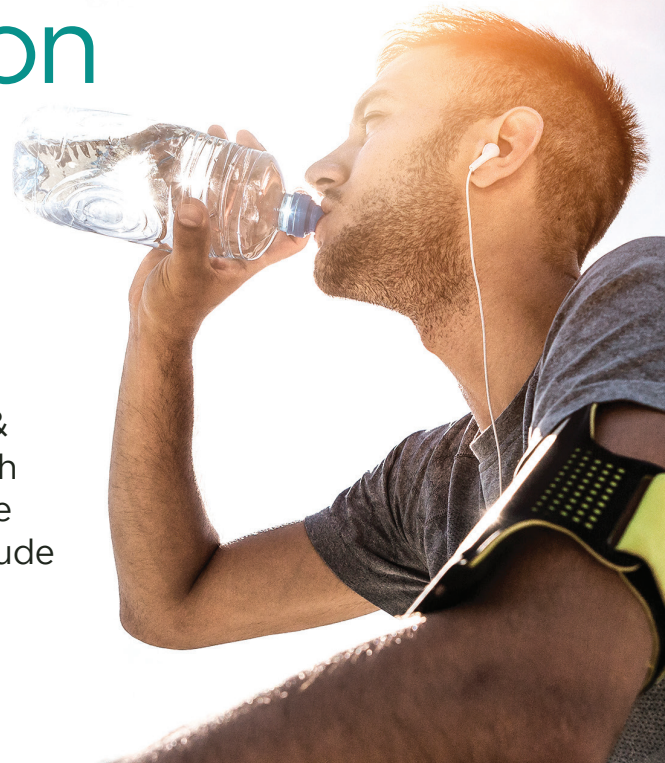
EASILY DIGESTIBLE CARBS, FATS & PROTEINS

Carbohydrates such as white potato, sweet potato, yam, taro & white rice are tolerated best by most athletes before hard workouts. Fats such as MCT oil, coconut oil & coconut butter (all sources of medium chain triglycerides) bypass the normal process of digestion & get absorbed directly by the liver, providing a quick source of energy. Proteins such as hydrolyzed collagen protein, hydrolyzed whey protein & essential amino acid supplements are the most easily digested & assimilated prior to intense activity.

What types of food should you EXCLUDE?

FODMAPs

Short for "Fermentable Oligosaccharide, Disaccharides, Monosaccharides And Polyols", FODMAPs are forms of carbohydrates & sugar alcohols can be poorly absorbed in the small intestine, and pass through to the large intestine, where they feed bacteria, and may create excess gas, abdominal bloating & distension, abdominal pain, constipation or diarrhoea, or a combination of both. A few specific FODMAPs to steer clear of are wheat, dairy, and fermentable fruits (like apples & pears). Many popular sports nutrition supplements also include high amounts of FODMAPs in the form of fructose & maltodextrin.



ARTIFICIAL SWEETENERS & CHEMICALS

Aspartame, Sucralose, Acesulfame K, Saccharin, Xylitol & Sorbitol are some of the most popular artificial sweeteners on the market; and are known to cause a range of unhealthy side effects – from gut bacteria imbalance, to digestive distress, to brain fog (acting as neurotoxins). Artificial sweeteners can be found in prepared foods, medications & beverages; including, but not limited to: toothpaste & mouthwash, children’s chewable vitamins, cough syrup & liquid medicines, chewing gum, zero-calorie waters & drinks, alcoholic beverages, salad dressings, desserts & candies, baked goods, yogurt, breakfast cereals, processed snack foods, diet fruit juices & beverages, and prepared meats. It’s important to read the labels of everything you consume, to avoid deleterious effects on race day & to preserve long-term health.

AND, EQUALLY AS IMPORTANT...

How should you HYDRATE?

Consuming the correct amount of the proper nutrients at the ideal time is key for athletes, and performance is compromised with both excess & deficiency. This concept also applies to hydration, where detrimental effects can occur on both sides of the equation. Drinking too little or too much can have performance-inhibiting effects. For shorter-duration exercise, drinking to thirst is the best recommendation. Drink throughout the day, and keep water on hand; but remember, you can only absorb so much water. If you have to relieve yourself every 30 minutes, you’re likely just flushing fluids thru – and minerals out – of your tissues. Never force yourself to drink; and keep in mind, hydration is more than just H₂O. Eat plenty of high water-content fruits & veggies; and don’t be afraid of quality salt. Salt your food to taste, and add a pinch of mineral-rich salt to your water for best absorption & electrolyte balance.

Special thanks to our contributing writer, **Jillian Warwick, Certified Nutritional Therapy Practitioner** who is a life-long health enthusiast, personal development devotee & eternal optimist. She believes in the concept of biochemical individuality and that optimal health is a result of balancing the body through appropriate diet & lifestyle changes. Ultimately, her goal is to help you live YOUR BEST LIFE by teaching you how to nourish your body from the inside out.

Healing for the body. Performance for *life*

productofthemonth

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What Makes Perfect Protein Different:

- Unique “cross flow micro-filtration” supplying higher levels of undenatured protein
- Naturally supplies branched-chain amino acids (25% of protein)
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Who would Benefit:

- Athletes who demand the highest quality protein source and increased branched-chain amino acid intake.
- Looking for fat-free protein source.
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