



## SPORTS NUTRITION FOR:

# Aerobic Type Activities



It is vital to bear in mind that, in the technical sense, exercise does not build muscle, rather it is the act of tearing muscle down. Following the exercise (the tear-down phase), it is through nutrition and rest that muscle repairs, rebuilds and becomes stronger. Exercise must be accompanied by proper nutrition and rest, or the muscle tissue will rob organ reserves of the needed nutrient.

**OBJECTIVE:** Strengthen heart muscle, oxygen efficiency, connective tissue support, prevent cramps and “Charlie horse.”

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## PROTOCOL

1. **CARDIO-PLUS** (3-6 per day): Supports heart for strength and tone. Contains vitamins E2 (oxygen conservation), and C to increase oxygen-carrying capacity of the blood.
2. **WHEAT GERM OIL PERLES (FORTIFIED)** (4-6 per day): Vitamin E Complex for repair and increased tissue resistance to stress, Octacosanol for endurance, and unsaturated fatty acids.
3. **DRENAMIN** (4-6 per day): Adrenal support for energy and to combat stress.
4. **LIGAPLEX II** (3 per day): Connective tissue support and strength. Manganese with cold-processed raw bone and collagen tissue to assist in tightening ligaments.
5. **CALCIUM LACTATE** (6-12perday) (12 on heavy work-out days): Ionizable calcium available to son tissue to prevent cramps.

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The benefits of vigorous sustained exercise are well documented, and have long-term advantages such as reducing stress, strengthening the heart, the lungs and bones (by increasing bone calcium intake). Modern aerobic dancing has become an intense form of stressful exercise in most health clubs. Performed on hard floors to loud fast music, the participant is subjected to intense jumping and pounding in place in an effort to obtain a high heart rate for 15-20 minutes. Substantial numbers of people suffer from injuries to the ankles, shins, knees and hips. Chronic joint micro-trauma leads to other neurological problems, balance and counterbalance.

This form of exercise puts great stress on the connective tissue that holds these joints tightly hut flexibly in place (ligaments, tendons, cartilage). Joggers also experience these “pound-ing” related injuries. Trace mineral deficiency (often due to depleted soils) and a lack of vitamins C and F-Complexes often cause the connective tissue to stretch, becoming loose and weak, while increasingly stronger muscles force them to work even harder. Additionally, tissue calcium starvation results in muscle cramps.

Less stressful forms of aerobic exercises such as swimming, cross-country skiing, bicycling and rowing place the same kind of demand on the heart and lungs. Minus the connective’ tissue stress, these exercise challenge the efficient handling of oxygen, push the heart muscle, require adrenal output for energy, and require calcium to prevent cramping.

A diet of high quality proteins such as chicken turkey lean beef and steak are important as well as green vegetables which are loaded with vitamins and minerals. Complex carbohydrates are best and are found in foods such as spelt pastas, organic long grain brown rice and sprouted bread. These foods are slow burning fuels that can support long aerobic activities with natural sugars as well as vitamins and minerals.

Oftentimes, individuals involved in aerobic-type exercises are on self-imposed low-fat or fat-free diets to lose the most weight from their exercising. This puts the heart, and other organs as well, at extreme risk (aerobic activities require the presence of good fats). Essential fatty acid and the fat-soluble vitamins A, D, E, F, & K are deficient in these diets. A deficiency of these will inhibit muscle repair (especially heart muscle), which becomes critical with more exercise. Therefore, high quality fats from butter, cold-processed olive oil and flaxseed oil are necessary to provide the body with efficient energy.

**For more information or to purchase supplements contact:**

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