



SPORTS NUTRITION FOR:

# Ball Playing

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. If exercise is not accompanied with proper nutrition and rest, wasting results from the wear and tear, and muscle tissue will rob organ reserves of nutrients to rebuild at the expense of the tissue.

**OBJECTIVE: Increase power. Prevent muscle and ligament sprains and muscle cramps. Increase endurance.**

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## PROTOCOL

1. **VASCULIN** (4-6 per day): Heart muscle PMG with vitamins for strength and repair.
2. **CALCIUM LACTATE TABLETS** (6-9 per day): Ionizable calcium for muscle relaxation, tone and bone hardness.
3. **CATAPLEX F** (3-6 per day): Ionize blood calcium to unload from the blood into the tissue. Counteract excess sunlight exposure.
4. **LIGAPLEX I** (3 per day): Tone ligaments and connective tissue.
5. **CATALYN** (3 per day): Multiple vitamin/trace mineral supplement.

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Traditional hail sports typically involve the need for strong muscles, tight ligaments, endurance, and good bone structure. Usually played in bright sunlight, excess ultraviolet exposure and resulting hypervitaminosis D is a consideration. However, when played under artificial lighting (such as night baseball or indoor tennis), night blindness, due to Vitamin A Complex deficiency, is an important consideration. Muscle cramps, twisted ankles, pulled hamstring muscles, and related injuries are common.

Nutritional support should consider the above factors in the following way: The health of the heart and vascular system can be a good monitor of endurance and muscle strength (the heart, of course, being a muscle). Ionizable Calcium will flow from the blood into the tissue (CATAPLEX F) preventing tissue calcium starvation which often results in cramps, fatigue, and proneness to muscle pulls. Trace minerals along with Vitamins C and E Complexes, help insure the health of ligaments and connective tissue. Sports that require consistent pivoting on the ankles, such as basketball and tennis, are the most prone to produce sudden injury such as a torn gastrocnemius muscle in the calf Vitamin E and adequate tissue Calcium promote defense against this (with proper stretching and training). Tendonitis (such as "tennis elbow") is also somewhat defensible with Vitamin C Complex (collagen formation) and trace minerals.

A good diet is key to avoiding injuries and improving stamina. Sources of protein, which will contribute to development of lean muscle mass, are: turkey, chicken, fish and lean cuts of beef and steak. Green leafy vegetables are a good source of vitamins and minerals. They should be incorporated with complex carbohydrates which are high in protein such as organic long grain brown rice, spelt pasta and sprouted bread.

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



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