



SPORTS NUTRITION FOR:



# Endurance Sports

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:** Create stamina, strength and endurance with a rapid consistent recovery and repair. Strengthen heart and lungs.

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## PROTOCOL

1. **CARDIO-PLUS** (4-6 per day): Heart PMG with Vitamins E2, G (B Complex), for vasodilation. Heart tone.
2. **CYRUTA-PLUS** (6-9 per day): Vitamin P (rutin, bioflavonoids) of Vitamin C Complex from buckwheat, for strength and integrity of vascular system. Increase oxygen carrying capacity of the blood.
3. **PNEUMOTROPHIN PMG** (3 per day): Lung PMG for repair and strength.
4. **WHEAT GERM OIL PERLES (FORTIFIED)** (4-6 per day): Vitamin E Complex for repair and health of muscles. Octacosanol for endurance.
5. **DRENATROPHIN PMG** (4-6 per day): Adrenal PMG for repair and support of the adrenals.

Endurance sports consist of unusually long events (marathons), and oftentimes are followed soon after by additional similar endurance races (triathlon, bicycling). The special physical needs in this type of endeavor are not so much to fortify against sudden injury or develop bursts of strength, but rather to develop expanded capacity of the lungs, heart and vascular system, and adrenal function.

For endurance sports, we are concerned with lengthening and strengthening of muscles (vs. short tight muscles as in sports like football), and ensuring adequate tissue Calcium to protect against cramps and fatigue.

A diet that utilizes the advantages of long, slow-burning complex carbohydrate foods, rich in natural slow release sugars with protein and minerals (long grain brown rice, spelt pasta and sprouted bread) is the diet of choice. The right kinds of fats and oils are essential in a diet for supporting this kind of athletic stress. Essential fatty acids and fat-soluble vitamins from butter (not margarine), cold-pressed fresh oils (never hydrogenated) such as olive, sesame, safflower, fish liver (from unpolluted source), and wheat germ oil provide long-term energy and prevent muscular degeneration (especially the heart). Salty, sugared, processed counterfeit foods should always be shunned, as they will rob the body over the long haul. Solar dried sea salt should be used instead of sodium chloride (common table salt).

Cool fresh water should be used in abundance to help cleanse the blood and tissues, prevent dehydration and cool the body, thus keeping the thyroid gland active. Nutritional and physical training go hand in glove to develop the exceptional needs that this kind of endurance performance requires.

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



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