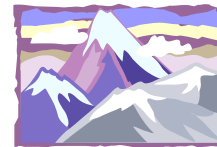




SPORTS NUTRITION FOR:



High Altitude 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: Strengthen heart muscle, oxygen efficiency, increase endurance, prevent cramps and “Charlie Horses.”

PROTOCOL

1. **CATAPLEX E2** (3-9 per day) (higher amount during venture): Oxygen conserving factor of the bloodstream.
 2. **FERROFOOD** (2 per day): Organic iron for red blood cell and hemoglobin maintenance. Increase oxygen carrying capacity of the blood.
 3. **DRENAMIN** (3-9 per day) (higher amount during venture): Adrenal support for energy, anti-light-headedness. Contains adrenal PMG, vitamins C & B complexes.
 4. **WHEAT GERM OIL PERLES** (3-6 per day): Octacosanol for endurance. Vitamin E Complex for strength.
 5. **CARDIOTROPHIN PMG** (3 per day): Heart and Muscle PMG for specific support.
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High altitude sports and activities include alpine or cross country-skiing, mountain climbing and hiking, or living and exercising in high altitude regions (5,000 feet or more above sea level). High altitude activities have increased dramatically over the last decade. Some biochemical adaptations occur. Red blood cells become larger at higher altitudes requiring more iron to saturate the increased number of hemoglobin molecules. In the rarified atmosphere of high altitudes, the “thin” air will exhaust muscles that are not conserving oxygen and utilizing it efficiently. Carbon dioxide will build up in the blood. Special fractions of the Vitamin E Complex (E2) are oxygen conserving. Oxygen starvation will result in fatigue, cramping and lactic acid in the muscle.

The special dietary needs of sports and activities at this level have been recognized by expeditions throughout the world. Adrenal exhaustion from physical exertion at high altitudes can result in low blood pressure and faintness or light-headedness. Angina pectoris risk is increased at high altitudes. Foods rich in Vitamin C Complex (raw fruits), sodium and potassium (green vegetables, sea salt), and essential amino acids (such as fish), should be emphasized. Typically, high altitude sports occur for longer periods of time than other sports. Slow, long burning complex carbohydrates (whole grains such as long grain brown rice, spelt pasta and sprouted bread) provide sustained energy that will not cause a hypoglycemia rebound. The sources of protein, which will contribute to better stamina are: turkey, chicken, fish and lean cuts of beef and steak. Green leafy vegetables are a good source of vitamins and minerals.

Dehydration and ultra-violet exposure are also special risk factors at high altitudes. Distilled water should be regularly consumed. Sunscreens and a hat should be standard equipment. To prevent hypervitaminosis D (excessive vitamin D) resulting from ultra-violet radiation from the sun, use CATAPLEX F internally and externally (polyunsaturated essential fatty acids to unload calcium from the blood into the tissue). Hypervitaminosis D is marked by elevated blood calcium levels and tissue calcium starvation. Additional ionizable calcium (CALCIUM LACTATE) may be required.

For more information or to purchase supplements contact:



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