



# Muscle Building & Weight Lifting

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: Maximize muscle repair following workout. Increase endurance. Prevent muscle soreness, cramping and fatigue.**

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## PROTOCOL

1. **VASCULIN** (4 per day): Heart and muscle PMG with B vitamins for nerve conductivity and Vitamin C complex to increase oxygen carrying capacity of the blood.
2. **WHEAT GERM OIL PERLES** (6 per day on workout days, 3 per day on days off) Vitamin E complex for repair, Octacosanol for endurance, unsaturated fatty acids.
3. **CALCIUM LACTATE** (8 per day on workout days, 4 per day on days off): prevent "Charlie Horses" and muscle cramps. Strengthen bones and connective tissue.
4. **PROTEFOOD** (1 or 2 per day): All eight essential (heat liable) amino acids with RNA.
5. **ZYPAN** (2 or 4 with meals): Hydrochloric acid and digestive enzymes for better protein assimilation.

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Many weightlifters rely on protein powder drinks which are loaded with free form amino acids and/or raw protein sources such as gelatin (boiled pig skin) and soy bean powder. Additionally high protein diets are often recommended by the popular sports press. In most cases however, there is not enough hydrochloric acid in the stomach or proteolytic enzymes produced by the pancreas to aid the digestion of such unreasonable and sudden amounts of protein. This commonly results in flatulence, bloating, gas and fullness that reveals putrefaction in the gut. This in turn creates a gastric environment that is toxic, mucus producing, harmful to the GI tract flora (which threatens harmful bacteria or yeast overgrowth such as Candida Albicans) and creates general malabsorption in the GI tract. Intestinal villi, needed for digestion and assimilation, may become covered and thus paralyzed by excess mucus resulting from the undigested protein.

QUALITY of protein, NOT quantity is the important matter. The 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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