



Top Nutritional Strategies to Create the Athletic Advantage You Are Looking For!

If you are reading this, then you most likely have a drive to increase your performance with powerful anti-inflammatory foods. The good news is you won't just improve your recovery time, you will also improve your mental game. With a mental edge and a more positive outlook, you have the greatest chance at success.

1. Electrolytes Carry Your Electrical Charge.

Electrolytes are minerals that carry an electrical charge in your body. There are seven major electrolytes: [sodium](#), chloride, potassium, magnesium, calcium, phosphate, and bicarbonate. Athletes especially need electrolytes as they are constantly sweating them out and using them up. To replenish in a healthy way, athletes should look for food sources of these electrolytes.

Many people might immediately think of sports drinks to replace electrolytes, but many are loaded with sugars and dyes that are just not good for the body. [A study published in 2012](#) found that bananas actually fueled athletes and reduced inflammation just as much or more than sports drinks. Look for this great seasoning, [Herbamare](#), for electrolyte balance and flavour support.

2. Switch Up the Type of Fat You Eat to Reduce Post Workout Pain.

Many athletes eat too many omega-6s and not enough of the anti-inflammatory, performance-enhancing omega-3s. Omega-3s have so many benefits, such as:

- Improving cognitive function
- Improving cardiovascular function by reducing blood pressure and heart beats per minute
- Helping muscle growth (protein synthesis)
- Helping improve fat metabolism which is great for people who want to body sculpt
- Helping prevent exercise-induced damage
- Reducing joint pain
- Helping dilate bronchials to reduce asthma
- Increasing grip strength

The strongest Omega 3 for athletes is NutraSea and NutraVege by Nature's Way. [Omega 3](#) is Anti-Inflammatory and assists Mood, Heart, Joint & Athletic Performance.

[Organic Coconut Oil](#) is also an excellent MCT Energy Source.

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3. Eat Protein Directly After Exercise

The most important time to eat is after a workout. When you eat protein after a workout it prevents muscle wasting. It can increase muscle size and speed recovery. Men could use 50-60 grams and ladies 30-35 grams within an hour of heavy exercise. Just don't be crazy about it and gorge yourself on food as it can cause digestive distress.

Don't bother to carb load unless you are a serious distance athlete. Instead of pasta, enjoy sweet potato, squash and fruit to restore your liver muscle glycogen.

Some people fear fat post workout because of a circulating myth that it prevents glycogen replenishment. Not to fear, you can eat up to 55 grams of fat post training without interfering at all.

Why Protein Is Important

I don't care if you're eating gluten-free, low-carb, low-fat, paleo, or whatever the latest diet trend is—you *need* protein. While it's not uncommon for endurance athletes to place more focus on carbohydrate intake, protein is essential for the repair, construction, and maintenance of your muscle mass.

Recommended Dose:

I recommend 0.5-0.7 grams per of high quality protein per pound of body weight daily. During periods of high-volume or intensive training, consider increasing your protein intake to 0.9 grams per pound of body weight to help with maintenance and repair of lean body mass.²³ I like the [Hemp Pro 70](#) from Manitoba Harvest because it tastes good, mixes well, is well tolerated and hypo-allergenic!

[Hemp Hearts](#) – Pure Vegan Food Source & Hormonal Balance Support

For meat eaters, I think [Collagen Protein Powder](#) of the best care for Protein Synthesis and Joint Support

4. To Stimulate or Not To Stimulate?

Many athletes rely heavily on caffeine for athletic performance—but there are other alternatives. Adaptogens was a term coined in 1969 that identifies plants that help us adapt to stress. Some of the best adaptogens include maca, rhodiola, ginseng, and ashwagandha.

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5. One Final Tip? Try Beet Juice and Arugula!

These foods have received some recent attention over the past year, as more and more endurance athletes have been including beet juice before exercising. Why? It seems the high level of nitrates (which the body converts to nitrites and then to nitric oxide) found in beet juice might allow the body to burn energy while using less oxygen, reducing the overall oxygen cost of exercise.

In other words, drinking beet juice before exercise can potentially make your body more efficient and allow you to run, bike, or swim a little harder. Interestingly, scientists found that beet juice was beneficial for both low-intensity exercise and high-intensity exercise. [Biotta Juice](#) – Lacto-fermented Organic Juices is a great choice. Do you want other foods rich in nitrates? Try leafy greens (especially arugula)!

About Julie Daniluk:

Julie Daniluk is an award winning author, speaker and coach. She is the host of the TV show “Healthy Gourmet” that is aired in 78 countries and in 11 languages around the world.

Julie was awarded the Organic Lifetime achievement award from the Canadian Health Food Association, was one of the original board members of the Non-GMO Verified Project, has explored Culinary Arts at George Brown College and studied Herbalism at Emerson Herbal College.

As one of Canada’s leading registered holistic nutritionists, she enjoys making regular appearances on television including The Dr. Oz Show and The Marilyn Denis Show where she shares nutritional tips and recipes on healthy living.

Julie’s many distinct talents make her a highly sought after speaker and media personality. Her latest #1 bestselling book, [Hot Detox](#), spent 11 weeks on the bestsellers list and has recently been translated into Italian.

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