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## **The Natural Athlete Newsletter October 09**

### **The Paleo Diet For Athletes**

This is my favorite nutrition book written for athletes. If you've already read The Paleo Diet, yes it's a bit of a reread however it contains a lot of information specific to athletes. The title caught my eye, and against my judgment (I've never been a big fan of 'diet' books) I read it. Twice.

It's a commonsensical guide to healthy nutrition, and the benefits of said nutritional advice specific to people that are looking to stay fit. This isn't a 'diet and lose weight' book, rather it contains information on using a specific pattern of eating to drive metabolism for performance. It also contains great information about making your own sports drink (without the neon glow..) and excellent information for pre, during and post exercise fueling. It's concise and easy to understand.

The best thing is that the authors are respected in their fields (Exercise physiology and Triathlon coaching) and therefore the book is low on the type of nutritional hype many books contain, which is designed to sell products. By Loren Cordain & Joe Friel.

### **Ibuprofen & Athletes**

Several new studies have further highlighted the dangers and misuse of ibuprofen in athletes. Further, these studies have debunked the theory that taking ibuprofen before or during exercise will lessen the pain during and after that event.

Runners who took ibuprofen pills during the Western States 100 had significantly more inflammation, mild kidney impairment, and low level endotoxemia, a condition in which bacteria from the colon leak into the bloodstream.

A majority of athletes take ibuprofen prophylactically. For example, 50% of the 2008 Ironman Brazil took painkillers during the race, while 86% of professional Italian soccer players report taking them during a game.

The most common reason for athletes to pop "Vitamin I" as it is often called is for pain prevention both during and after races. During the Western States event, researchers showed that there was no difference in soreness during or after the race between runners that did or did not take ibuprofen. In fact new research shows that ibuprofen will do just the opposite.

NSAIDs (non-steroidal anti-inflammatory drugs), of which ibuprofen belongs, have been shown to slow the healing of injured muscles, tendons, ligaments and bones. NSAIDs work by preventing the formation of molecules (prostaglandins) that are involved in pain but also in the creation of collagen, the building block of cartilage, tendons, ligaments and bone. Taking NSAIDs means that tissue healing is inhibited.

Further, researchers have also shown that NSAIDs will slow the body's response to exercise at a deeper level. Strenuous exercise stimulates the body to create denser bones and stronger connective tissues (muscle, tendons, ligaments, cartilage). Taking ibuprofen before working out essentially blocks this process, thereby defeating the purpose of exercise in the first place. Taking NSAIDs in hopes of preventing soreness may actually increase the odds that an athlete will become injured, and sore.

An editorial on this subject appeared in the British Journal of Sports Medicine earlier this year; one of the leading researchers on this subject stated that "there is no indication or rationale for the current prophylactic use of NSAIDs by athletes, and such ritual use represents misuse. Taking them before every workout or match is a mistake."

### **New Office Location**

I'm excited to announce the opening of a second office location in Colorado. I will be practicing in Fort Collins on Mondays and Wednesdays starting in October. Fort Collins is a great town with a very active population. It's great to be back in The Fort after 15 years being away (I was a CSU Ram).

I will be offering specialty services in sports medicine (prolotherapy, IV nutrition, chronic injuries, performance & recovery, etc) and general practice (pretty much anything that doesn't require emergency services...). As always, I offer a complimentary 15 minute consultation for prospective patients to meet with me so we can determine if my services are the right fit for them.

My Fort Collins practice is located at 1325 East Prospect Road inside of Fort Collins Physical Therapy & Sports Center. We are just East of the Fort Collins Club. 970-237-1062

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