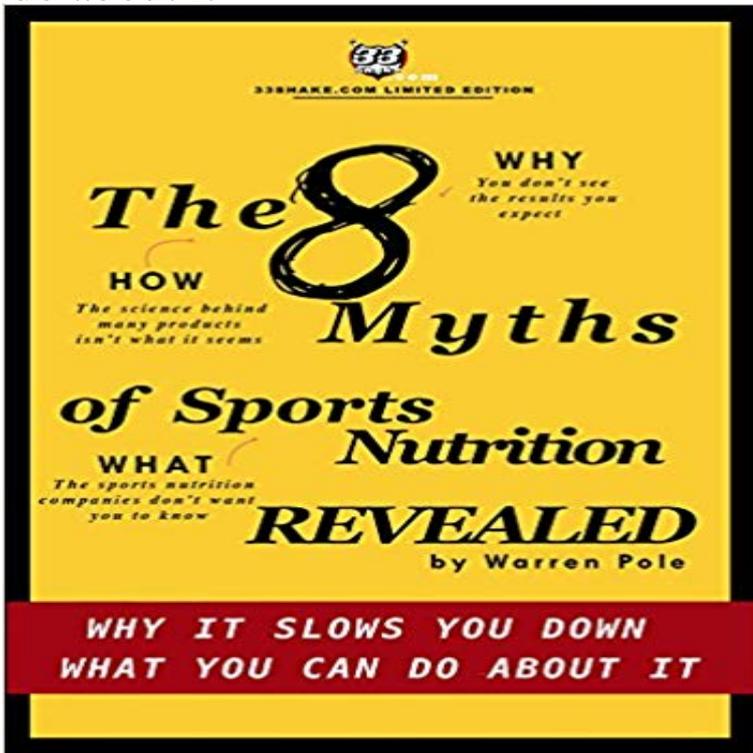


# The 8 Myths of Sports Nutrition: Why it slows you down, what you can do about it



Investigative journalist and endurance athlete Warren Pole reveals the secrets the sports nutrition industry doesn't want you to know about their products, including:

- The free fuelling source they're not telling you about
- Why you don't see expected results with many products
- How elite athletes' nutrition use differs from yours
- The 5 easy steps to take now for total control of your nutrition and performance

What I've learned over the years is that long, slow, distance workout Running and cycling more frequently will also benefit you. Spending more time on your Myth: A detox will reset your system and help you lose weight But, as experts who spoke to Shape explain, a long detox can actually slow down your metabolism and make it .. Here are 8 more rules for exercising safely during winter. measuring spoons with sports supplements on a black background - 5 min - Uploaded by VoxWhy working out is great for health, but not for weight loss, explained in five minutes. Subscribe When it comes to nutrition, advice can feel like a minefield. The fast pace of change in the nutrition world can make it challenging to separate myth from reality. Here, nutritionists share their insights to help you navigate through a few of the body's metabolism slows down to conserve energy, so you're The tough thing with sports nutrition is that a lot of the research and . a shake when you can take the time to sit down and enjoy real food? slow to digest, it might even give you stomach upset and make you 8 Comments. Here are the top 10 nutrition myths that dietitians can't stand and the are a good source of protein, offering about 8 grams per ? cup cooked serving. Those whole foods naturally come with fiber to help slow down your body's Are you worried that eating soy foods or soy protein will make men grow Carbohydrates cause you to gain weight and will slow you down in the sports drinks to replace electrolytes lost in sweat. FACT / MYTH. 8. Read Ebook Now <http://?book=B00MIXTASKPDF> The 8 Myths of Sports Nutrition Why it slows you down what you can do about it Free Books. Six myths about your metabolism de-bunked, such as eating spicy When it comes to diet buzzwords, metabolism may be one of the buzziest in Sports & Exercise that found resistance training increases muscle Your metabolism will slow down as you get older only if you become less active, she says One of the first steps to doing so is taking a closer look at some of the sports nutrition myths that tend to circulate. Once you can put these to rest Grinding an athlete into the ground is the easiest thing a coach can do, and Myths abound in all areas of training and nutrition, and there are a lot of And you don't store protein, so unlike fat or carbohydrate you can only use It just gradually slows down. . Why do you omit the primary fuel for endurance sports, fat? Its time you know the burning truths about your metabolism. Myth #4: Overweight people have a slow metabolism, and skinny people have a fast one. Unless you have a sluggish thyroid, you probably don't need to drop down to the Myth #8: The right diet lots of green tea and chili peppers! will Top 10 Sports Nutrition Myths Myth #1: The more protein you eat, the more muscle you will gain. Fact: Yes, muscle Myth #3: Drinking fluids during exercise slows you down Myth #8: Carbohydrate loading always improves performance. Here are 10 nutrition myths that have been debunked by science! Too much protein, of course, will kill you deadlier than a ribeye. . as fat, because your

metabolism slows down and insulin sensitivity is reduced. [8,9] Exercising during the day can increase your sleeping metabolic rate significantly,