



TheElite Training Group track club

Expanding the area of what is possible

In Track & Field Distance Running & Competent Self-Care in medicine and psychology

www.theetgtrackclub.com

TheETG food & supplements

TheETG Training Packets

Mission: Expand the area of what is possible for human performance in distance running. TheETG's primary method of achieving that is to proliferate applied science based information by way of \$free packets containing plain language info for anyone seeking to move themselves or others forward in these areas.

As you continue to acquire and apply more information you continue to expand the area of what is possible.

The functioning of brain cells, muscle cells, blood cells, -all cells- are governed by the laws of nature, -not- your chosen belief system.

Data-less conclusions founded upon faulty assumptions are the mother of all screw-ups. They lead to human belief systems that quickly get set in stone.

Put data ahead of dogma. Follow the data -not- the crowd.

".....cellular development must be governed by a variety of factors outside the scope of genetic inheritance. "

B.L.Stauffer -- Epigenetics: An Emerging Player In Health And Disease
Journal Of Applied Physiology.....Volume 109 #1.....July 2010.....page 230 -231

"...elite athletes are still made and not born, though perhaps some may be made elite in one discipline more easily than others."

A. Jones, et al -- Human Performance: A Role For The ACE Genotype?
Exercise & Sport Sciences Reviews -- Volume 30 #4 -- October 2002 -- page 184

"Scientifically speaking, altitude training has no effect."

Dr. Nikolai Nordsborg -- University of Copenhagen

"...called EPO...a new systemic review of existing research reveals that there is no scientific evidence that it does enhance performance, but there is evidence that using it in sport could place a user's health and life at risk."
EPO [erythropoietin] doping in elite cycling: No evidence of benefit, but risk of harm -- Science Daily -- December 5, 2012

"Many of these compounds in a highly-trained individual do absolutely nothing from the point of view of enhancing performance....."

"...Athletes think if it's on a list, it works."
S.Devi -- Overhaul of global anti-doping system needed -- Lancet — Volume 387 #10034 — May 28, 2016 — page 2188

"...investigate the effects of supposedly enhancing drugs in sport. If, as is expected, many substances in current use are found to be ineffective it will help keep our athletes safe and improve confidence in sporting results."

Adam Cohen -- Centre for Human Drug Research in Leiden -- The Netherlands

You may copy any and all contents of this packet, with exception and exclusion of using such copies for purposes of producing revenue, profit, or any direct or indirect compensation.

protein

protein

protein

protein

hot jacuzzi, hot bath
autogenic Relaxation
down-time

Keep the body in an anabolic state.

If you get that done everything moves forward.

If you don't get that done, nothing else matters.

TheETG Standardized Training Day Menu

Modern day sport nutrition is no longer about "carbo loading" or protein bars and powders, or "sport drinks". We know a little more these days. We're living in an era where each year as a species we're dramatically improving our ability to peer into the human body and study the way that cells work. Some principles that we know thus far.....

Just as it is best to design a training program that repeatedly delivers a set in stone [a.k.a. standardized] training stimulus to the cells of the body, thus empowering you to deliver a relatively controllable forward movement in fitness without plateau or other artificial limitation.....likewise it is best to provide a standardized supply of nutrients following the delivery of training stimuli. Long term, you'll stick with things that are easy to implement. Therefore, sit down at a table and do the math --once-- on the amount of nutrients required on your training day in protein, micronutrients, and carbos so you can thereafter, mindlessly follow a set scripted menu on workout day and the 24 to 48 hour period after it. Protein requirement will be at least 1 gram for every kilogram of your desired body weight and may go more toward 1.5 or 2grams per kilogram. There is some educated guess work to be done in this area.

Thus, I follow a set-in-stone, standardized menu on my training days.

I have a general menu that I follow on the other days. which also includes a **Modified fasting day** of reduced food intake. The modified fasting provides a period of time of reduced work for the immune system embedded in the digestive tract, and a day of potentially reduced work for the cells of the pancreas and other digestion related organs and glands. And I follow a 10 – 12 hour "Time Restricted Eating" process where all food consumption takes place during a 10 – 12 hour period each day which provides about 12 hours of no eating that contributes to a wide array of cell level long term health promoting activities including mitochondrial repair in the liver and other organs.

Controllability in all areas of training provides a high level of **controllability in performance level** which is where the real money is in sport. By standardizing a menu you guarantee the absence of a situation where nutrient consumption is sufficient on one training day but not on the next one. If its always the same, you know with certainty what you're getting one day versus another. It doesn't change, thusly it can't get screwed up.

Protein is very important. Avoid under estimations. as insufficient protein intake following a workout creates a situation where you've delivered the training stimulus, your cells have copied the necessary genes [a.k.a. blue prints] and sent those copies to the builder of cell proteins [ribosomes]....but the builders aren't given the building materials in adequate amounts for them to do their job. If you fail to supply the building materials, stuff doesn't get built. Put another way, you worked hard during the workout, now you're -not- gonna get out of it what you should get out of it. Repeat this with each workout over a period of months and years and it'll take you extra weeks, months, or years to get to the fitness level you could have arrived at weeks, months, or years earlier. Hopefully you won't quit the sport before getting to where you could have. And hopefully you won't follow the tradition of claiming "its genetic" prevented you from achieving a higher level of performance in the sport, or that drug use would have been necessary for you to get further in the sport.

The main purpose of a workout is to induce production of specific proteins cells need in order for the body to function at a higher level, thus empowering improved performance. I drive added cell protein production beyond what the workout alone has induced by consuming a combo drink of protein + carbo that drives insulin level. Insulin is perhaps the most powerful anabolic hormone in the human body. The increase along side providing protein stimulates both, further gene transcription and translation beyond what the workout itself achieves. To some degree the beverage is an immune system stimulator. Immune system cells not only clean up debri in brain, nerve, and muscle tissue, but also produce growth factor substances that aid cell and tissue building for improvement in functioning. Within 5 - 10 minutes post-workout while still at the track I begin consumption of the beverage. It also contains micronutrients.

It also provides the critical range of carbos 20 - 40 grams allowing one to strike while your blood flow is still relatively high and thus a greater rate of delivery of carbos to brain, nervous system, immune system, and muscle during the first 20 - 30 minutes. That results in greater carbo available for fuel for post-workout cell function, greater carbo available for fuel for local immune system cells doing their required jobs that enhance workout recovery and forward movement of cellular fitness level, and greater carbo available for storage as glycogen to be used for fuel in the next race or the next workout.

Post-workout beverages that include whey protein and micronutrients
whey protein.....

- includes cysteine.....which increases glutathione
- glutathione increased more with whey protein
- better increase in insulin compared to caseinate
- better muscle protein synthesis in whey compared to caseinate
- higher blood levels of essential amino acids in whey compared to caseinate
- higher blood levels of leucine in whey compared to caseinate
- The two main whey proteins..... α -lactalbumin and β -lactoglobulin
 - enhances neutrophil function, increases lymphocytes
 - α -lactalbumin.....contains tripeptide [Glycine-Leucine-Phenylalanine]
 - enhances macrophage function
 - α -lactalbumin.....high tryptophan content has neurological impact

"These data indicate that liquid carbohydrate plus essential amino acid ingestion enhances muscle anabolism following resistance training to a greater extent than either CHO or EAA consumed independently. The synergistic effect of liquid carbohydrate plus essential amino acid ingestion maximises the anabolic response....."

The Run Day meals are consumed across the initial 12 hour period following the workout.

This time frame is the critical period where workout-induced gene transcription and translation are on their greatest rise and sustained levels. This is the time frame to supply the required nutrients in the required amounts that help drive that process. Give the body not only what it needs, but do so during the critical time frame that it needs it.

Failure to do so results in a wasted opportunity after you've invested high effort and energy into a workout. Failure to do so on a consistent basis results in a delay, adding extra weeks, months, or years to the time it'll take you to get to your goal level of sport performance.

A food item on the Run Day menu is a pizza. This is a food source containing a very high nutrient density of protein, essential fatty acids, minerals, and carbohydrates.

---- standardized menu items on the other days.....

The standardized menu includes consumption of nutrition medicine oriented supplements that also happen to be powerful nutrients in applied Sport Nutrition. I also consume a nutrition medicine beverage comprised of a combination of liquid items on TheETG supplements list, all in a glass. Collectively they provide.....nucleotides, neuropeptides, immunoglobulins, essential fats, iodine and other minerals.

I consume a combination of 4 individual plant juices that I mix together [Aloe juice, pomegranate juice, cranberry juice, concord grape juice] that provide long chain plant sugars [plant polysaccharides] and other phyto-chemicals.

The standardized menu includes consumption of the 4 vegetables [broccoli, cucumber, carrot, tomato] that not only provide high levels of micro-nutrients and anti-oxidants but perhaps more importantly when combined with one another provide relatively high levels of gene activating phyto-chemicals, anti-oxidants, and micro-nutrients....as well as being well established alkalizing foods. To increase delivery of fat soluble substances contained in these vegetables I add a source of fat via Australian macnut oil poured on top of the vegetables. Contains minerals and essential fats.

Chopping each of the vegetables [in addition to chewing] carries the purpose of physically activating substances in these vegetables that are in an inactive form. I add grapes to the mixed vegetables for an additional flavor and nutrients.

The mix of these 4 vegetables in particular are where the money is in this area of sport nutrition, as well as general health nutrition for the non-athlete American.

The standardized menu includes consumption of a combo of mixed fruit and mixed berries to supply additional anti-oxidants and micro-nutrients. To increase delivery of fat soluble substances contained in the mixed berries and mixed fruit I add a source of fat via Australian macnut oil poured on top. Contains minerals and essential fats.

So collectively this is what the Sport Science called Applied Sport Nutrition looks like. Sport sciences matter.

"I don't know that there is any magic level of interest in science that people ought to have. But the more they understand, the more they will be able to control their destiny and achieve their other aims."

[Stephen Hawking]

Nature, to be commanded, must be obeyed"

[Francis Bacon]



TheETG Nutrition Medicine standardized menu

These food items and supplements used with mind-body medicine activities such as autogenic relaxation or meditation, along with high intensity short duration exercise and strength training are a pathway to prevention and possible reversal of major maladies that impact or kill most Americans.

Objectives.....

- Provide a multi-decade foundation of guaranteed nutrient supply from which your body can have the best chance at receiving health related nutrients.
- Reduce potential for cancer, heart disease, brain cell dysfunction, brain cell degeneration....and increase potential for reversal of same.

----- On all days follow a 10 – 12 hour "Time Restricted Eating" process, all food intake in a 10 – 12 hour period.

This provides a period of modified fasting that contributes to cell level long term health promoting activities including mitochondrial repair in the liver and other organs. Modified fasting provides reduced work for the immune system in the digestive tract, reduced work for the cells of the pancreas and other digestion related organs and glands.

Mondays -&- Tuesdays ----- Thursdays -&- Fridays

1	probiotics 16oz filtered water	as a meal by itself	probiotics.....2 capsules [Dr. Ohhira's Probiotics 12 Plus] Willard Water willard water prep = 1/2 teaspoon [Willard Water Ultimate] into 16oz of water
2	protein-carbo beverage <u>+and+</u> TheETG Nutrition Medicine drink together with the items shown on the right		<u>add these items to make TheETG Nutrition Medicine drink.....</u> -- 2 teaspoons [5ml]....liquid colostrum [PerCoBa] -- 2 drops.....iodine = 3mg [Lugol's Iodine, 2% solution] -- 2 teaspoons.....fish oil [Nordic Naturals, liquid, Ultimate Omega] -- 2 teaspoons.....ribose [Jarrow Formulas D-Ribose 200mg]
3	protein Monday = brisket sandwich Tuesday = chicken breast Thursday = ground beef Friday = turkey & cheese sandwich	as a meal by itself	vitamin D3-K2.....1 capsule [Bio Tech D3, K2] vitamin C.....1 capsule [Mercola, liposomal vitamin C] phosphatidylserine.....1 capsule 100mg [Doctor's Best, Phosphatidylserine]
4	protein [this meal is deleted during the training Break Period] Monday = brisket sandwich Tuesday = chicken breast Thursday = ground beef Friday = turkey & cheese sandwich	as a meal by itself	magnesium threonate.....2 capsules [Dr Mercola, Magnesium Threonate]
5	raw vegetables....together in a bowl -- organic Broccoli florets [6 to 8] -- organic Cucumber [1 inch slice, chopped-up] -- organic Carrot [3 inches, chopped-up] -- organic Romano tomato [1/2 chopped-up] ---add organic grapes [6 to 8]---	as a meal by itself	kyolic.....1 capsule 1000mg [Kyolic Aged Garlic Extract] benfotiamine.....1 capsule [Doctor's Best Benfotiamine 300mg] ----- pour 1 to 2 teaspoons of fish oil onto the vegetables to aide absorption of fat soluble nutrients in the vegetables
6	raw fruits.....together in a bowl -- organic berries [strawberry, blueberry, raspberry, blackberry] -- mixed fruit cup [peach, pear, pineapple, cherry (Dole)]	as a meal by itself	curcumin.....1 capsule 500mg [ProHealth, Optimized Curcumin Longvida] N-acetyl-cysteine.....1 capsule 600mg [Doctor's Best, NAC Detox Regulato] ----- pour 1 to 2 teaspoons of fish oil onto the fruits to aide absorption of fat soluble nutrients in the fruits
7	nuts...mixed in a bowl -- walnuts, almonds, pecans, cashews juices.....mixed together in a 16oz glass bottle as a meal by itself -- 1/2 cup.....organic aloe juice.....[Lily Of The Desert] -- 1/2 cup.....organic cranberry juice.....[Lakewood Organics] -- 1/2 cup.....organic pomegranate juice.....[Lakewood Organics] -- 1/2 cup.....organic concord grape juice...[Lakewood Organics]	as a meal by itself	multi-vitamin.....4 capsules [3 Formulas, Molecular Multi]

Run Training Days

----- protein/carb beverage start consumption no later than 10 minutes after workout [Bolthouse Farms Protein Plus]



Marshall Burt's menu grid

	mon protein = 80g	tues protein = 80g	Wed training day protein = 70g	thurs protein = 70g	Fri protein = 70g	sat moderate modified fasting day	Sun training day protein = 70g
1	probiotics 16oz filtered water [Willard water]	probiotics 16oz filtered water [Willard water]	----- -----	probiotics 16oz filtered water [Willard water]	probiotics 16oz filtered water [Willard water]	----- -----	----- -----
2	Bolthouse Farms pro = 30g TheETG drink	Bolthouse Farms pro = 30g TheETG drink	post run training Bolthouse Farms pro = 30g ----- -----	Bolthouse Farms pro = 30g TheETG drink	Bolthouse Farms pro = 30g TheETG drink	----- -----	post run training Bolthouse Farms pro = 30g ----- -----
3	brisket pro = 25g	chicken breast pro = 25g	365 Whole Foods ½ supreme pizza pro = 20g	beef pro = 20g	turkey & cheese sandwich pro = 20g	?	365 Whole Foods ½ supreme pizza pro = 20g
4	brisket pro = 25g [this meal is deleted during the training Break Period]	chicken breast pro = 25g [this meal is deleted during the training Break Period]	365 Whole Foods ½ supreme pizza pro = 20g	beef pro = 20g [this meal is deleted during the training Break Period]	turkey & cheese sandwich pro = 20g [this meal is deleted during the training Break Period]	?	365 Whole Foods ½ supreme pizza pro = 20g
5	vegetables	vegetables	----- -----	vegetables	vegetables	----- -----	----- -----
6	fruits	fruits	----- -----	fruits	fruits	----- -----	----- -----
7	nuts & juices	nuts & juices	----- -----	nuts & juices	nuts & juices	----- -----	----- -----



TheETG Food Budget

Total = rounded about \$700 per month
rounded, about \$9000 per year

\$400	<p><u>Mondays & Tuesdays.....Thursdays & Fridays</u></p> <p>\$100 – veg + berries + grapes.....[4 weeks x \$25] \$20 – mixed fruit cups, pear, peach, pineapple [Dole].....[4 packs x \$3] \$50 – organic nuts [about 4oz] - walnuts [Aurora Natural] - pecans [Aurora Natural] - almonds [Aurora Natural] - cashews [Aurora Natural] \$120 – organic juices - concord grape juice 32oz [Lakewood Organics]....[4oz x 16 days each month] = 2 bottles - pomegranate juice 32oz [Lakewood Organics].....[4oz x 16 days each month] = 2 bottles - cranberry juice 32oz [Lakewood Organics].....[4oz x 16 days each month] = 2 bottles - aloe juice 32oz [Lily Of The Desert].....[4oz x 16 days each month] = 2 bottles - pineapple juice 32oz [Lakewood Organics].....[8oz x 4 days each month] = 1 bottle \$100 – Bolthouse Farms.....[24 bottles x \$4]</p>
\$70	<p><u>Mondays</u></p> <p>\$65 – 2 x brisket sandwiches[8 sandwiches x \$8]</p>
\$30	<p><u>Tuesdays</u></p> <p>\$30 – 2 x chicken breast [Bell & Evans.....[4 boxes x \$7]</p>
\$30	<p><u>Wednesdays</u></p> <p>\$30 – organic personal pizza, veg oriented[4 pizzas x \$6]</p>
\$20	<p><u>Thursdays</u></p> <p>\$20 – [2 x 4oz] grass fed, grass finished ground beef....[2 packs x \$9]</p>
\$50	<p><u>Fridays</u></p> <p>\$50 – turkey & cheese sandwiches.....[4 x \$12]</p>
\$50	<p><u>Saturdays</u></p> <p>no standardized menu.....moderate modified fasting ---- [4 x \$12]</p>
\$30	<p><u>Sundays</u></p> <p>\$30 – organic personal pizza, veg oriented[4 pizzas x \$6]</p>



TheETG Nutrition Medicine Supplements Budget [1 year = rounded, about \$3000]

meal 1 on the menu ----- rounded, about \$300 per year

1 probiotics = \$75	--- comes in 100 per box --- will use 2 capsules x 16 days = 32 capsules each month For maintaining beneficial bacteria in the digestive tract, production of nutrients	1 year = 4 boxes = \$300 Dr. Ohirra's Probiotics 12 Plus I buy it online
-------------------------------	---	---

meal 2 on the menu ----- rounded, about \$60 per year

2 willard water = \$30	--- comes in 47 teaspoons per bottle --- will use 1/2 teaspoon x 16 days = 8 teaspoons each month For supplying micronutrients, minerals.	1 year = 2 bottles = \$60 Willard Water--Ultimate I buy at willardswater.com
----------------------------------	---	---

meal 3 on the menu, TheETG Drink ----- rounded, about \$1500 per year

3 colostrum [liquid] = \$35	--- comes in 24 teaspoons per bottle --- will use 2 teaspoons [10ml] x 16 days = 32 teaspoons each month For supplying nucleotides, neuro-peptides, and immuno-globulins.	1 year = 16 bottles = \$560 PerCoBa Colostral Whey--liquid I buy it at percoba.com
4 ribose = \$35	--- comes in 60 teaspoons per bottle --- will use 2 teaspoons x 16 days = 32 teaspoons each month For aiding training adaptations by supplying nucleotides	1 year = 7 bottles = \$250 Jarrow Formulas D-Ribose I buy it at amazon
5 iodine 2% solution = \$30	--- comes in 30ml per bottle --- will use 2 drops [0.05 x 2 = 0.10ml (2mg iodine)] x 16 days = 0.8ml each month For maintaining iodine supply required in high level training adaptations.	1 year = 1 bottle = \$30 Lugol's Solution I buy it at amazon
6 nordic naturals = \$75 liquid fish oil	--- comes in 47 teaspoons per bottle --- will use 2 teaspoons [10ml] x 16 days = 32 teaspoons each month For adding fat to vegetables to aid absorption of fat soluble nutrients in the vegetables. Also for supplying the brain with essential fatty acids critical for regenerative processes in the brain and nervous system	1 year = 8 bottles = \$600 Nordic Naturals Ultimate Omega liquid fish oil I buy it at an Austin grocery store

meal 4 on the menu, protein ----- rounded, about \$200 per year

7 vitamin D3 & K2 = \$30	--- comes in 120 per bottle --- will use 1 capsule x 16 days = 16 capsules each month D3 For maintaining high level cellular function in the brain, nervous system, and immune system via Vitamin D's role as a major hormone in the body that impacts the function of many cells and organ systems. K2 For reducing and/or removing calcified cholesterol plaques and beta amyloid plaques from blood vessel walls in brain and body	1 year = 2 bottles = \$60 Bio Tech D3 & K2 I buy it at amazon
8 phosphatidylserine = \$30	--- comes in 120 per bottle --- will use 1 capsule x 16 days = 16 capsules each month For regenerative processes in the brain and nervous system, contributes to nerve growth factor production, dopamine production, melatonin production, reduces effects of cortisol [stress hormone]	1 year = 2 bottles = \$60 Doctor's Best Best Phosphatidylserine I buy it at amazon
9 vitamin C = \$15	--- comes 30 per bottle --- will use 1 tablet x 16 days = 16 tablets each month For aiding training adaptations by supplying vitamin C	1 year = 7 bottles = \$100 Mercola liposomal Vit C I buy it at amazon

meal 5 on the menu, protein ----- rounded, about \$150 per year

10 magnesium = \$35	--- comes in 90 per bottle --- will use 2 capsules x 16 days = 32 capsules each month For magnesium threonate for cellular function in brain, nerve, & immune system	1 year = 4 bottles = \$150 Dr Mercola Magnesium Threonate
-------------------------------	--	---



TheETG Nutrition Medicine Supplements Budget

meal 6 on the menu, raw vegetables ----- rounded, about \$100 per year

11 kyolic = \$15	--- comes in 60 per bottle --- will use 1 capsule x 16 days = 16 capsules each month For reducing and/or removing calcified cholesterol plaques and beta amyloid plaques from blood vessel walls in brain and body	1 year = 3 bottles = \$45 Kyolic Aged Garlic Extract 1000mg I buy it at amazon
12 benfotiamine = \$15	--- comes in 60 per bottle --- will use 1 capsule x 16 days = 16 capsules each month For fat soluble form of vitamin B1, improves brain glucose metabolism, cognitive function, and halts or reverses dementia progression in mild to moderate Alzheimer's.	1 year = 3 bottles = \$45 ProHealth, Optimized Curcumin Longvida 500mg by on amazon

meal 7 on the menu, raw fruits ----- rounded, about \$150 per year

13 curcumin = \$35	--- comes in 60 per bottle --- will use 1 capsule x 16 days = 16 capsules each month For contributing to high level endothelial cell function [blood vessel cells], and for reducing and/or removing beta amyloid plaques from blood vessel walls in brain.	1 year = 3 bottles = \$100 ProHealth, Optimized Curcumin Longvida 500mg I buy it at amazon
14 N-Acetyl-cysteine = \$10	--- comes in 60 per bottle --- will use 1 capsule x 16 days = 16 capsules each month For contributing to production of anti-oxidant glutathione, and for reducing and/or removing cholesterol plaques, beta amyloid plaques from blood vessel walls in brain and body	1 year = 3 bottles = \$30 Doctor's Best NAC Detox Regulators 600mg I buy it at amazon

meal 8 on the menu, organic nuts & juices ----- rounded, about \$450 per year

15 multi-vitamin = \$60	--- comes 120 in per bottle --- will use 4 capsules x 16 days = 64 capsules each month For providing several nutrition medicine oriented nutrients [magnesium, zinc, iodine, B vitamins, beta carotene, vit C, vit E, selenium, resveratrol, beta glucan, etc, etc, etc]	1 year = 7 bottles = \$450 Molecular Multi, 3 Formulas buy online, lifespannutrition.com
-----------------------------------	--	--

TheETG menu's 4 vegetables; Broccoli, cucumber, carrot, Romano tomato

Placing mechanical or physical stress [ie. cutting them, then chewing them] activates plant chemicals contained in them, increasing their impact on brain cells, immune system, and other cells in the body.

Green leaf vegetables contain substances called iso-thio-cya-nates. Green leaf vegetables contain one of the most important isothiocyanates, called Sul-for a-phane.

These substances can activate specific genes in our cells. Those specific genes are for anti-oxidant enzymes and detoxifying enzymes, most of them referred to collectively as Phase 2 enzymes. The substance has the ability to bind to the promoter area of anti-oxidant genes, causing production of anti-oxidant and detoxifying enzymes. This is believed to be among the main mechanisms by which certain vegetables have the ability to prevent cancer and heart disease. Aside from supplying anti-oxidants in the vegetables themselves they have this ability to cause cells in our body to produce other anti-oxidants as well.

"Sulforaphane, one of the most important isothiocyanates in the human diet, present in cruciferous vegetables, is known to have chemopreventive activities in different tissues."

"The observed Sulforaphane-induced upregulation of phase II enzymes was accompanied by a significant increase in nuclear erythroid 2 p45-related factor 2 expression and correlated with a significant increase in total antioxidant capacity....."

M.Malaguti, et al

Sulforaphane treatment protects skeletal muscle against damage induced by exhaustive exercise in rats
Journal Of Applied Physiology.....Volume 107.....August 2009.....page1028

"When tomatoes and broccoli are eaten together, we see an additive effect. We think it's because different bioactive compounds in each food work on different anti-cancer pathways..."

[John Erdman, Professor of Food Science, University of Illinois]

TheETG menu's 4 mixed berries strawberry, blueberry, raspberry, blackberry

Mixed berries to supply additional anti-oxidants and micro-nutrients.

"Regular strawberry consumption augmented plasma antioxidant activity and decreased lipid peroxidation suggests preventive potential of these fruits against oxidative stress-dependent disorders. Blood phagocytes are important source of oxidants that may contribute to systemic oxidative stress. We examined the effect of strawberry consumption on the luminol enhanced whole blood chemiluminescence reflecting oxidants generation by circulating phagocytes in healthy subjects."

"Strawberry consumption decreased median resting luminol enhanced whole blood chemiluminescence and this effect was more evident after the 1st course (by 38.2%) than after the the 2nd one (18.7%), while fMLP-induced luminol enhanced whole blood chemiluminescence was constant."

"The decrease in resting luminol enhanced whole blood chemiluminescence suggests that regular strawberry consumption may suppress baseline formation of oxidants by circulating phagocytes. This may decrease the risk of systemic imbalance between oxidants and anti-oxidants and be one of mechanisms of health-promoting effect of these fruits consumption."

P.Bialasiewicz, et al

Addition of Strawberries to the Usual Diet Decreases Resting Chemiluminescence of Fasting Blood in Healthy Subjects—Possible Health-Promoting Effect of These Fruits Consumption
Journal of the American College of Nutrition.....Volume 33 #4.....July 2014.....pages 274 - 287

"Nucleotide supplementation can reduce postexercise immunosuppression and hypothalamic-pituitary axis activation in endurance exercise models. Nucleotide supplementation may aid recovery from other exercise modalities, such as heavy resistance exercise."

"Thus, the purpose of this investigation was to investigate the effects of nucleotide supplementation on the acute cortisol and immune responses to heavy resistance exercise and its effects on recovery."

"A double-blinded, crossover, mixed methods design with 10 men and 10 women was used. Each performed an acute heavy resistance exercise protocol after a loading period with a nucleotide or placebo supplement."

"Nucleotide supplementation resulted in significant decreases in cortisol and myeloperoxidase immediately after the acute heavy resistance exercise protocol, and significantly lower C creatine kinase values 24 hours later."

"Greater isometric force was observed immediately after acute heavy resistance exercise protocol and at 24 hours and 48 hours with nucleotide supplementation. Nucleotide supplementation seems to attenuate muscle damage, hypothalamic-pituitary axis and immune system activation, and performance decrements after heavy resistance exercise."

A.J. Sterczala, et al

Physiological Effects of Nucleotide Supplementation on Resistance Exercise

Stress in Men and Women

Journal of Strength & Conditioning Research -- Volume 30 #2 -- February 2016 -- page 569

“We investigated the association of meat intake in relation to colorectal polyps and further investigated the association according to histologic subtypes and subsites in a large population-based screening study in Germany.”

“...15,950 participants aged ≥ 55 years underwent a screening colonoscopy.”

“...3340 participants (20.4%) had nonadvanced adenomas, 1643 participants (10.0%) had advanced adenomas, and 189 participants (1.2%) had colorectal cancer.”

“We observed no statistically significant association between red or processed meat consumption.....prevalence of any adenomas or advanced adenomas....”

“In site-specific analyses, although no dose-response relation was observed, processed meat was positively associated with the prevalence of advanced adenomas in the rectum only....”

“Poultry intake was not associated with any outcome.”

“On the basis of this large colonoscopy-based study, there are no significant associations between red or processed meat intake and the prevalence of any adenomas or advanced adenomas.”

“However, processed meat may be positively associated with the prevalence of advanced adenomas in the rectum.....”

P.R.Carr, et al

Meat intake and risk of colorectal polyps: results from a large population-based screening study in Germany

American Journal Of Clinical Nutrition — Volume 105 #6 — June 2017 — page 1453

20 nutrient sources.....20 plant based items.

TheETG menu's 4 organic vegetables

- broccoli
- cucumber
- carrot
- Romano tomato

TheETG menu's 4 organic berries

- strawberry
 - blueberry
 - raspberry
 - blackberry
- plus banana, peach, pear, pineapple

TheETG 4 organic juices

- aloe [Lily Of The Desert]
- cranberry [Lakewood Organic]
- pomegranate [Lakewood Organic]
- concord grape [Lakewood Organic]

TheETG 4 organic nuts

- almonds
- cashews
- pecans
- walnuts



Mondays & Tuesdays.....Thursdays & Fridays.

On TheETG menu as a meal by itself 4 days each week.
The 4 juices and the 4 nuts.

In each of Marshall Burt's 8oz bottles, the 4 juices.....

- 2oz -- Lily Of The Desert Organic Aloe
- 2oz -- Lakewood Organic Cranberry
- 2oz -- Lakewood Organic Pomegranate
- 2oz -- Lakewood Organic Concord grape

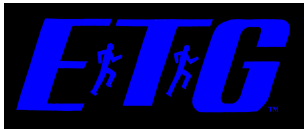
In each of the glass bins, the 4 nuts.....

- almonds
- cashews
- pecans
- walnuts

The juices provide several phytochemicals [plant chemicals], antioxidant substances, and long chain sugars called plant polysaccharides.

The nuts provide fats known as essential fatty acids, as well as fiber and minerals. I consume them together so that the fat in the nuts can aid absorption of fat soluble nutrients in the organic juices.





The story

On TheETG menu 4 days each week....the 4 juices mixed together.

2oz -- Lily Of The Desert Organic Aloe

2oz -- Lakewood Organic Cranberry

2oz -- Lakewood Organic Pomegranate

2oz -- Lakewood Organic Concord grape

The juices provide several phytochemicals [plant chemicals], antioxidant substances, and long chain sugars called plant polysaccharides.

As one of -the- most science oriented track clubs in the world, TheETG advocates use of products and services that are consistent with TheETG mission, TheETG applied human performance information, and TheETG applied health sciences information.

TheETG club owner Marshall Burt has been consuming Lily Of The Desert Aloe Juice for over a decade, and Lakewood Organics cranberry, pomegranate, concord grape for several years.





Bolthouse Farms
PROTEIN PLUS
CHOCOLATE
WITH VITAMINS AND MINERALS
PROTEIN 30g
PROTEIN SHAKE
100% MORE PROTEIN THAN OUR PERFECTLY PROTEIN BEVERAGE
450 mL (15.2 FL. OZ.)

PERISHABLE
KEEP REFRIGERATED

Nutrition Facts
1 serving per container
Serving size 15.2 fl. oz. (450mL)

Amount per serving	% Daily Value*
Calories 400	
Total Fat 7g	9%
Saturated Fat 3.5g	10%
Trans Fat 0g	
Polysaturated Fat 0g	
Monounsaturated Fat 1g	
Cholesterol 55mg	10%
Sodium 310mg	13%
Total Carbohydrate 55g	20%
Dietary Fiber 2g	7%
Total Sugars 49g	
Includes 21g Added Sugars	74%
Protein 30g	97%

**PERISHABLE
KEEP REFRIGERATED**

Nutrition Facts
1 serving per container
Serving size 15.2 fl. oz. (450mL)

Amount per serving	% Daily Value*
Calories 400	
Total Fat 7g	9%
Saturated Fat 3.5g	10%
Trans Fat 0g	
Polysaturated Fat 0g	
Monounsaturated Fat 1g	
Cholesterol 55mg	10%
Sodium 310mg	13%
Total Carbohydrate 55g	20%
Dietary Fiber 2g	7%
Total Sugars 49g	
Includes 21g Added Sugars	74%
Protein 30g	97%

Bolthouse Farms
PROTEIN PLUS
CHOCOLATE
WITH VITAMINS AND MINERALS
PROTEIN 30g
PROTEIN SHAKE
100% MORE PROTEIN THAN OUR PERFECTLY PROTEIN BEVERAGE
450 mL (15.2 FL. OZ.)

Stay ahead of tissue strength needs

If the level of tissue strength necessary to endure your training loads exceeds what your tissues have, the **tissues that are the weakest link in the chain** may require you to improve the **effectiveness of your strengthening protocols** or reconsider the design of your training program.

Stay ahead of tissue tightening

In sprinters, distance runners, etc....hamstring, calf, quad, cramping & muscle strains. Issues tend to occur at times when your fitness level is moving forward, and because your fitness level is moving forward.

Use Range Of Motion exercises to stay ahead of tissue tightening.

The rate of tissue tightening as your fitness level progresses in any given week/month may exceed the rate and frequency of stretching sessions and/or the effectiveness/potency of your stretching protocols [range of motion exercises = ROM's].

Look to successfully address that.

So called "performance enhancing drugs" are prescription drugs.

Some examples of the effectiveness of prescription drugs in sport.....

"The drug erythropoietin, often called EPO.....a new systemic review of existing research reveals that **there is no scientific evidence that it does enhance performance**, but there is evidence that using it in sport could place a user's health and life at risk."
EPO [erythropoietin] doping in elite cycling: No evidence of benefit, but risk of harm
Science Daily.....December 5, 2012.

"...**there is no scientific basis from which to conclude that rHuEPO has performance-enhancing properties** in elite cyclists." "The use of rHuEPO in cycling is rife but scientifically unsupported by evidence, and its use in sports is medical malpractice."
J.A.Heuberger, et al
Erythropoietin doping in cycling: lack of evidence for efficacy and a negative risk-benefit.
British Journal Of Clinical Pharmacology.....Volume 75 #6.....June 2013...page 1406

"The **over-exaggeration of the effects of growth hormone** in muscle building is effectively promoting its abuse...."
"....there is the question of disinformation on rhGH....Part of this problem may, paradoxically, derive from the anti-doping authorities themselves. By ignoring the evidence the **rhGH does not work** in normal healthy subjects, the athletic establishment could be accused of effectively promoting its use."
"**We must tell athletes the truth: growth hormone does not 'work'** or at least not as they think it does and that its is associated with all kinds of immediate and long term hazards-----everything from decreased performance to cancer."
"....none of us scientists, doctors, coaches, or sports bodies should continue to suggest that this dangerous doping practice works."
M.J. Rennie
British Journal Of Sports Medicine.....Volume 37 #2....April 2003....pages 100-103

"**Testosterone prohormones** such as androstenedione, androstenediol, and dehydroepiandrosterone (DHEA) have been heavily marketed as testosterone-enhancing and muscle-building nutritional supplements for the past decade."
"Contrary to marketing claims, research to date indicates that the use of prohormone nutritional supplements (DHEA, androstenedione, androstenediol, and other steroid hormone supplements) **does not produce either anabolic or ergogenic** effects in men. Moreover, the use of prohormone nutritional supplements may raise the risk for negative health consequences."
G.A.Brown, et al
Testosterone Prohormone Supplements.
Medicine & Science in Sports & Exercise.....Volume 38 #8....August 2006.....pg 1367-1537

So called "performance enhancing drugs" are prescription drugs.

Some examples of the effectiveness of prescription drugs in American medicine & health care.....

"Most drugs are only effective **for a small percentage** of people who take them."
Michael Leavitt [U.S. Secretary of Health & Human Services 2005 - 2009]

".....the benefits that US health care currently deliver **may not outweigh the aggregate health harm** it imparts."
Journal Of The American Medical Association...Volume 302 #1..July 1, 2009...page 89 - 91

"It is estimated that more than 700,000 individuals are seen in hospital emergency departments for adverse drug events each year in the United States."
[Centers For Disease Control.....2015]

"106,000 deaths/year **from non-error**, adverse effects of medications"
B. Starfield
Is US Health Really the Best in the World
Journal of The American Medical Association.....Volume 284 #4....July 26, 2000....page 483 - 485

".....1.5 million U.S. residents are harmed or killed each year because of medication errors, according to an Institute of Medicine report."
Nature Medicine....Volume 12 #9.....September 2006.....pg 984 - 985.....News In Brief

Pursue becoming a

**Master Of
Sport**