



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](http://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 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 standardized, multi-decade foundation of guaranteed nutrient supply 4 days each week from which your body can have a good 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.

### Fasting....standardized norms

- between meals = 2 - 3 hours
- overnight = 10 - 12 hours
- Sundays = 24 hours low or no food intake

The intended purpose is to provide some time off for digestion as well as less work for the immune system in the digestive tract, cells of the pancreas and other digestion related organs and glands, and to contribute to cell level, long term health promoting activities including mitochondrial repair in the liver and other organs.

### Mondays -- Tuesdays – Wednesdays -- Thursdays

<b>meal 1</b> <b>water</b> ....16oz filtered water in glass bottle [add half-teaspoon of willard water]  <b>probiotics</b>	Willard Water.....1/2 teaspoon [Willard Water Ultimate] probiotics.....2 capsules [Dr. Ohhira's Probiotics 12 Plus]
<b>meal 2</b> <b>protein</b>  1/2 medium pizza -- cheese -- mushroom -- tomato -- black olive -- onion -- green pepper	vitamin D3-K2.....1 capsule [Bio Tech D3, K2] multi-vitamin.....4 capsules [3 Formulas, Molecular Multi]
<b>meal 3</b> <b>raw vegetables</b> ....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 2 to 4 organic dark grapes]	magnesium glycinate.....2 capsules [Trace Minerals, magnesium glycinate, 120mg] N-acetyl-cysteine.....1 capsule 600mg [Doctor's Best, NAC Detox Regulato]  ----- pour a teaspoon of fish oil onto the berries to aide absorption of fat soluble nutrients
<b>meal 4</b> <b>raw berries</b> mixed together in a glass bowl -- organic berries [strawberry, blueberry, raspberry, blackberry] -- mixed fruit cup, (Dole) [peach, pear, pineapple]  <b>raw nuts</b> mixed together in a glass container -- 1/4 cup....organic almonds.....[Aurora Natural] -- 1/4 cup....organic cashews.....[Aurora Natural] -- 1/4 cup....organic pecans.....[Aurora Natural] -- 1/4 cup....organic walnuts.....[Aurora Natural]	kyolic.....1 capsule 1000mg [Kyolic Aged Garlic Extract] phosphatidylserine.....1 capsule 100mg [Doctor's Best, Phosphatidylserine] curcumin.....1 capsule 500mg [ProHealth, Optimized Curcumin Longvida] benfotiamine.....1 capsule [Doctor's Best Benfotiamine 300mg]
<b>meal 5</b> <b>protein-carbo beverage</b>  Bolthouse Farms Protein Plus..... add items shown on the right.....mixed together in a glass bottle	vitamin C.....2 capsules 500mg [Dr Mercola, liposomal C]  <b>add these items to make TheETG Nutrition Medicine drink</b> -- 1 drop.....iodine = 4mg [Lugol's Iodine, 2% solution] -- 1 teaspoon.....ribose [Jarrow Formulas D-Ribose 200mg] -- 1 teaspoon.....liquid colostrum [Nature's Gift colostrum liquid] -- 1 teaspoon.....fish oil = 2g [Nordic Naturals, liquid, Ultimate Omega] -- 1 teaspoon.....magnesium chloride = 400mg [Trace Minerals, liquid magnesium] -- 1 teaspoon.....arginine = 5g [Nutricost, L-Arginine]

### Fridays

Consumption of the protein/carb beverage.

Begin no later than 10 minutes after workout [Bolthouse Farms Protein Plus]



## Marshall Burt's menu grid

	<b>Mon</b> protein = 60g	<b>tue</b> protein = 60g	<b>Wed</b> protein = 60g	<b>thur</b> protein = 60g	<b>Fri</b> run training day protein = 110g	<b>Sat</b> protein = 80g	<b>Sun</b> fasting day low or no food intake
<b>1</b>	willard water & probiotics	post workout beverage pro = 30g					
<b>2</b>	<b>pizza</b> pro = 20g	<b>pizza</b> pro = 20g	<b>pizza</b> pro = 20g	<b>pizza</b> pro = 20g	<b>beef</b> pro = 80g	<b>beef</b> pro = 80g	
<b>3</b>	vegetables	vegetables	vegetables	vegetables	juices fig bars	juices fig bars	juices fig bars
<b>4</b>	berries, nuts pro = 10g						
<b>5</b>	TheETG drink pro = 30g						

### Fridays

Consumption of the protein/carb beverage.

Begin no later than 10 minutes after workout [Bolthouse Farms Protein Plus]

### Standardized norms.....

Fasting.....

- between meals = 2 - 3 hours
- overnight = 10 - 12 hours
- Sundays = 24 hours low or no food intake

The intended purpose of fasting is to provide some time off for digestion and for less work for the immune system in the digestive tract, cells of the pancreas and other digestion related organs and glands, and to contribute to cell level, long term health promoting activities including mitochondrial repair in the liver and other organs.

## Know your numbers

Marshall's numbers.....

body weight = 126 – 129 pounds [57kg – 59kg]	
protein intake, 6 day total, excluding fasting day	430g
protein, average intake across 6 days excluding fasting day	70g per day
protein intake in grams per kilogram of body weight per day across the 6 days that excludes fasting day	<b>1.1g/kg per day</b>



# Marshall Burt's Food Budget

**Total** = rounded about **\$800 per month** [rounded, about \$10,000 per year]

<b>\$110</b>	<b>Mondays – Tuesdays – Wednesdays -- Thursdays</b>	
\$110	<p>\$5 – organic raw vegetables  -- broccoli florets  -- cucumber  -- carrot  -- romano tomato</p> <p>\$2 -- organic dark grapes</p> <p>\$40 -- organic, raw berries  -- strawberries  -- blueberries  -- raspberries  -- blackberries</p> <p>\$15 – mixed fruit cup [Dole]  pear, peach, pineapple</p> <p>\$50 – organic, raw nuts  - almonds [Aurora Natural]  - cashews [Aurora Natural]  - pecans [Aurora Natural]  - walnuts [Aurora Natural]</p>	<p>----- 4 weeks x \$10</p> <p>----- 4 packs x \$3</p> <p>----- \$12 rounded flat price x 4 containers</p>

<b>\$120</b>	<b>Fridays – Saturdays – Sundays</b>	
\$120	<p>\$100 – organic juices  - aloe juice [Lily Of The Desert, 32oz x 2]  - cranberry juice [Lakewood Organics, 32oz x 2]  - grape juice [Lakewood Organics, 32oz x 2]  - pomegranate juice [Lakewood Organics, 32oz x 2]</p> <p>\$20 – fig bar [Nature's Bakery, original]</p>	<p>----- 4oz x 12 days  \$12 rounded flat price x 8 bottles</p> <p>----- 2 boxes x \$10</p>

<b>\$500</b>	<b>protein oriented foods</b>	<b>protein oriented foods</b>
\$70	<b>Mondays</b> \$50 – meal 2 = ½ medium pizza [mushroom,tomato,black olive,onion,green pepper] \$20 – meal 5 = TheETG drink.....Bolthouse Farms Protein Plus	2 pizzas x \$25 4 bottles/month x \$4 each
\$70	<b>Tuesdays</b> \$50 – meal 2 = ½ medium pizza [mushroom,tomato,black olive,onion,green pepper] \$20 – meal 5 = TheETG drink.....Bolthouse Farms Protein Plus	2 pizzas x \$25 4 bottles/month x \$4 each
\$70	<b>Wednesdays</b> \$50 – meal 2 = ½ medium pizza [mushroom,tomato,black olive,onion,green pepper] \$20 – meal 5 = TheETG drink.....Bolthouse Farms Protein Plus	2 pizzas x \$25 4 bottles/month x \$4 each
\$70	<b>Thursdays</b> \$50 – meal 2 = ½ medium pizza [mushroom,tomato,black olive,onion,green pepper] \$20 – meal 5 = TheETG drink.....Bolthouse Farms Protein Plus	2 pizzas x \$25 4 bottles/month x \$4 each
\$80	<b>Fridays run training day</b> \$60 – beef....2 burgers, P.Terry's restaurant \$20 – post workout beverage = Bolthouse Farms Protein Plus	8 burgers/month x \$7 each 4 bottles/month x \$4 each
\$120	<b>Saturdays</b> \$120 – beef....2 burgers, 5280 Burger Bar restaurant	8 burgers/month x \$14 each
	<b>Sundays</b> fasting day....low or no food intake	



## TheETG Supplements Budget

[1 year = rounded, about \$2500]

### meal 1 on the menu ----- rounded, about \$400 per year

<b>1</b> probiotics = \$70	--- comes in 100 per box --- will use 2 capsules x 16 days = 32 capsules each month For maintaining beneficial bacteria in the digestive tract	<b>1 year = 4 boxes = \$300</b> Dr. Ohirra's Probiotics 12 Plus I buy it at amazon
<b>2</b> 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.	<b>1 year = 2 bottles = \$60</b> Willard Water-Ultimate I buy at willardswater.com

### meal 2 on the menu, protein ----- rounded, about \$500 per year

<b>3</b> 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	<b>1 year = 2 bottles = \$60</b> Bio Tech D3 & K2 I buy it at amazon
<b>4</b> 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]	<b>1 year = 7 bottles = \$450</b> Molecular Multi, 3 Formulas buy online, lifespennutrition.com

### meal 3 on the menu, raw vegetables ----- rounded, about \$100 per year

<b>5</b> magnesium = \$35	--- comes in 180 per bottle --- will use 2 capsules x 16 days = 32 capsules each month For magnesium for cellular function in brain, nerve, & immune system	<b>1 year = 2 bottles = \$70</b> Trace Minerals [magnesium glycinate] I buy it at amazon
<b>6</b> 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	<b>1 year = 3 bottles = \$30</b> Doctor's Best NAC Detox Regulators 600mg I buy it at amazon

### meal 4 on the menu, raw berries/fruits/nuts ----- rounded, about \$250 per year

<b>7</b> 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	<b>1 year = 3 bottles = \$45</b> Kyolic Aged Garlic Extract 1000mg I buy it at amazon
<b>8</b> 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]	<b>1 year = 2 bottles = \$60</b> Doctor's Best Best Phosphatidylserine I buy it at amazon
<b>9</b> 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.	<b>1 year = 3 bottles = \$100</b> ProHealth, Optimized Curcumin Longvida 500mg I buy it at amazon
<b>10</b> 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.	<b>1 year = 3 bottles = \$45</b> ProHealth, Optimized Curcumin Longvida 500mg by on amazon



## TheETG Supplements Budget

**meal 5 on the menu, TheETG Drink -----** rounded, about \$1100 per year

<b>11</b> vitamin C = \$20	--- comes 60 per bottle --- will use 2 capsules x 16 days = 32 capsules each month For aiding training adaptations by supplying vitamin C	<b>1 year = 7 bottles = \$150</b> Dr Mercola liposomal C I buy it at amazon
<b>12</b> iodine 2% solution = \$30	--- comes in 30ml per bottle --- will use 1 drop [0.05ml, 2mg iodine] x 16 days = .8ml each month For maintaining iodine supply required in high level training adaptations.	<b>1 year = 1 bottle = \$30</b> Lugol's Solution I buy it at amazon
<b>13</b> ribose = \$35	--- comes in 60 teaspoons per bottle --- will use 1 teaspoon x 16 days = 16 teaspoons each month For aiding training adaptations by supplying nucleotides	<b>1 year = 4 bottles = \$150</b> Jarrow Formulas D-Ribose I buy it at amazon
<b>14</b> colostrum [liquid] = \$35	--- comes in 24 teaspoons per bottle --- will use 1 teaspoons [5ml] x 16 days = 16 teaspoons each month For supplying nucleotides, neuro-peptides, and immuno-globulins.	<b>1 year = 8 bottles = \$300</b> Nature's Gift Colostrum Liquid I buy it at nutrivene.com
<b>15</b> fish oil = \$60	--- comes in 47 teaspoons per bottle --- will use 1 teaspoon [5ml] x 16 days = 16 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	<b>1 year = 4 bottles = \$250</b> Nordic Naturals Ultimate Omega liquid fish oil I buy it at an Austin grocery store
<b>16</b> magnesium [liquid]= \$20	--- comes in 118ml per bottle --- will use 1 teaspoon [5ml] x 16 days = 80ml each month For maintaining magnesium supply required in high level training adaptations.	<b>1 year = 8 bottles = \$150</b> Trace Minerals Liquid Magnesium I buy it at amazon
<b>17</b> arginine [powder] = \$15	--- comes in 50 teaspoons per bottle --- will use 1 teaspoon [5g arginine] x 16 days = 16 teaspoons each month For aiding immune system function	<b>1 year = 4 bottles = \$60</b> Nutricost, L-Arginine I buy it at amazon



# 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.

**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. One week but not the next. One month but not the next. 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.

## Know your numbers.....

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 across a given calendar week in protein, micronutrients, etc, so you can thereafter mindlessly follow a relatively set in stone, highly standardized menu across each week for multiple weeks, months, years, and decades.

Protein requirement will be at least 1.2 to 1.6 grams for every kilogram of your -desired- or -target- body weight. There is some educated guess work to be done in this area.

**Protein is very important. Avoid under estimations,** as insufficient protein intake 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 [mRNA] 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 debris 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 carbs 20 - 40 grams allowing one to strike while your blood flow is still relatively high and thus a greater rate of delivery of carbs 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.

## Fasting.....

The intended purpose is to provide some time off for digestion and for less work for the immune system in the digestive tract, cells of the pancreas and other digestion related organs and glands, and to contribute to cell level, long term health promoting activities including mitochondrial repair in the liver and other organs.

## Standardized norms

### Fasting....

- between meals = 2 - 3 hours
- overnight = 10 - 12 hours
- Sundays = low or no food intake

**vegetables ----- 4 days each week, about 180 - 200 days each year.....**

I consume of the 4 major vegetables [broccoli, cucumber, carrot, tomato].

When combined with one another they 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 them I add a source of fat via fish oil poured on top of the vegetables.

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.

**berries/fruits ----- 4 days each week, about 180 - 200 days each year.....**

I consume a combination of the 4 major berries and fruits to supply additional anti-oxidants and micro-nutrients.  
[strawberry, raspberry, black berry, blue berry]

To increase delivery of fat soluble substances contained in them I add a source of fat via fish oil poured on top.

**juices ----- 4 days each week, about 180 - 200 days each year....**

I consume the 4 major juices mixed together in a glass bottle [Aloe juice, cranberry juice, concord grape juice, pomegranate juice].  
They provide long chain plant sugars [plant polysaccharides] and other phyto-chemicals.

**pizza ----- 4 days each week, about 180 - 200 days each year....**

High nutrient density food item.

**supplements ----- 4 days each week, about 180 - 200 days each year....**

I consume nutrition medicine oriented supplements that also happen to be powerful nutrients in applied Sport Nutrition.

**TheETG drink ----- 4 days each week, about 180 - 200 days each year....**

I consume a nutrition medicine beverage comprised of a combination of liquid or powdered items on TheETG supplements list, mixed together in a glass bottle. Collectively they provide.....nucleotides, neuropeptides, immunoglobulins, essential fats, iodine, magnesium, and other minerals.

Post-workout beverages that include 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..... $\alpha$ -lactalbumin and  $\beta$ -lactoglobulin
  - enhances neutrophil function, increases lymphocytes
  - $\alpha$ -lactalbumin....contains tripeptide [Glycine-Leucine-Phenylalanine]
    - enhances macrophage function
  - $\alpha$ -lactalbumin....high tryptophan content has neurological impact

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

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

**The subject of human nutrition and supplements is a very deep mud pit.**

**Put data ahead of dogma.**

**Follow the data, -not- the crowd.**

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"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....."

S.P. Bird, K.M. Tarpenning, F.E. Marino  
Independent and combined effects of liquid carbohydrate/essential amino acid ingestion on hormonal and muscular adaptations following resistance training in untrained men  
European Journal of Applied Physiology.....Volume 97 #2.....May 2006....page 225 – 238

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"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]**

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Nature, to be commanded, must be obeyed"  
**[Francis Bacon]**

# 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  $\geq 55$  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

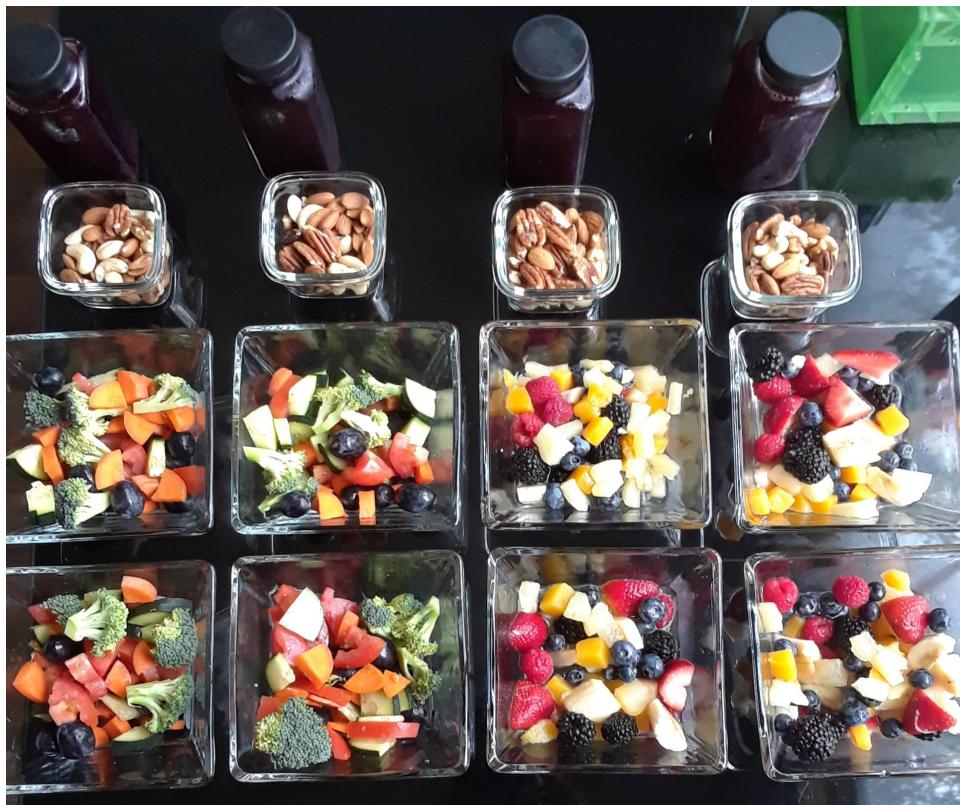
plus banana, peach, pear, pineapple

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.





## 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, androstanediol, 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, androstanediol, 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