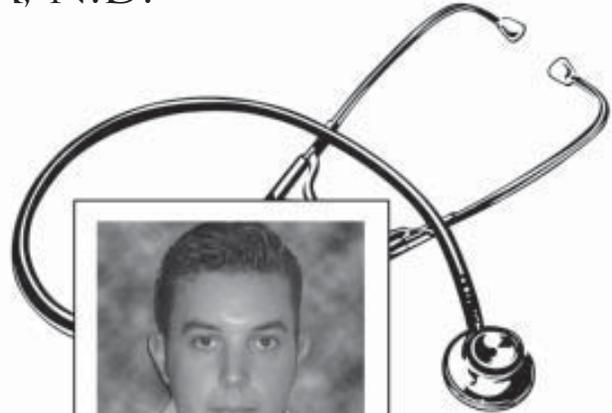


WITH DR. AIETA, N.D.

# NATURALLY IMPROVING ATHLETIC PERFORMANCE



Dr. Frank Aieta, N.D.

With the recent media attention surrounding professional athletes using illegal steroids to enhance athletic performance, I thought this would be a great time to address some natural supplement alternatives that I have seen work clinically to improve athletic performance.

Prior to putting anyone on a supplement protocol, I always run a complete panel of blood work to rule out any underlying health problems. This is also very important because it may give me insight into certain nutrient deficiencies that could be affecting athletic performance and be easily corrected. All of the products that I will discuss can be found in any health-food store and are extremely safe.

However, I do recommend

that you consult your family physician or a naturopathic physician before trying any of them.

The first product is called creatine monohydrate. This product has become one of the most popular supplements in the history of bodybuilding, and is used primarily to increase strength and lean body mass. It has shown consistent results in numerous controlled studies.

I recommend it only in athletes who participate in high-intensity exercise, especially those where repeated bursts of energy are required with short recovery periods like sprinting and weight lifting. I don't recommend it to endurance athletes because according to studies it has no effect on endurance performance. In fact, one study actually showed that it worsened en-

durance performance. Creatine works by providing a quick source of energy for active muscles, as well as increasing hydration of the muscle tissue so it can repair faster. The typical dosage that I recommend to patients is three grams a day mixed in juice. I have never seen any side effects at this particular dosage.

Whey protein is the next supplement. Whey protein is a complete protein, which means that it contains all of the essential amino acids needed for muscle development and repair. There are no studies that exist on this as a performance enhancing supplement, but I have seen it work clinically as a great post-workout nutritional supplement that can be used by athletes concerned with maximizing lean body mass and strength.

After a workout, muscle tissue needs to repair and regenerate and whey protein can provide the required nutrients to do so. I typically recommend that athletes consume a whey protein shake containing about 40 grams of protein immediately following their workout. The only concern I have with people supplementing with whey protein, is the possibility of a food allergy or intolerance to the lactose content.

Finally, I would like to address

a supplement that I use quite often in endurance athletes called L-Carnitine, which is an amino acid that acts to improve the body's ability to use stored fat as fuel. I have had athletes tell me that they have more endurance when they supplement with two grams of L-Carnitine an hour before intensive training. Also many athletes that supplement with L-Carnitine claim an added benefit that their muscles were less achy and sore following exercise. I started prescribing L-Carnitine to my non-athletes as well, and almost every one of them claimed they were less sore following exercise.

In addition, I encourage all athletes to take a high-potency multi-vitamin and additional vitamin C, which can help protect muscles from excessive damage due to training or trauma and aid in recovery.

*Dr. Aieta is a licensed Naturopathic Physician with a private practice in West Hartford, Conn. He specializes in the treatment of disease, utilizing natural therapies such as acupuncture, homeopathy, spinal manipulation, clinical nutrition, and herbal medicine. If there is a specific topic you would like Dr. Aieta to address in an upcoming article, e-mail him at [DrAieta@aol.com](mailto:DrAieta@aol.com).*

## Dr. Frank L. Aieta Naturopathic Physician

Tel: 860-232-9662 • Fax: 860-206-6160

[WWW.DRAIETA.COM](http://WWW.DRAIETA.COM)

email: [DrAieta@aol.com](mailto:DrAieta@aol.com)

**BIG SAVINGS**

**5¢** When you use your **CITGO Cash Card!**

**BOUNCE-BACK**

**\$** on Every Gallon

**Cash CARD**

**FREE CASH CARD AT ANY ONE OF OUR FOLLOWING LOCATIONS:**

**SAVANTRE**  
QUALITY PETROLEUM PRODUCTS

**CITGO** **BP** **PETROLEUM SERVICES INC.**

- 3 Brown Avenue Holyoke, MA 01040
- 620 Suffolk Street Agawam, MA 01001
- 903 Wilbraham Road Springfield, MA 01109
- 273 Hancock Street Springfield, MA 01109
- 220 S. Main Street Bellingham, MA 02019
- 1400 Russell Road Westfield, MA 01085
- 740 Boston Road Springfield, MA 01109
- 1112 Bay Street Springfield, MA 01109