



nature's news
expert

February 2022

HEART

Your Health



5

Co Q10: The Research-
Backed Benefits

9

Magnesium
Deficiency

15

Seasonal
Depression

18

Workout Nutrition
& Exercise

The Latest News in Health, Beauty, Fitness and Expertise.

health



beauty



fitness



expert



IN THIS ISSUE

CoQ10: The Research-Backed Health Benefits.....	5
Symptoms of Magnesium Deficiency.....	9
Organic Traditions Recipes.....	13
Seasonal Depression.....	15
Workout Nutrition: What to Eat Before and After Exercise.....	18



OUR MISSION



Our passion is **people, health** and **well-being**. We are committed to the health and wellness of our **clients**, our **communities** and our **planet**. We value sustainability, ethical resource management, and charitable-giving while upholding the **highest standards** for clean formulations, product quality, **evidence-based research** and support for our clients.



FEATURED EXPERT

Denise Desbarres

Nature's Source Mississauga

Denise is a Certified Holistic Nutritionist and Wellness Coach. For the last 12 years, she has focused on supporting her clients through their health journeys by providing motivation, nutritional, supplemental protocols and addressing the root cause, with emotional support. Denise has a passion for all things food and creating nutrient dense meals by using high quality ingredients and superfoods that are quick, easy, nutritious and delicious. She shares easy and quick recipes to help support their health journeys. Her experience as a Product Training and Development Manager for natural health products and foods has allowed her to share valuable information that helps others make positive decisions on products and fine foods that can improve their lives.

DEAR VALUED PRACTITIONER,

Thank you so much for signing up for our regular newsletter. With our strong traditions of quality, value for science, and a passion for serving you and your patients better.



Sanjiv Jagota, Founder

Nature's Expert News is a monthly, scientific voice that spans the science of nutrition, health and beauty, fitness, and everything in between. Expert News continues to push the conversation forward with the collaboration of integrative practitioners and our in-house experts through insightful scientific articles, healthy tips, trusted products, and mouth-watering recipes.

We have dedicated this February edition to Heart Your Health. This issue covers a variety of heart related topics from the usage of CoQ10 to preventing and improving cardiovascular disease to the best ways to identify magnesium deficiency and its proper treatment.

It is always our privilege to have such highly educated individuals who have dedicated their time to contribute to our monthly newsletter with educational topics. I am sincerely grateful for your commitment to helping better the lives of thousands of people.

Many thanks from Sanjiv Jagota, Founder of Nature's Source



Our past newsletters

Show Your Heart Some Love

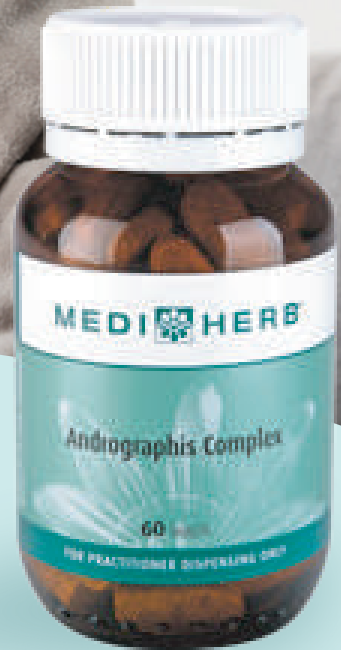


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SYSTEM FUNCTION



SHORTEN DURATION
OF COLDS



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FUNCTIONS

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— Bryn Hyndman MD, ND

EACH TABLET CONTAINS:

MEDICINAL INGREDIENTS:

DRIED HERB EQUIVALENT:

<i>Andrographis paniculata</i> (Common Andrographis) leaf	2.0 g
<i>Echinacea purpurea</i> (Echinacea) root	300 mg
<i>Echinacea angustifolia</i> (Echinacea) root	200 mg
<i>Ocimum tenuiflorum</i> (Holy Basil) leaf	500 mg



Co Q10: The Research-Backed Health Benefits

ESTHER DAR



The electric energy that powers our world requires the movement of electrons from materials such as copper wires. These electrons are pulled by magnets or batteries and create an electric current that powers different things from light bulbs to large appliances. The human body is similar in some respects to things that are powered by electricity. The source of electrons in our cells aren't copper wires but rather the food that we eat, particularly glucose (carbs) and fatty acids (fats and oil). Instead of being pulled by magnets or batteries, the electrons from glucose and fatty acids are pulled by oxygen and a variety of “conductive” molecules. One such important molecule is Coenzyme Q10.

Coenzyme Q10 is one of the most important molecules in the body that is in charge of energy generation. The highest amount of Coenzyme Q10 in the human body is in organs that require the greatest amount of energy to function properly, particularly the brain, muscles (especially the heart muscle), the kidneys, and the liver.

For this reason, it may not surprise you that Coenzyme Q10 will be most beneficial to help

resolve conditions that arise in these organs.

Coenzyme Q10 is most known for its role in helping prevent and improve cardiovascular disease. It helps energize a “fatigued” heart. Studies have shown that 200 mg daily can help improve the contraction of the heart (medically known as “ejection fraction”)¹ when it is weak. It has also shown to improve congestive heart failure² (dose ranged between 60 mg to 300 mg). Its ability to energize the heart is likely one of the reasons it has also been shown to help lower high blood pressure at a dose of 100 mg or more³.

Migraines are associated with disturbances in stress hormones such as cortisol⁴ and estrogen⁵. When elevated, these hormones, in turn, suppress energy generation. Perhaps it is for this reason that studies have demonstrated Coenzyme Q10's ability to lessen headaches⁶. The effective dose for this seems to be between 300 mg to 400 mg.

Coenzyme Q10 has also been shown to improve circulation, kidney function, blood sugar control, sex hormone balance in males and females, as well as fertility, sperm quality, erectile dysfunction, and overall protection against oxidative damage.

Dietary sources of Coenzyme Q10 are limited to organ meats, such as hearts, brain, kidneys, and liver. The amount of Co Q10 that these animal food sources provide are limited to a few milligrams per serving. The amount of Co Q10 required to achieve therapeutic effects in the areas I described above range from several tens to several hundreds of milligrams. For this reason, supplementation is warranted.

As I mentioned earlier, Coenzyme Q10 is a “conductive” molecule. What this means is that it transports electrons from one molecule to the next in the energy production process in the cell. There has been a debate in the health industry as to what form of Coenzyme Q10 supplements – whether ubiquinone or ubiquinol are better.

It is helpful to understand that ubiquinol is the “reduced” state of Coenzyme Q10, meaning the state in which it has accepted and binds an electron. Remember, its function is to pass on this electron. When it passes it on and remains without this electron (and ready to receive the next one) it exists in its “oxidized” state and this state is also known by its other name, ubiquinone. So whether you supplement with ubiquinone or ubiquinol, it is my understanding that once it is in the body and it performs its function, it will oscillate from one state to the next, ubiquinol to ubiquinone, many times.

Some suggest that ubiquinol’s bioavailability, according to one study, seems to be greater than ubiquinone’s. However, another study⁷ showed no such difference. In general, softgel capsules seem to offer better absorption and bioavailability⁸. Common brands for such preparations at Nature’s Source and

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COENZYME Q10 HAS BEEN SHOWN TO IMPROVE CIRCULATION, KIDNEY FUNCTION, BLOOD SUGAR CONTROL, SEX HORMONE BALANCE AND OVERALL PROTECTION AGAINST OXIDATIVE DAMAGE.

”

Nature’s Signature stores include Natural Factors and Canprev. Feel free to ask our experts for personalized supplement advice and more information.

Coenzyme Q10 works in tandem with at least three other “conductive” molecules in a cellular structure known as the “electron transport chain”. These three molecules are NAD⁺ (derived from niacinamide or vitamin B3), FADH (derived from vitamin B2), and Cytochrome C which require copper for their activation. Therefore, it stands to reason that the sufficiency of these nutrients would support and perhaps enhance the functioning of Coenzyme Q10. For this reason, it may be beneficial to seek out a

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CoQ10, our patented form of ubiquinone, protects against free radicals and lowers blood pressure

Bamboo Silica promotes elasticity of the blood vessels

Folate (Vitamin B9) helps to reduce inflammation of the heart tissue

White Willow Bark contains a natural active component Salicin that functions similar to aspirin (ASA, acetylsalicylic acid), without the negative side effects

NAC (N-Acetyl Cysteine), an antioxidant that reduces oxidative damage to heart tissue



enerex
Nourish. Revive. Thrive.

Multivitamin with Co Q10 such as the one offered by Pure Encapsulations or Dr. Klein's Healthy Heart Plus which is formulated to ameliorate high blood pressure, high cholesterol, high blood sugar, and support healthy heart function. This formula contains other heart-healthy nutrients in therapeutic doses, including magnesium glycinate, B vitamins, vitamin C, and other antioxidants.



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ABOUT THE AUTHOR

Esther Dar

Esther Dar is a loving, devoted mother of three children, three cats, and two dogs. She was born and raised in Toronto, Ontario. She has her BA in psychology and a doctorate in Naturopathic Medicine.



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Your heart health matters.

The heart is responsible for pumping blood throughout the body to make sure we have a constant supply of oxygen and other nutrients. So, it goes without saying that a healthy heart is essential for our overall well-being. CanPrev is here to help you with that. Here are some of our heart-focused supplements to keep your heart healthy, strong, and pumping.



Ubiquinol 100

Ubiquinol is a powerful antioxidant that helps protect your heart from free radical damage and may also play a role in migraine prevention. It's an active form of Coenzyme Q-10 (CoQ10), which helps your cells' mitochondria to generate adenosine triphosphate (ATP), your body's energy currency. Ubiquinol is a fat-soluble molecule stored in the liver and fatty tissues and provides your heart with the energy it needs to function properly. Feel energized today with CanPrev's Ubiquinol 100. This formula has added MCT oil for enhanced absorption.

Magnesium + Taurine, B6 & Zinc for Cardio.

We all know that our heart is a muscle, and it needs many nutrients to work efficiently. But did you know that magnesium is an essential mineral for over 800 enzymatic functions in your body, from DNA synthesis and energy production to proper muscle function and nervous system health? That's why CanPrev created Magnesium + Taurine, B6 & Zinc for Cardio. It combines CanPrev's Extra Gentle Magnesium with therapeutic levels of taurine, vitamin C6, and zinc. It was specifically designed for those seeking stronger cardiovascular support and to maintain proper heart muscle function.

Healthy Heart

If you're looking to improve overall heart health, then CanPrev's Healthy Heart™ may be perfect for you. Its comprehensive nutritional formula is designed to address cardiovascular issues, such as elevated blood lipid levels in adults. It supports healthy cholesterol levels and provides a daily dosage of 200mg of CoQ10. This formula is a rich blend of polyphenols, herbs, and vitamins, such as garlic, grape seed, magnesium, hawthorn, and more, proven to aid in maintaining healthy cardiovascular function.



[Canprev.ca](https://canprev.ca)

Symptoms of Magnesium Deficiency

W. GIFFORD-JONES, MD & DIANA GIFFORD-JONES
WWW.DOCGJFF.COM



W. Gifford-Jones, MD

Magnesium is involved in roughly 80 percent of metabolic functions in the body. It is critical in delivering energy to cells and for the production of glutathione, an important antioxidant inside cells. Today, due to depletion of magnesium in the soil and modern food processing, about 60 percent of North Americans are deficient in this vital mineral. This hidden depletion could be causing diverse symptoms.

SUFFERING MIGRAINE ATTACKS?

About 15 percent of the population experience one or more migraine attacks due to constricted blood vessels. Studies show that blood levels of magnesium in migraine patients are low compared to healthy patients. But they are even lower during a migraine attack. An intravenous injection of magnesium relaxes constricted vessels and relieves migraine pain.

FEELING TIRED, WEAK, CAN'T SLEEP OR SUFFER CHRONIC WIDESPREAD PAIN?

Dr. Marita Schauch, a nutrition expert says,

“

MAGNESIUM IS REQUIRED FOR HUNDREDS OF METABOLIC FUNCTIONS IN THE BODY. YET TOO MANY PEOPLE ARE SUFFERING FROM DEFICIENCIES.

”

“Magnesium can be helpful in treating fibromyalgia. Magnesium is required for the production of adenosine triphosphate (ATP) which is the major form of energy in the body. ATP has been found to be decreased at sites of pain in those suffering from fibromyalgia.”

IS DEPRESSION AND ANXIETY A PROBLEM?

A study of 800 people over 65 years of age revealed that those with the lowest level of magnesium were

22 percent more likely to develop depression. In another study, researchers discovered that 450 milligrams of magnesium improved mood and was just as effective as antidepressant drugs.

DOES WALKING FASTER CAUSE CHEST PAIN?

Magnesium is nature's natural antispasmodic. In 1979, Dr. J.R. Chipperfield reported in the British journal, Lancet, that patients who suffer from angina often have low blood magnesium and that this mineral can ease spasm and pain. Magnesium also adds oil to the circulation, preventing platelets, small particles in the blood, from clotting and causing sudden death.

WONDER ABOUT AN IRREGULAR HEARTBEAT?

Auricular fibrillation referred to as "AFib" is diagnosed more often as people age. Each beat of the heart depends on an electrical system that must be in sync for a regular heart rate. Low blood magnesium tosses a monkey wrench into the process triggering this problem. Supplementing with oral magnesium can often restore normal rhythm.

28 MILLION NORTH AMERICANS ARE SHORT OF BREATH

Dr. Carolyn Dean, a well-known guru of magnesium, says research shows that patients with asthma and other bronchial diseases have low magnesium. Moreover, many of the drugs that treat asthma cause a loss of magnesium, making asthma worse. Patients treated with magnesium report improvement in this disease. Dean adds that magnesium is a bronchodilator and an antihistamine,

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WHAT MAKES SEA-SOURCED MAGNESIUM THE PERFECT MAGNESIUM? SEA WATER HAS AN AMAZING SIMILARITY TO THE PLASMA PORTION OF HUMAN BLOOD. ALTHOUGH WE CANNOT DRINK SEA WATER BECAUSE OF ITS SALT CONTENT, IT DOES CONTAIN THE ENTIRE RANGE OF MINERALS NEEDED BY HUMANS.

”

naturally reducing histamine levels which have a calming effect on the muscles of the bronchial tubes.

MAINTAINING A NORMAL BLOOD SUGAR LEVEL IS CRITICAL FOR DIABETES PATIENTS

If magnesium levels are low, glucose is unable to

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Follows the guidelines of the W. Gifford-Jones MD Philosophy for Natural Health
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The advertisement displays a row of Certified Naturals products: two bottles of Plant-Sourced Calcium Magnesium Plus K2 (450 mg), a box of Magnesium (60 mg), a box of Plant-Sourced Calcium Magnesium Plus K2 (120 mg), a box of Omega 3X (60 mg), a box of Glycemic Control (60 mg), a box of Applesum (90 mg), and a box of Boswellia (60 mg). The background features a smiling woman in a pink tank top and a doctor's portrait.

enter cell membranes and blood sugar increases. And since no one enjoys needle injections of insulin, if patients put off injections, this can also adversely affect blood sugar. Later this year a Canadian company may announce production of an insulin mouth rinse which should be a great asset to help maintain blood sugar levels.

WHAT ABOUT BONE HEALTH?

The National Institute of Health states that magnesium is critical in the maintenance and repair of compact bone.

NOT ALL MAGNESIUM PRODUCTS ARE THE SAME

We recommend Certified Naturals Marine-Source Magnesium based on research showing improved bioavailability of magnesium extracted from seawater and its content of 71 other important minerals that work synergistically with magnesium.

A reminder!
Always consult your doctor or naturopath before starting new medications or supplements. For instance, you should not take magnesium if you have kidney disease.



Follow W. Gifford-Jones @docgiff and Diana Gifford-Jones @diana_gifford_jones on Instagram, Twitter, or Facebook or visit docgiff.com for more information.

ABOUT THE AUTHORS

W. Gifford-Jones MD

W. Gifford-Jones, MD is a living legend, at 97+. His medical career stretches back more than 70 years to his enrolment at Harvard Medical School. He has written more than 2,400 syndicated columns offering common sense takes on the most important health care issues of the day, including a natural health philosophy and straightforward guidance on healthy living.



Diana Gifford-Jones

Diana Gifford-Jones, his daughter, is continuing her father's work as a voice for no nonsense healthcare. With degrees from Wellesley and Harvard, she has worked in health at the World Bank, in think tanks, for community-based organizations, and in Canadian and overseas universities.

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GREEN KETO SMOOTHIE

INGREDIENTS

- ½ avocado
- ½ cup full fat coconut milk (from a can, shaken)
- Juice from 1 lemon
- 1 tbsp. Organic Traditions yacon syrup
- 1 handful of spinach
- 3 ice cubes
- ½ cup water
- 1 tbsp. of Organic Traditions Keto C8 MCT powder
- 1 scoop of vanilla protein of choice



METHOD:

1. Blend and enjoy!



MATCHA LEMON BLISS BALLS

INGREDIENTS

- 1 cup Organic Traditions raw almonds, ground
- 1 cup dates
- 2 drops lemon oil
- Sprinkle of sea salt
- 2 tbsp. of Organic Traditions instant matcha latte with probiotics (save 1 tbsp for rolling!)
- 1 tbsp. collagen (optional)
- 1-2 tbsp. water
- 1 tbsp. of Organic Traditions instant matcha latte with probiotics
- 1 tbsp. Organic Traditions shredded coconut

METHOD

1. Add the almonds, dates, matcha powder, collagen, lemon oil and sea salt to a food processor. Mix for 30 seconds and then drizzle in the water a tablespoon at a time.
2. Pulse for an extra 30 seconds until the mixture becomes a dough like consistency.
3. Combine the matcha powder and coconut flakes in a small bowl.
4. Roll into bite sized balls and then roll in coconut/matcha coating mixture.
5. Chill in the fridge for about 1 hour.



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All ingredients listed for these product lot numbers have been validated by a third-party laboratory for identity, potency, and purity.

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Each vegetarian capsule of **PQ10 SAP™** provides non-GMO pea protein-emulsified coenzyme_Q10 that has the ability to be absorbed 2.5-4.25 times more efficiently than the standard ubiquinone form of CoQ10. **PQ10 SAP™** can be used to protect against idiopathic asthenozoospermia, which can contribute to infertility. **PQ10 SAP™** is a powerful antioxidant and provides protection against cardiovascular diseases. In addition, **PQ10 SAP™** can be used to regulate blood pressure and achieve glycemic control in type_2 diabetic patients.

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Winter seasonal depression plagues many people and is difficult to treat. So many pathways of expression, so many medications. Yet, the seasonal association is a clue. Seasonal as in 'the party season'. Around holiday time, people throw caution to the winds. Their dietary discipline vanishes. Overwhelmed by a sense of entitlement, people consume food and beverage that are alien, exotic and for which they have little innate digestive capacity. Yummy garbage hits them like a tsunami. The aftermath of the holiday season consumption can be difficult to handle.

The bill is paid in the currency of histamine. Way too much histamine being evoked. More than can be normally methylated in Phase II liver and the histamine sewer backs up. Welcome to the depressing world of histadelia. The winter seasonal histadelic depression is then driven by periodic binges of dietary indiscretions. There is also a spring seasonal variant driven by aerosol pollens and soil bacteria.

States of depression have their own personalities.

Histadelics are 'glum'. Really glum. A complete inability to experience joy from any situation that should normally elicit it. Riddled with anticipatory anxiety, cross and impatient. The stimulant effects of excess circulating histamine causes a person to appear and feel 'wired', over-wound, driven and with insomnia. Basically, they're high from pigging out on weird holiday foods.

By the time a patient becomes alarmed and sees a practitioner, it's too late to tell them to stop binging three weeks earlier. They could stop now but generally, they'll run out of gas when the season winds down. You might attenuate the case with a ton



of digestive enzymes alternated with activated charcoal. But there is a more effective, simple, safe and inexpensive alternative – L-methionine. This plain essential amino acid is a methyl donor and is in a form that readily refreshes the liver's methylation pathway. Circulating histamine is swiftly methylated. This can happen so fast that depression can abate before your eyes.

While it doesn't take a lot of methionine to have some effect, the patient is busy making fresh rounds of histamine. As they keep making their toxic drug of choice, more methionine has to be fed so that it can be metabolized.

Histamine is a powerful neurotransmitter. If there is a histadelic depression present no other intervention will have any positive benefit. Serotonergic or noradrenergic agents miss the point. Large amounts of vitamin C, specialty DAO enzymes may help. But seasonal depression is acute, periodic and these other things are too little, too late. To clean things up and stabilize the case, methyl donors are required.

There are two forms of methionine on the market. One is simple 500 mg/cap of just L-methionine. The other form is S-adenosylmethionine or SAME. This

latter is an approved synthetic form of methionine which is target marketed for relief of histamine mediated joint pain. To relieve a histadelic depression by methyl administration, either will suffice. Best to give only one capsule/tablet at bedtime, which will ensure a good sleep and allow the liver to do its business while the person is not stuffing their face with more histamine inducing foods. After that, ad lib gently till the seasonal eating binge is over.

Ask our experts at Nature's Source and Nature's Signature for the best personalized advice to help alleviate depression around the winter season.

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Workout Nutrition: What to Eat Before and After Exercise

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By eating a healthy, well-considered meal before exercise and another healthy, well-considered meal after exercise, most people can meet their workout nutrition needs without anything else.

PRE-WORKOUT NUTRITION

What and when you eat before exercise can significantly impact performance and recovery. In 1-2 hours before your workout, you'll want to eat something that helps you:

- Sustain energy
- Boost performance
- Hydrate
- Preserve muscle mass
- Speed recovery

Here are a few ways to ensure you're meeting your requirements.

PROTEIN BEFORE EXERCISE:

- Helps maintain or even increase your muscle size which is important for anyone who wants to improve health, body composition, or performance.

“
**BY EATING A HEALTHY,
WELL-CONSIDERED MEAL
BEFORE EXERCISE
AND ANOTHER HEALTHY,
WELL-CONSIDERED MEAL
AFTER EXERCISE,
MOST PEOPLE CAN
MEET THEIR WORKOUT
NUTRITION NEEDS
WITHOUT ANYTHING ELSE.**
”

- Reduces markers of muscle damage (myoglobin, creatine kinase, and myofibrillar protein degradation) or at least prevents them from getting worse.
- Floods your bloodstream with amino acids just when your body needs them most. This boosts your muscle-building capabilities. So not only are you preventing damage, you're increasing muscle size.

Carbohydrates before exercise:

- Fuel training and help with recovery. It is a common misconception that carbs are only needed in longer-term, endurance training, but in fact, carbs can also enhance shorter-term, high-intensity training.
- Preserve muscle and liver glycogen, helping to increase muscle retention and growth.
- Stimulate the release of insulin. When combined with protein, this improves protein synthesis and prevents protein breakdown.

Fats before exercise:

- Help to slow digestion, which maintains blood glucose and insulin levels.
- Provide some vitamins and minerals and they're important in everyone's diet.

If you have less than 60 minutes to eat before a workout, a shake or smoothie is recommended, since you have less time to digest a meal. For example:

- 1 scoop protein powder
- 1 fist of veggies (spinach works great in smoothies)

- 1-2 cupped handfuls of carbs (berries or banana work great).
- 1 thumb of fats (like flax seeds or avocado)
- Low-calorie beverages like water or unsweetened almond milk.

Make sure that your pre-workout meal or shake is comprised of ingredients that don't cause digestive distress.

Post-workout nutrition can help you:

- Recover
- Rehydrate
- Refuel
- Build muscle
- Improve future performance

PROTEIN AFTER EXERCISE

Eating protein after exercise is a great strategy for better recovery, adaptation, and performance since it prevents protein breakdown and stimulates synthesis, leading to increased or maintained muscle tissue.

Research shows that hydrolyzed, fast-digesting proteins such as isolates or hydrolysates may get into our systems too fast, taken up by the splanchnic bed (i.e. our internal organs). Because they're in and out of the bloodstream so quickly, they might not maximize protein synthesis or maximally inhibit protein breakdown. As well, the protein you ingested before your training is still peaking in the bloodstream. Therefore, there's no real evidence that protein powders, especially the fast-digesting kind, are any better for us than whole food protein after training.



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But they are probably not worse either. You can choose whichever type of protein you want for your post-workout meal. Any high-quality complete protein should do the job, whether it's a super shake, or a high-protein meal, as long as you eat enough. That means about 40-60 grams for men and 20-30 grams for women.

Carbs after exercise:

Rather than consuming refined carbohydrates and sugars, a blend of minimally processed whole food carbohydrates, along with some fruit (to better restore or maintain liver glycogen) is a better choice. This is because it's better tolerated, and it restores glycogen equally over a 24-hour time period, which might lead to better next-day performance.

Fats after exercise:

While it is generally true that fats should be avoided after exercise because they slow the digestion and absorption of nutrients, it is somewhat irrelevant. Speed of digestion is not important. Fat doesn't reduce the benefits of protein and carbohydrate consumption around training. It might provide some benefits of its own.

Failing to eat within a two-hour window following training can slow recovery. However, if your pre-training meal was a small one or you ate it several hours before training, then it's probably more

important for you to get that post-workout meal into your system quickly, ideally within an hour. If you are trained in a fasted state, then it's a good idea to eat as soon after your workout as you can. If you ate a normal-sized mixed meal a couple of hours before training (or a small shake closer to training), then you have a full one to two hours after training to eat your post-workout meal and still maximize the benefits of workout nutrition.

ABOUT THE AUTHOR

Connie da Silva CHN, CFMP

Connie da Silva is a Functional Medicine Practitioner and Holistic Nutritionist with a Masters Degree in Immunology and Virology. Her specialties are digestive and immune boosting protocols, as a result of addressing and treating the myriad number of issues stemming from athletes post-competition; and women experiencing hormonal and adrenal imbalances due to stress, aging, perimenopause, and menopause. Her mission is to have people properly invested in their health in the most natural way possible.



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