



# Human Fuel Handbook: Nutrition for Peak Athletic Performance

*ANON, Health for Life Staff*

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## **Human Fuel Handbook: Nutrition for Peak Athletic Performance** ANON, Health for Life Staff

A high performance engine. That's what an athlete's body is. Each time you train, you're operating the most sophisticated machine on earth, pushing it forward; testing its limits. But high-intensity training is only half the equation. Without proper nutrition, your body never gets out of low gear, and all the training in the world won't help. The Human Fuel Handbook is the athlete's complete guide to peak performance nutrition. Bodybuilder or triathlete, dancer or racquetball ace, you'll find all the information you need to help you increase strength, gain muscle mass, decrease body fat, and maximize aerobic endurance--all while reaping the benefits of improved health and well-being. Drawn from the most recent and scientifically-authoritative information available, The Human Fuel Handbook provides answers to all your questions concerning: Protein, Carbohydrates, Fat, Free-Form Amino Acids, Human Growth Hormone, Weight Loss, Weight Gain, Ginseng, Vitamin and Mineral Supplements, Omega-3 Fatty Acids, B-12, Branched Chain Amino Acids, Arginine/Ornithine Supplements, Steroids, Sports Drinks, The Pre-Contest Deplete Diet, Carb-Loading, Carnitine, Steroids Replacements and Other Ergogenic Aids....and Much, Much, More! Over 300 pages covering everything you need to know to optimize your human fuel intake to peak athletic performance!

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