



Hey! You With the Bagel and the Latte...

NUTRITION GURU OZ GARCIA EXPLAINS WHY CARBO-OVERLOADED FEMALE ATHLETES SHOULD RECONSIDER WHAT THEY EAT BY MARK ADAMS

OZ GARCIA DESCRIBES HIS NUTRITIONAL STRATEGY AS “pulling from the past and reaching toward the future.” Garcia, 51, is one of New York City’s most sought after eating advisors, a dietary guru who has cultivated clients (who pay up to \$10,000 for a year of consultations) with a three pronged plan: a Paleotech Diet that builds on pasta-phobic programs such as The Zone and Protein Power Lifespan, which recommend foods similar to staples consumed during the Ice Age; appropriate amounts of aerobic and anaerobic exercise; and over-the-counter supplements, or “nutraceuticals.” Garcia is clearly doing something right. His first book, *The Balance*, was a best-seller; an updated version of his second, *The Healthy High-Tech Body*, will be released in January in paperback.

OZ GARCIA “I’m more interested in the package the calorie comes in than the calorie itself.”

We asked Garcia for dietary advice specific to female athletes. Think you’re ready to visit the land of Oz? Prepare to wave bye-bye to Starbucks and hello to your local butcher. While you’re at it, you might want to pop for that GNC Gold Card.

In your new book you say that “food is the hub around which all else revolves.” What does that mean for an athlete?

People have been focused for years on whether something makes you fat or not. I’m more interested in the package the calorie comes in than the calorie itself. An athlete or anyone should ask, What happens when the chemistry of something I eat hits the chemistry of my body? Am I better as a result of what I just ate? By eating with greater precision, you can be what you want to be. We teach people to think about food not only in terms of caloric value but also in terms of whether it increases metabolic efficiency. Will it improve cognitive performance? Will it regulate hormones? Will it allow you to build more beautiful muscles? And, yes, will it regulate body fat better?

What are the key issues female athletes should be dealing with rather than obsessing over how much they weigh?

Energy is critical. What should a person be eating so that, rather than just reacting to hunger, she’s picking up energy all day long? It’s like skipping a stone across the water. You want to be able to keep going. Then, by the end of the day, when you’re tired, rest comes naturally rather than from being exhausted because you’re eating bad food all the time.

SIW TAKES ENERGY-BOOSTING SUPPLEMENTS FOR A SPIN

Life Extension CLA-72% Conjugated Linoleic Acid 1,000 mg and Super CLA with Guarana

\$36 (CLA 1,000MG, 120 CAPSULES); \$42 (SUPER CLA 1,000MG, 120 CAPSULES) 800-544-4440, LEF.ORG

CLA claims effectiveness in converting fat to lean muscle. Finally, a magic pill. CLA is a chemically altered form of linoleic acid, an essential fatty acid. Super CLA contains guarana, an appetite suppressant and stimulant, which comes from a tropical-plant seed with a high caffeine content. But unlike coffee the energy boost is released slowly and continues to escalate over several hours. I tried CLA for two days but found myself wondering, Hey, did I just feel something? When I switched to the Super CLA, I was so jacked up that I was alphabetizing my files. After a few days I also noticed that my appetite was suppressed.

—SHARON LUDTKE, EDITORIAL GENERAL MANAGER

Pharmalogic ProEndorphin

\$40 (20 SACHETS) 800-310-3593, PHARMALOGIC.NET

The fizzy powder, which—truth be told—tastes like a skunky version of Tang, claims an impressive list of benefits, including “enhanced mental and physical performance.” Its ingredients are a potent mix of B vitamins, amino acids, herbs and antioxidants. You get a subtly amped-up feeling after you drink it, probably due to its ginseng and kola nitada content, but with none of the energy peaks and valleys of caffeine. After three weeks of daily doses my ability to concentrate is distinctly improved (especially in the afternoons) and when I drink it before swim practice, I feel uncharacteristically enthused about long, hard sets. At almost \$2 a single-dose packet this is an expensive product that’s worth every penny.

—SUSAN CASEY, MANAGING EDITOR

Nutraceutical Natural Sport Post-Up and Pre-Burn

\$25 POST-UP (550GM CAN, ABOUT 10 SHAKES); \$20 PRE-BURN

(540GM CAN, ABOUT 12 SHAKES) 800-669-8877, NUTRACEUTICAL.COM/ABOUT/NATURALSPOUT.CFM

These shakes provide a liquid kick to a long training session. The preworkout shake offers a lift similar to a caffeine boost, but it lasted throughout my workout. The postworkout shake helps speed muscle recovery and reduces soreness. The powder could dissolve faster, but the fruity taste is light with minimal aftertaste. It’s better-suited for long, rigorous routines because it contains a lot more sugar (up to 26 grams per shake) than needed for just an hour at the gym.

—GWEN KILVERT, ASSISTANT EDITOR

Nutraceutical Action Labs Ginseng Power Max 4x

\$14.99 (50 capsules) 800-669-8877, nutraceutical.com/about/actionlabs.cfm

I can toss back a Red Bull, chocolate-covered espresso beans and a PowerBar in one sitting and still doze off. So I was skeptical when asked to test Action Labs Ginseng Power Max 4x. It claims to “boost your energy to the max” with just two capsules a day. Fast-forward two weeks: I had been expecting either a jittery nail-biting high or nothing at all. Wrong. I experienced a lift—nothing too obvious, which allowed me to get through my days more efficiently and still get a good night’s sleep. You might not win an adventure race on this stuff, but you might get through the day feeling more alert and energized.

—KESA DILLON, ASSOCIATE EDITOR

Monuco ENADAlert

\$13 (EIGHT TABLETS, 10MG EACH); 800-836-8261, ENADALERT.COM

ENADAlert is a Rice Krispie-sized tablet with a slight citrus flavor that dissolves, with a chalklike consistency, under your tongue. The pill makes promise it will provide a stimulant-free energy boost at work or while working out. For a week I popped one after lunch when I usually get sleepy. Five minutes later I’d feel a slight tingling at the base of my skull. An hour later I’d feel nothing. Five hours later I’d look at my to-do list and realize I’d had an extremely productive afternoon. It was even better than a postlunch espresso, because I never got jittery and I didn’t crash.

—JULIA TURNER, ASSOCIATE EDITOR

Even suicide rates are often lower in fish-eating societies.

I’m appalled at the number of women who are poorly informed about things like seafood and the use of omega-3 fatty acids. These substances build beautiful muscle and appease cravings. And they’re critical to the development of healthy brains and a healthy hormonal profile. They’re phenomenal for your hair and skin, too.

What’s the role of fat in an athlete’s diet?

Fat needs to be brought back in a dramatic fashion. Many athletes binge on carbs because fat in their diet is so low. I did it myself in the early ‘80s, when I was pro-Pritikin, macrobiotic and running like a fiend. My appetite was insatiable. Even when I cut back on the running, I couldn’t manage my cravings. So when you do eat chicken, don’t be so quick to take the skin off!

Look at the Mediterranean diet, with its high consumption of olive oil. The incidence of heart attacks is lower. You’re better oxygenated. That’s critical for the 25- to 40-year-old athlete. Introduce some cheese with fat into your diet. That will improve your athletic performance a lot more than shoveling in starches the night before.

What’s wrong with carbo-loading?

If you’re eating a balanced diet, the need for carbo-loading drops immensely. If you do carbo-load, do it with the friendly starches rather than pastas, breads, etc. I think an athlete gets up the next morning and wonders why she has to drink so much coffee. Many people have food hangovers that they don’t even know the cause of.

Any other foods we should limit on the training table?

Athletes are crazed for bananas. I would recommend that instead of eating so many bananas, let’s introduce berries. A



What constitutes "bad food"?

What should a woman athlete not be consuming in order to keep her energy high?

Rule Number 1 is get off coffee. For many, many women a high consumption of caffeine wreaks more havoc than you can imagine. They eat more, they're hungrier, they're irritable. It's interesting that so many athletes drink coffee before they work out. Even though you do get central nervous system stimulation from caffeine, you also get a lot of

ings and appetite and increases the burning of fats. You can regulate energy a whole lot better with this than with something like caffeine. There's no crash. It's also a powerful antioxidant, so it reduces stress on the body that's produced by exercise.

The big nutritional debate right now seems to be fat versus carbohydrates. Doesn't an athlete need both?

It's really weird. The more wheat you're eating, the weaker your muscles start

"IF A FEMALE ATHLETE wants to get her energy, metabolism and muscle volume up, and body fat down: Remove wheat."

blood-sugar fluctuation. When you drink coffee, your blood sugar goes up. Insulin goes up. Then you get a dramatic crash a couple of hours later.

Don't you sweat out the caffeine anyway?

Coffee is a vasoconstrictor, which is the reverse of what you want when you're exercising. You want to make sure there's plenty of heat getting to your muscles and more circulation through your body. So even though you get this central nervous stimulation and adrenaline and dopamine rush from your espresso shot, in the long run you may be doing yourself a disservice.

I recommend that anyone who's drinking coffee on a regular basis get it down to almost zero and give themselves 90 days to see if they don't perform better without it.

What can I take instead of coffee to wake up?

A really good substitute for coffee is [nutraceutical] Enada NADH, which is one of the best sports-enhancing products I've ever come across. It reduces crav-

to become. Wheat-based products for women are horrific. They make women fatter, more prone to hormonal disturbances and less efficient athletes. Having wheat products once in a while is one thing. But waking up every day and having a bagel with cream cheese and coffee, a muffin midmorning, pasta salad for lunch, and pasta or bread for dinner—costs them power, energy and efficiency. If a female athlete wants to get her energy, metabolism and muscle volume up, and body fat down without dieting, this is what she needs to do: remove wheat.

So get rid of carbs?

No. There are hundreds of starches that don't do one tenth of the damage that wheat does. You can eat squash, yams, rice, rice pasta and bread, quinoa—which you can get anywhere—millet, oats, rye, potatoes with the skin on.

What's the one thing women athletes are not eating that they should be aware of?

People should eat seafood every day. Eating fish regularly can reduce rates of heart disease, cancer and depression.

DETOX FOR ATHLETES

Detoxification is a key part of Oz Garcia's program. "Toxins are ubiquitous in the modern world," he says. "Petrochemical by-products, food preservatives, cigarettes, alcohol and recreational drugs. Toxins from all of these things are fat-soluble, so they stay behind in your body." To achieve maximum efficiency, "we want them out." Garcia says a successful detox program can lead to improved sleep, relief from physical discomfort and even feelings of euphoria.

Step one: Sweat.

If you're already sweating through exercise, great. You're mobilizing and metabolizing toxins in your body. Now sweat some more. Take a sauna at least once a week—but don't overdo it. Garcia prefers the "cool" sauna method (160°-180°). Start with five or 10 minutes and work up to 30 minutes, 10-15 minutes at a time. Take a cold shower and drink water between sweats. The result, Garcia says, will be a "slow melt" in which "the heat causes your fat cells to expand and release toxins."

Step two: Remove toxins from your life.

Cut sugar and aspartame from your diet. Avoid processed foods and chemical preservatives. Wash produce thoroughly to remove pesticides, using a natural fruit- and vegetable-washing solution. Have everyone who enters your home first remove their shoes. ("Everything they pick up on the street is on their shoes," Garcia says with disgust.) Remove your dry-cleaned clothes immediately from the plastic, and air them out for 24 hours before wearing them. Do not heat food in plastic containers or plastic wrap.

Step three: Clear out.

Garcia recommends a monthly or weekly "clearing day," using a rice-based protein powder called Ultra Clear to replace your normal food intake, along with moderate amounts of rice, fruit and vegetables. Don't drink alcohol for two days before and two days after. The result is more effective than that of fasting—a cleansing of pathogens, parasites and bacteria from your body's systems. "Fasting is misery," Garcia says. "You can work out on a clearing day." Ultra Clear, as well as all detox programs, should be used only under the guidance of a health-care practitioner trained in its use. For more information on detoxification or on Oz Garcia, visit ozgarcia.com.

study conducted by the National Institute on Aging suggests that blueberries can improve coordination and memory.

Nuts are critical. That is the fat you want. Beans are a phenomenal source of carbs. They're vegetarian protein. They don't mess with your blood sugar and won't make you fat.

Could a serious athlete thrive as a vegetarian?

Women athletes should eat a pound of red meat a week, minimum. Organic if

cation, oxidation and inflammation.

Glycation is how sugar and protein age your body. If too much sugar hits your blood, it heats up, boils over and produces a new entity as it melds with your collagen and your muscles and ligaments. It's called an advanced glycation end (AGE) product. AGEs are precancerous and contribute to joint problems. I recommend a supplement that blocks glycation, like alpha-lipoic acid, which strengthens the entire antioxidant network.

“FAT NEEDS TO BE brought back in a dramatic fashion—it improves athletic performance more than shoveling in starches.”

they can afford it. Range-fed is rich in omega-3 fatty acids, and it's leaner. Grain-fed beef makes you fat. Eggs are also a great source of protein—the whole egg, not just egg whites. Make sure they come from organic, range-fed chickens.

One of the best protein sources is whey. Whey protein converts to muscle super efficiently. When a whey peptide hits your gut, it makes you secrete cholecystokinin (CCK), which tells your body to stop eating. What causes your body to release CCK? Fat and protein. That's why people eating pasta and bread are starving. For an athlete who wants to go out for a nice long run, a few scoops of whey protein in the blender with some skim milk and frozen fruit is a perfect thing to have instead of a lot of goop, sugar and a shot of caffeine.

You're not shy with the supplements. What are some basics that might find a home in an athlete's medicine cabinet?

The three things that all athletes want to control are the effects of gly-

Now, oxidation. You cut open an apple and leave it in the air, it turns brown. That's what's happening to you and me. If you're organic, you're rusting. You want to slow that process. But lots of exercise, we now know, produces lots of oxidation and free radicals. So I recommend a good antioxidant like Maxogenol or Life Extension Mix for all of my athletes. At a minimum, you want to get vitamins A and C.

Third, we now know that inflammation is one of the causes of heart disease. I like methylsulfonylmethane (MSM), the mack daddy anti-inflammatory. It's dietary sulfur. It's great for ligaments, muscle, skin and hair and for reducing the risk of sports injuries. It's also very good for people in chronic pain.

Of course, there are also glucosamine and chondroitin for joint mobility. You can now buy MSM, glucosamine and chondroitin in one package.

What else?

ProEndorphin. This is a sports-enhancement product that increases energy and endurance. It's a beautiful combination of nutraceuticals and

micronutrients, nothing bad. It's like brain floss. Instead of coffee in the morning, you have Enada and a pack of ProEndorphin and go fly. It's also good for that afternoon slump.

Is creatine a good choice for women who want to gain strength? For female athletes who want to build

YOUR DAILY BREAD (MINUS THE BREAD)

Oz Garcia is a believer in the power of protein and in eating not by the clock but when you need energy. Here is a one-day menu he would recommend for a female athlete.

Morning

"Start the day with a high-protein power shake," Garcia says.

- 2 scoops whey protein powder
- 1/2 cup fruit, such as papaya, mango or berries
- 6 to 8 ounces water, soy or skim milk

"If you're working out a lot, drink a shake and eat a tri-grain cereal with a dollop of yogurt," he says.

Midmorning

Protein bar such as Balance or ZonePerfect. "Half a bar is enough for many people."

Lunch

6 to 8 ounces of grilled chicken and a large salad with a variety of lettuces and low-fat dressing.

Midafternoon

Yogurt, PowerBar, 4 ounces sliced turkey or a can of sardines. "If you need a breadlike thing, try a Ryvita cracker with tomato and a slice of mozzarella."

Dinner

- 6 to 8 ounces broiled salmon
- 1/2 cup brown or basmati rice
- 2 cups vegetables, such as cooked or steamed broccoli, carrots, cauliflower or spinach
- 1 glass red wine

Season everything as desired. "And use olive oil on everything. I don't see a limit on how much to use."

Dessert

A bowl of strawberries with shaved cocoa.

muscles, instead of creatine—which is great for the male athlete—I love beta-hydroxy beta-methylbutyrate (HMB). It doesn't bloat you up. This stuff actually blocks injuries to muscles and ligaments, too. I would recommend about 600 to 1,000 milligrams daily if you want to build lean muscle. It's great for runners, bikers, swimmers.

Another [nutraceutical] is PROhGH, which improves the utilization of growth hormone (GH). You're going to get some controversy with this, but so many athletes use it now. This one is the best product on the market right now. It's tweaked for the female metabolism. It reduces body fat, builds exercise tolerance and endurance and improves skin tone and tissue elasticity.

Where do you see nutrition heading in the next five, 10 years?

Every month they will find out new things about food that are protective of human health. There will be further refinements in our understanding of what phytochemicals [plant compounds that may offer protection from a variety of diseases and conditions] in food can do. Lycopene, found in tomatoes and watermelon, is now known to fight cancer. The future looks even grander for nutraceuticals. People are already working on the next HMB, the next creatine monohydrate, things that fight Alzheimer's. For female athletes there will be a new generation of muscle-conserving nutraceuticals, with fewer side effects than ephedra and greater measurability in terms of increased brain power and muscle mass. Within a year, an over-the-counter product will come out that will increase CCK and curb appetite. These things are right around the corner. ♦

ACTIVE RELEASE THERAPY

A Hands-On Approach to Pain Relief



WITHIN A YEAR OF JUST MISSING the 10K finals as a member of the 1996 U.S. Olympic track and field squad, Kate Fonshell found her training hobbled by mysterious chronic hamstring and gluteal injuries. "I couldn't get to the 70-, 80-mile-a-week mark without disabling pain," she says. "I had physical therapy, massage, acupuncture and chiropractic treatments. Nothing seemed to get me all the way back."

Some running acquaintances mentioned that they'd found relief from injuries through a new soft-tissue chiropractic technique called Active Release Therapy. So in late 2001 Fonshell traveled from her home in Philadelphia

ART OF THE HEAL Active Release breaks up injury-causing scar tissue

to New York City to see chiropractor Rob DeStefano, a specialist in ART.

The testimonials for ART often sound too good to be true. Athletes faced with career-ending injuries have experienced instant recoveries, often after their first session. According to Michael Leahy, the Colorado Springs chiropractor who developed and patented ART, the procedure succeeds where others might not because it helps break up the scar tissue that develops due to acute injuries, accumulations of small tears or oxygen deprivation. Scarred tissue binds to itself and surrounding tissues, inhibiting movement and leading to pain, spasms, weakness—and more scarring. As in Fonshell's case, the result can be a cumulative injury cycle.

"We diagnose injuries by feeling aberrations in a tissue's texture, tension and, most important, its movement," says Leahy, who began developing ART treatment protocols in 1984. Once the practitioner finds scar tissue, he or she applies manual tension to the area. "This [disruption of the scar tissue] allows muscles to slide over one another, frees nerves stuck to muscle or fascia, and changes the texture within a tissue so that it works better."

After ART sessions twice a week for several weeks, the 32-year-old Fonshell resumed training. Why did ART succeed when massage and acupuncture hadn't?

"Massage is great for some injuries," says DeStefano, "but only occasionally is it specific enough to break up the precise adhesion that's causing the problem." Leahy's individual approach to every muscle and structure includes specific treatment protocols for 105 upper-extremity structures and 75 spinal ones.

ART apparently works promptly—or not at all. Most people note some improvement in pain and/or motion during the first one to two sessions. People with acute injuries need as few as one to three ART sessions before the pain resolves. Chronic injuries may require four to eight visits. If there's no improvement after six sessions, DeStefano says, the practitioner will recommend alternative treatment.

Count Fonshell among the ART believers. In September she competed in the Philadelphia Distance Run, and finished the race pain-free.

"My basic injury seems to be entirely gone," she says.

—MARY DESMOND PINKOWISH

For more information on ART visit activerelease.com