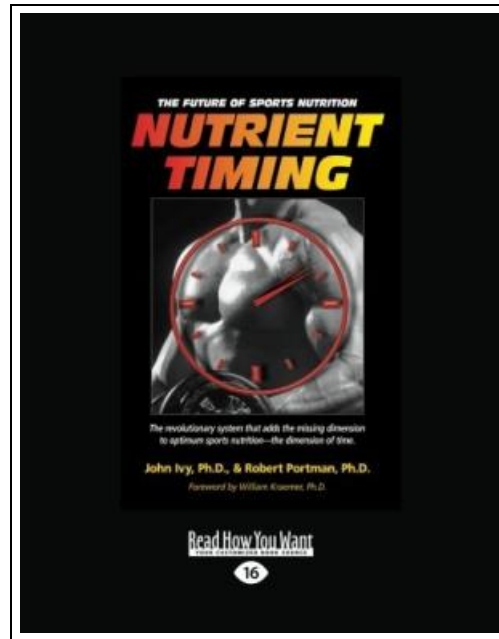


## Nutrient Timing: The Future of Sports Nutrition (Paperback)



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ReadHowYouWant.com Ltd, Canada, 2012. Paperback. Condition: New. [Large Print]. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. If you are serious about weight training, you have probably experienced the plateau phenomenon. You train harder, you consume extra protein in your diet, but you just don't get the strength and power gains that you want. For the last ten years sports nutrition has focused on what to eat. The latest research from leading sports science labs now shows that when you eat may be even more important. Nutrient Timing adds the missing dimension to sports nutrition, the dimension of time. By timing specific nutrition to your muscle's 24-hour growth cycle, you can activate your body's natural anabolic agents to increase muscle growth and gain greater muscle mass than you ever thought possible. Nutrient Timing is the biggest advance in sports nutrition in over a decade. John Ivy is Chair and Margie Gurley Seay Centennial Professor in the Department of Kinesiology Health Education at the University of Texas at Austin. He received his Ph.D. in Exercise Physiology from the University of Maryland and his postdoctoral training in physiology and biochemistry from Washington University School of Medicine. He has published over 150 research papers on the effects of nutrition on physical performance and exercise recovery. He is a Fellow and former Ambassador for the American College of Sports Medicine and Fellow in the American Academy of Kinesiology.

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