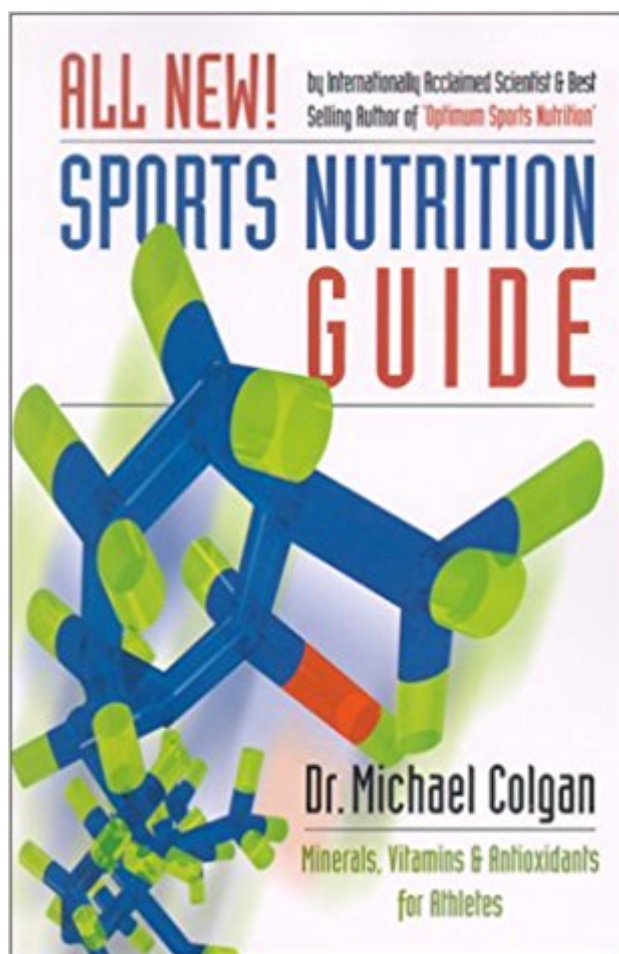


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# Sports Nutrition Guide: Minerals, Vitamins & Antioxidants For Athletes



## Synopsis

Book by Colgan, Michael

## Book Information

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## Customer Reviews

Book by Colgan, Michael

very informative

Dr Colgan is the best.

If you are an athlete attempting to look for performance gains, then try to find his original book - so much better. Mine has black tape holding the binding due to how much I have read & flipped through it.

I bought this book for my husband, who lives by the first Sports Nutrition Guide by Dr. Colgan. His old book has significant signs of wear and tear from overuse, so I thought my husband would be happy to receive Dr. Colgan's more recent publication of Sports Nutrition and I was right! Now he's constantly referring and comparting and incorporating the information he finds in this book into his health regime!

If you are an athlete and are interested in minerals and vitamins, this book is a must have!

Absolutely great!

Once again, Dr. Colgan has written and given up to date information for a life time of health. Great buy.

Not just "athletes." Essentially, this is an update to Colgan's popular "Sports Nutrition Guide" from 1993. Along with Dr. Andrew Weil, Colgan is one of the only "doctors" who truly understands how degraded our food supply is relative to what is natural and healthy, and even more so than Weil, Colgan really tells it like it is and lays it on thick! I have been a long time follower of Colgan, and credit him for much of my success in bodybuilding, powerlifting, and professionally as a Personal Trainer. Colgan helped me on my way to becoming a trainer with much enhanced knowledge of nutrition that helped many a client achieve amazing results (especially compared to the knucklehead trainers who told their overweight clients to eat a bagel for breakfast, and/or to do more cardio to lose fat!). Colgan does not take any balogna from mainstream western medicine and the mess it has created, instead, he will expose the lies and show you the truth in a way that your intuition (and any research, if you have doubts), will assure you is correct!

I got a copy of this when it first was published. I'm 78 and in very good health, and it's due to having set up a vitamin, mineral and food supplement program based on Dr. Colgan's suggestions. I'm not an athlete any more, if I ever was, but I do try to adhere to an exercise regimen involving walking, running and stretching according to a program prescribed by a physical therapy institution. The physical requirements are similar to those of a moderate athlete. It's somewhat dated, now, but the physiochemistry needs of the human body are set in our genetics so it's probably still quite topical.

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