

## Living Responsibly...It's Only Natural!

Sheryl Eaglewoman

Welcome! This week's topic of choice is "Supplementation for Athletes". Look around us. Athletic minded people are everywhere. Is that yet another kayak going by? One sees bikes by the thousands. And the gyms are full. How great is this?!? Hundreds of fit minded individuals, all looking for the best way to support their bodies in becoming the best and healthiest they can be. So, I have put together a *basic* list of supplements and natural products to help get you there. These are suggestions only. You know your practice and your needs.

First, for muscle maintenance:

- L-Carnitine – Minimum of 1000 mg per 100 Lbs. body weight
- L-Glutamine – Minimum 3 grams per 100 Lbs. body weight
- Protein – Whey and Hemp are digestible for most people. Minimum of one half of the body weight in grams of protein.
- Water – Minimum of one half of the bodyweight in ounces of water, preferably drink ounces of water equal to bodyweight.
- Magnesium citrate – Usually 400 mg per 100 Lbs. body weight.
- Dandelion Root – Will aid in the glycogen input in the muscle which determines the respiratory quotient (how much oxygen you are getting).
- MSM – 3000 mg daily to increase elasticity and permeability of tissue.

To aid in increasing muscle definition and mass:

- L-Arginine combined with L-Ornithine – 1000 mg to 3000 mg daily for definition and cut.
- Protein – consume grams of protein equal to, up to double, of the body weight.
- Water – consume ounces equal to the body weight or more.

To aid in muscle repair:

- Quercetin with Bromelain - 500 mg to 1000 mg quercetin with 150 mg bromelain per 100 Lbs body weight to aid in controlling inflammation.
- *Arnica Montana* 30C – Take 5 pellets 4-5 times daily. Let dissolve in mouth. No food, etc. for 15 minutes.
- *Arnica Montana* 200C – Take 5 pellets at bedtime. This dilution is for aiding the body in healing from chronic conditions.
- Arnica gel – Apply liberally for bruising and inflammation.
- Capsicum – Can be taken internally for stimulation of circulation. Use as a lotion or liniment for localized stimulation of blood flow to an area.
- Cox 2 inhibitors – Known to control pain and inflammation. List includes, but not limited to, Turmeric, Green Tea, Holy Basil, Rosemary, Ginger, Oregano, and Feverfew.
- Progesterone cream – Apply locally to the affected area.

For joint support:

- Glucosamine sulfate or HCL – 1500 mg per 100 Lbs body weight. Use a vegetarian sourced glucosamine if you have sensitivities to shellfish.
- Chondroitin sulfate – 750 mg per 100 Lbs body weight.
- Hylauronic acid – 50 to 150 mg daily, to aid in bringing moisture to the joints.
- SAM-e – Use the enteric coated form, 200 mg 2 times daily.

For nerve maintenance:

- Phosphatidyl choline – 1000 mg daily.
- Lecithin, non-GMO – 1-2 TBSP daily

To aid in nerve repair:

- *Hypericum* 30C – for acute conditions, 5 pellets 4-5 times daily.
- *Hypericum* 200C – for aiding a healthy response in chronic conditions.

For overall Health and Conditioning:

- Salmon, Flax and Hemp Oil
- Lecithin, non-GMO
- CoQ10
- Alpha Lipoic Acid
- Carotene blends
- Co-enzyme B complex
- Vitamin C, with bioflavonoids
- *Coleus forskohli* – Aids in cAMP regulation
- *Schizandra* – Aids in adrenal support
- Concentrace Trace Mineral Drops

Other supplements to consider:

- Tribulus
- Liddel's Vital HGH
- Traumeel
- Cordyceps
- Rescue Remedy

Question of the week: How does one drop old, bad or useless habits?

Answer: Begin to add to your life the things you do want to do. You will focus on the good and healthy this way and soon you will have changed, at least some. Any movement on the process is good as you are no longer stuck. Keep moving and strengthening the good and desired behaviors.

Book of the Week: (with calendar season upon us, check out this incredible almanac!) WE'MOON '08; Mother Tongue Ink; Estacada, Oregon.

Have a question you'd like to see addressed by Sheryl Eaglewoman? E-mail your question to [sheryleaglewoman@livingresponsibly.com](mailto:sheryleaglewoman@livingresponsibly.com) for "The Question of the Week".

Sheryl Eaglewoman is a Natural Health Consultant, Author and Publisher. Working in the Natural Health field for over 20 years, Sheryl has an extensive knowledge base, specializing in all areas of natural health, including herbal and homeopathic therapies, midwifery and organic lifestyle. Contact her at [www.livingresponsibly.com](http://www.livingresponsibly.com) or 406-892-1116.