
Monthly Newsletter - 1

Knowledge is Power!

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Sports Nutrition – <http://SportsNutritionVlog.com>
Four Week Fat Loss – <http://FourWeekFatLoss.com>

Knowledge to Help you *Perform* and *Function*, Day to Day

1. Sport and exercise *Performance*

Go with the Flow and Eat Some Chocolate!

People with high blood-pressure or who may be carrying a bit of surplus body-fat (although almost everyone would like to lose a few pounds!) may be at risk of dangerous elevations in blood-pressure when exercising. A new study has revealed a less than obvious solution – chocolate! Dark chocolate and good cocoa supplements are rich in flavanols, which improve the ability of your blood-vessels to relax, and “go with the flow” – enhancing what is known as Flow-Mediated-Dilation. In twenty-one overweight volunteers (eight females and thirteen males, 542) with elevated blood-pressure Cocoa was seen to decrease blood-pressure resulting from exercise, compared to a placebo condition. The authors concluded that “cocoa flavanols may decrease cardiovascular risk and enhance the cardiovascular benefits of moderate intensity exercise in at-risk individuals”.

What can you do?

This isn't an excuse to eat any-old chocolate. Confectionary is often high in trans-fats. You should be discerning about what products you buy and look for a high cocoa chocolate (75% cocoa, at least), or better yet a cocoa supplement without added sugar or fat you can add to your post-workout shakes. One protein powder pre-mixed with the finest quality cocoa is Kinetica's Chocolate Whey Blend, available to purchase at the link below:

<http://sportsnutritionvlog.com/products-page/protein/>

Reference:

Berry, N. M., K. Davison, et al. (2010). "Impact of cocoa flavanol consumption on blood pressure responsiveness to exercise." British Journal of Nutrition First View: 1-5.

2. Weight-loss, Metabolism and cardiovascular Function

Body-Fat

D-fend yourself against D-ficiency!

Vitamin D is a real point of contention in nutritional circles. There's so much variation between different populations in terms of the quantities needed for good health, as well as how bio-available the vitamin is for different individuals. One thing's for certain; this vitamin is essential for most areas of health, well-being and performance. Women in particular need to ensure an adequate intake as deficiencies are more common in the fairer sex and related to problems with bone-health. Deficiency has also been linked to increased body fat and decreased muscle strength. The study analysed here examined in muscle. In 90 healthy young females,(16-22 yr), approximately 59% of subjects were vitamin-D deficient according to levels in their blood. Vitamin-D status was inversely related to measures of percent muscle fat, while percent muscle fat was significantly lower in women with normal concentrations.

What can you do?

Getting more sunshine is the best way to increase levels of vitamin D, and now, summer's approaching! However, for many people, especially considering the latitude of Great Britain, this still won't be enough. Oily fish and sources of good-fats and fortified milk (for those who tolerate dairy well) are good sources, but often far lower than those that can be obtained from supplementation. A good quality multivitamin or nutrient pack may be a convenient choice for many people.

<http://sportsnutritionvlog.com/products-page/vitamins/>

Reference:

Gilsanz, V., A. Kremer, et al. (2010). "Vitamin D Status and Its Relation to Muscle Mass and Muscle Fat in Young Women."

J Clin Endocrinol Metab: jc.2009-2309.