

IMPACT

M A G A Z I N E

Fitness | Performance | Sport

Angela Naeth
forges her mark
in Ironman 70.3

GLORIOUS
coastal trail runs

PLUS: watch out for wildlife

triple threat
TRI TRAINING

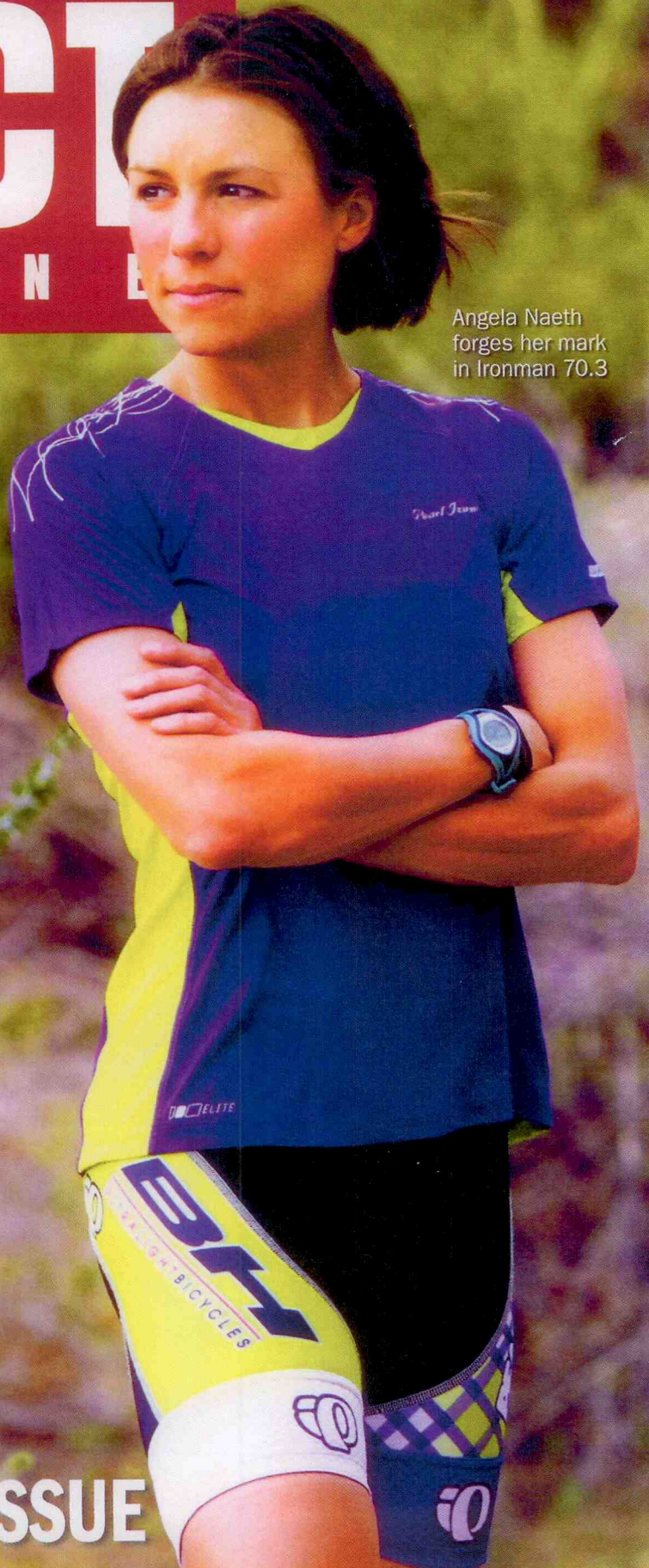
dig in to a
mud run

GET FIT FOR A
GRAN FONDO

raw food appeal

PLUS: food myths busted

THE MULTISPORT ISSUE



Biochemical Efficiency

Helping High-Performance Athletes

We are all trying to achieve our best

Whether it's our personal best or winning a competition, all athletes want to be competing at their peak performance. For this to occur, our bodies need to be operating at optimal capacity. Like a high performance vehicle, every system of the body needs to be able to function without disruption.

We need to be providing our bodies with the proper fuels for optimal efficiency. We need foods that our bodies can break down efficiently, easily assimilate into useful energy for the body then effortlessly eliminate what is not useful. The basic rule is to avoid inflammatory foods. These foods take more time and energy to metabolize, stay in your gut longer and take energy away from more useful systems such as supporting muscles and making hormones. Inflammatory foods include wheat, cow's dairy, white refined sugar, caffeine and alcohol.

We have an electrical system that runs every system in our body. It's called the nervous system. One part of that system, the Autonomic Nervous System, functions without our conscious awareness. It controls our breathing, heart rate, blood pressure and digestion. This system works best when there are no kinks or disruptions to the electrical flow. These disruptions can include physical restrictions; food intolerances; immune challenges; heavy metal toxicity; environmental toxins; or emotional conflicts.

Advanced Naturopathic Medical Centre uses specific tests and therapies to identify and remove the stresses on the nervous system, allowing our bodies to function properly, like a well-wired computer with complex systems that must work synergistically together. A challenge for female athletes is with increased demands on the body, they will start to burn through hormones. This can lead to hormonal imbalances, often seen as fatigue, PMS, low libido, irregular menses, heavy bleeding and severe cramps. So it is important to give extra support to female organs to keep their hormones in balance.

Often, high-performance athletes use their energy stores at such an accelerated pace they need extra support to optimize their biochemistry. This can be accomplished through specific high quality supplements or vitamin infusions.

The doctors at Advanced Naturopathic Medical Centre work with you to help you optimize your performance and have your body operating with the precision of a finely tuned machine.

Dr. Melina Roberts, Naturopathic Physician and Clinic Director of Advanced Naturopathic Medical Centre is a leading authority in the field of naturopathic medicine specializing in uncovering root causes of problems, treating amateur to professional athletes, digestive issues, hormonal balancing and chronic disease.



ADVERTISING FEATURE

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