



Prof. Dr. Elmar Wienecke

PERFORMANCE EXPLOSION IN SPORTS

AN ANTI-DOPING-CONCEPT

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SPORT

Prof. Dr. Elmar Wienecke

Performance Explosion in Sports

An Anti-Doping Concept

Revolutionary New Findings
in the Area of Micronutrient Therapy

Training Continuity
Training Optimization

Injury Prevention through
Personalized Micronutrients



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Contents

Preface	10
1 Introduction	13
1.1 The Anti-Doping Concept – the personalized micronutrient formulation	13
1.2 What's so special about the anti-doping concept	14
1.3 Fairytales and myths about micronutrient therapy for athletes	15
1.4 Injury risk and performance fluctuation due to cellular deficiencies of micronutrients – examples from different sports	20
2 You are what you eat – nutritional physiological aspects	33
2.1 About the necessity of supplying athletes with micronutrients	33
2.2 Brief digression on the components of blood	35
2.3 Causes of increased micronutrient deficiencies in athletes in spite of a balanced diet	40
2.4 For many athletes a healthy diet is an unattainable optimum	43
2.5 Physical exertion in sports increases micronutrient requirements ..	44
3 Composition of body tissue essential to athletic performance	53
3.1 Strong tissue structures protect from injuries and assure athletic success	53
3.2 Cartilage	55
3.3 Muscle tissue	59

3.4	Tendons and ligaments	62
3.5	Joints	64
3.6	Vertebrae	68
4	The role of micronutrients with respect to body tissue and body function	71
4.1	Protection from degenerative diseases (e.g. osteoarthritis and the like)	71
4.2	Metabolism	74
4.3	Revolutionary findings on the energy supply and micronutrient balance in athletes	79
4.4	Amino acids – life’s building blocks	88
4.5	Pilot project – Correlation between a sufficient amino acid concentration, cellular micronutrient balance and injury risk	100
4.6	Further research – newest lab parameters	105
5	Prof. Dr. Elmar Wienecke’s interview with Mark Warnecke (3-time swimming world champion, 10-time German champion, at age 35 the oldest swimming world champion of all time, currently practices medicine in private practice)	111
6	Sports and the immune system – a balancing act for competitive athletes	117
6.1	General aspects	117
6.2	Components of the immune system	122
6.3	The specific use of micronutrients and their impact on the immune system	125
7	Important tasks of individual micronutrients	131
7.1	Optimal iron supply – ensures performance	131

7.2	Magnesium – the do-all of minerals	140
7.3	Iodine and selenium control thyroid function and thus the entire energy balance	144
7.4	Potassium	152
7.5	Chromium	153
7.6	Vitamin C	155
7.7	Omega-3 fatty acids	156
7.8	L-carnitine	159
7.9	Creatine – we will forgo an additional supply	163
7.10	Content and significance of other micronutrients in a customized micronutrient formulation	164

8 The anti-doping concept in practice 169

8.1	Brief characterization of the customized micronutrient formulation	169
8.2	General criteria for the use of micronutrients	171
8.3	Important details about the use of micronutrients in competitive sports	175
8.4	Examples of micronutrient therapy in competitive athletes based on a balanced diet	178

9 Optimal nutrition and performance enhancing wellness – references and tips 213

9.1	Fluid balance in athletes – optimal, intelligent and effective	213
9.2	Optimal base-acid ration ensures good micronutrient absorption	219
9.3	Optimal carbohydrate strategy – super-carbo-loading	229
9.4	Beneficial food combinations containing proteins	235

9.5 Foods containing silica are optimal nutrients
for connective tissue structures 237

9.6 A sound sleep ensures performance 238

9.7 Achieve top-performances with proper BISA vibration training
(biomechanical activation of the metabolism) 241

Appendix 246

Tab. 29-32: Dosage recommendations for micronutrients in recreational and
competitive athletes in terms of customized micronutrient
formulations, based on the results of our intracellular blood analyses,
nutritional analyses and other protocol sheets of 9,150 competitive
athletes, in part compared to the present DGE (German Nutrition
Society) guidelines 246

Tab. 33: The general nutritional relevance
of the individual amino acids 270

Master copy drinklog 278

For information and dissemination 279

Literary references 285

Acknowledgements 286

About SALUTO 286

Photo Credits 288

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For better readability, we have decided to use the masculine (neutral) form of address, but the information also refers to women.

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7.5	Chromium	153
7.6	Vitamin C	155
7.7	Omega-3 fatty acids	156
7.8	L-carnitine	159
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8.2	General criteria for the use of micronutrients	171
8.3	Important details about the use of micronutrients in competitive sports	175
8.4	Examples of micronutrient therapy in competitive athletes based on a balanced diet	178
9	Optimal nutrition and performance enhancing wellness – references and tips	213
9.1	Fluid balance in athletes – optimal, intelligent and effective	213
9.2	Optimal base-acid ration ensures good micronutrient absorption	219
9.3	Optimal carbohydrate strategy – super-carbo-loading	229
9.4	Beneficial food combinations containing proteins	235

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for connective tissue structures 237

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(biomechanical activation of the metabolism) 241

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of the individual amino acids 270

Master copy drinklog 278

For information and dissemination 279

Literary references 285

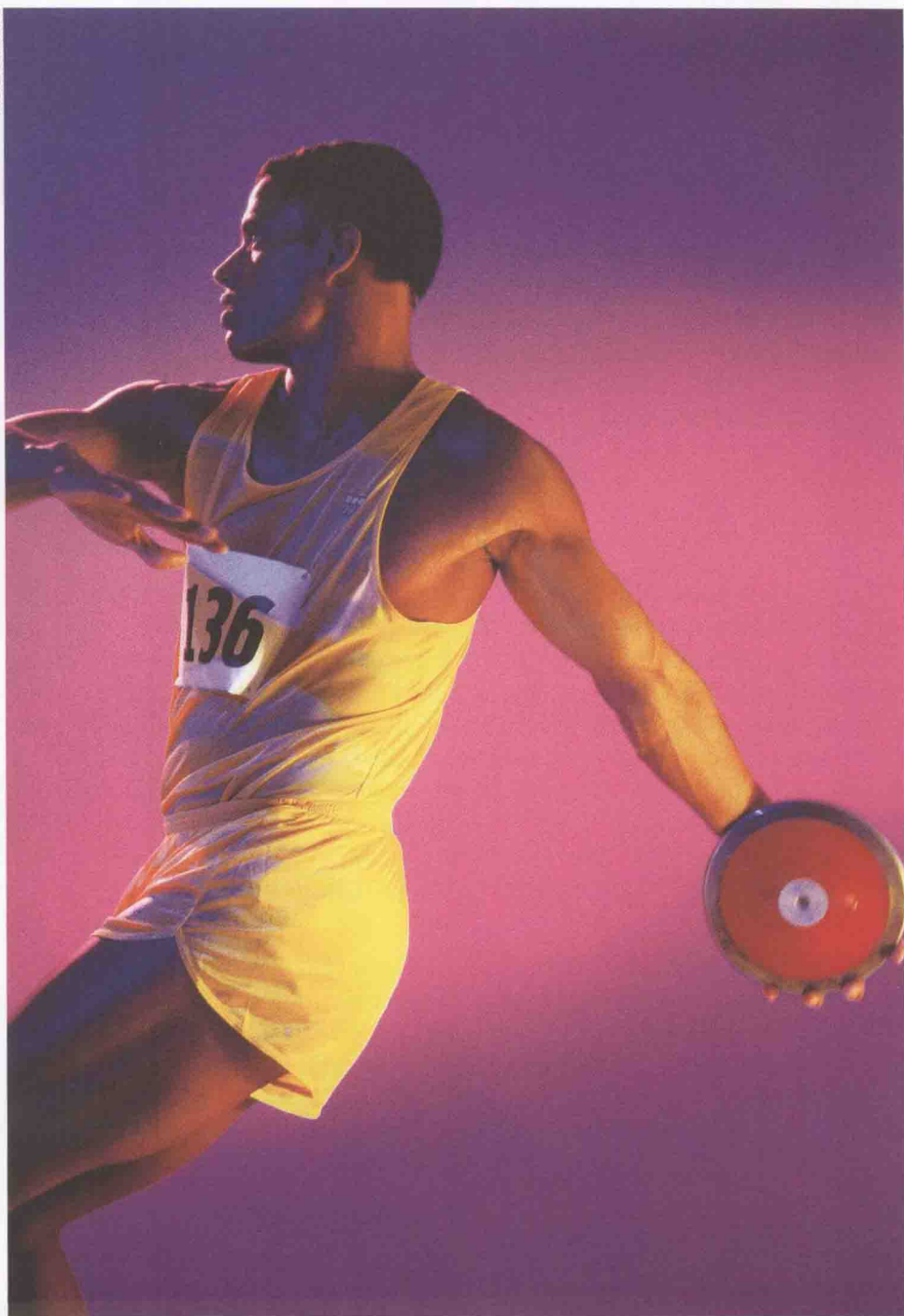
Acknowledgements 286

About SALUTO 286

Photo Credits 288

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Preface

We are all familiar with this: a twinge, a pang, or any number of other little discomforts that frequently prevent the athlete from achieving his optimal potential. But even serious injuries without external force, such as torn ligaments in the knee, shoulder or ankle, have dramatically increased in recent years in all sports.

The dream of winning the championship, the need for success as an acknowledgment of personal strength, the lucrative financial offers, all have resulted in athletes increasingly using banned substances to create a competitive edge for themselves, both in recreational as well as performance sports. The doping problem extends to all sports. A former competitive athlete claims that nowadays winning is impossible without these substances. What an absurd misjudgment!

In fact, the key to effective injury prophylaxis and possible performance explosion lies with simple optimized preventative measures. The engine of a car won't run without gas, and it's the same with the performance development and injury prophylaxis of athletes. Athletes are unable to meet their full potential without micronutrients. There exists a connection between the cellular nutrient concentration and degeneration of bradytrophe tissue (ligaments, snears, cartilage). This will be confirmed with special parameters (i.a. pyridinium crosslinks). However, to date scientists deny these correlations. According to statements by international scientists, "little knowledge" exists on the positive effects of a specific micronutrient supply in athletes. It is still in its infancy.

In the past ten years, our institute SALUTO and its cooperation partners have examined 9,150 athletes (i.a. European champions, world champions) and 6.434 recreational athletes from all different sports, and by means of a unique European prevention program for young star-athletes (national level youth and junior team handball players), were able to acquire new and highly interesting findings in the area of micronutrient therapy. Of note were the dramatic cellular micronutrient deficiencies of top athletes and many recreational athletes. Ambitious athletes live dangerously in the truest sense of the word, without the "optimal" fuel (micronutrient supply).