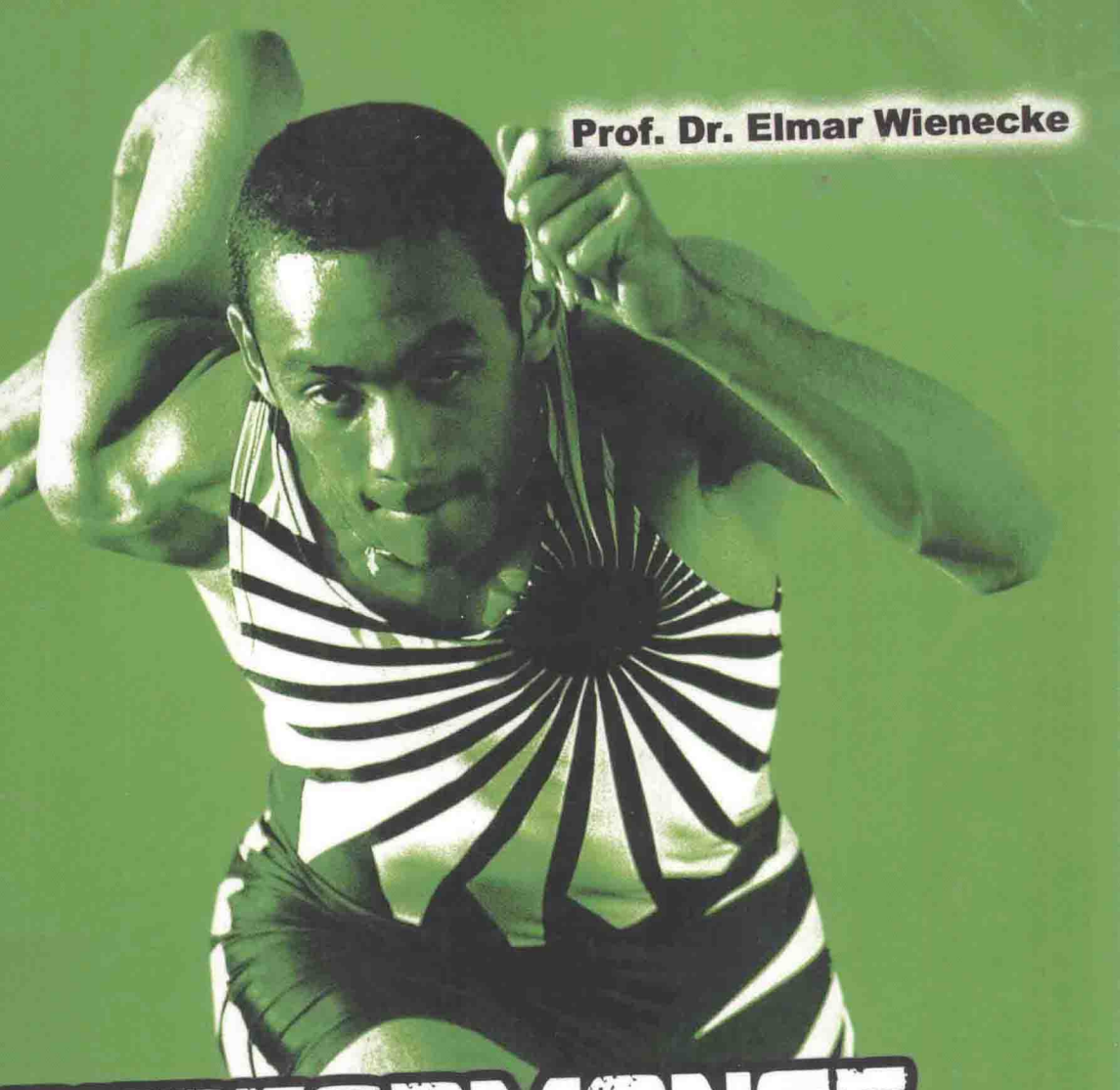
Prof. Dr. Elmar Wienecke



PERFORMANCE EXPLOSION IN SPORTS

AN ANTI-DOPING-CONCEPT

MEYER & MEYER 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

Meyer & Meyer Sport

Original title: Leistungsexplosion im Sport

Translated by Petra Haynes
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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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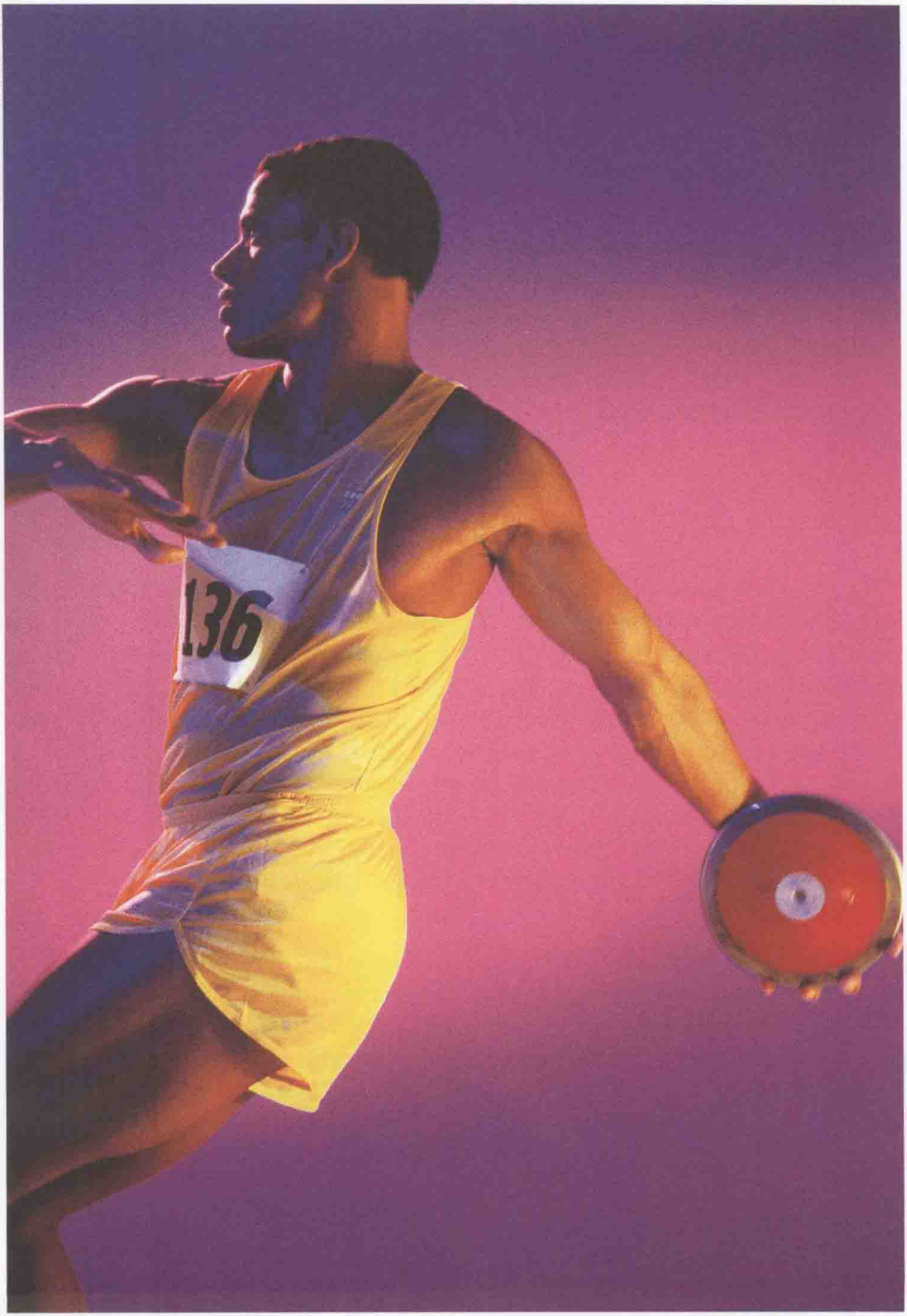

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Preface

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).