Dietary Protein and Resistance Exercise

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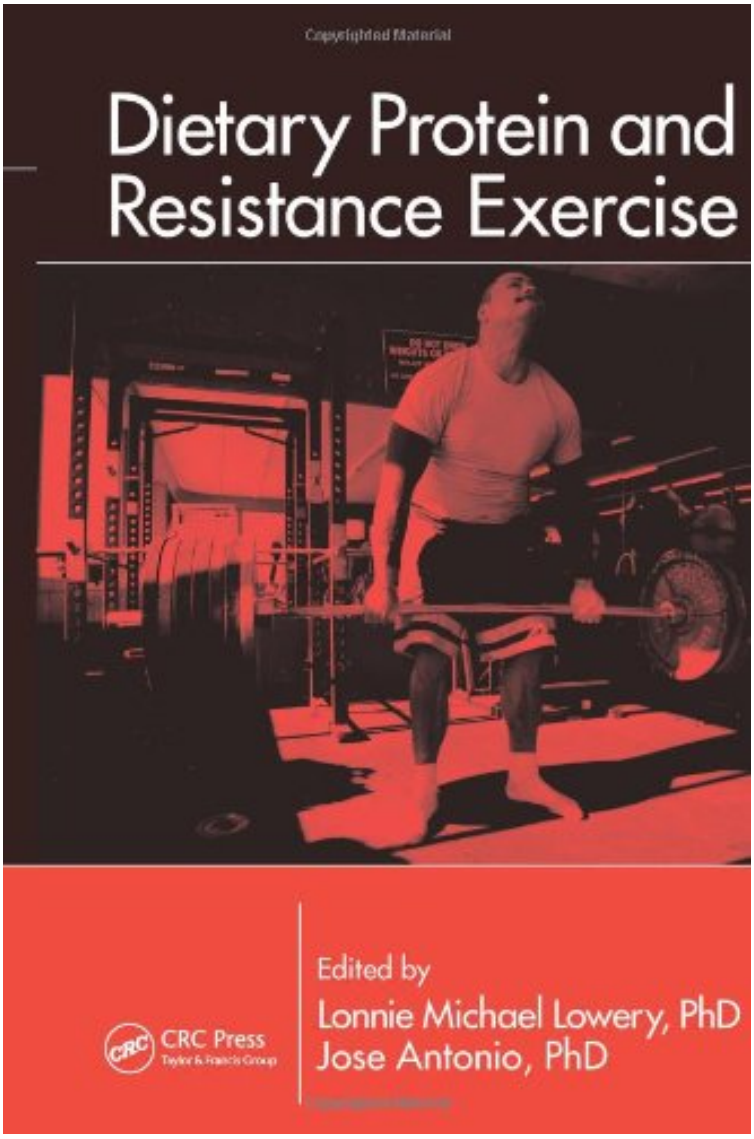

#2618071 in Books CRC Press 2012-04-25Original language:EnglishPDF # 1 9.21 x .63 x 6.14l, 1.23 #File Name: 1439844569258 pages | File size: 34.Mb

From Brand: CRC Press : Dietary Protein and Resistance Exercise before purchasing it in order to gage whether or not it would be worth my time, and all praised Dietary Protein and Resistance Exercise:

10 of 10 people found the following review helpful. Worth every pennyBy Lou SchulerI gladly spent the $90+ on this book just because the editors, Lonnie Lowery and Joey Antonio, have helped me so much over the past decade with my articles and books. They've been remarkably generous with their time and expertise, and they're both fun guys to hang out with as well. But even if they were they biggest jerks in academia this book would be a bargain. I'm just over halfway through, and already I can say it's saved me countless hours on PubMed.I say this despite the fact I was ready

to shelve the book after I tried and failed to make any sense of the material in Chapter 2, which explains protein synthesis and breakdown. I picked a paragraph at random and read it aloud to a group of fitness and nutrition pros at a recent conference. One of the smartest nutrition researchers I know conceded he couldn't make heads or tails of it without stopping to look up most of the acronyms and abbreviations.I'm glad I kept reading, because the rest of the book is magnificent, and even Chapter 2 is probably a great resource for people who need to know the difference between eIF4E, eIF4G, and eIF4A, as well as the path mRNA takes to 43S liftoff. (At least, that's what I think the paragraph is about.)The chapters on protein sources, supplement research, weight control, and gender- and age-related issues are a gold mine of important information that's clearly explained, deeply resourced, and at times even slyly funny (like the Lucky Charms reference on page 180).If you're a fitness or nutrition professional, or a journalist like me who writes about those subjects, I can't imagine any single-topic book providing a better or more authoritative resource.0 of 0 people found the following review helpful. FantasticBy Andrew HeatonGreat book that covers scientific theory of protein metabolism, genetic triggers, practical application, and lots of research to support. Nicely done.0 of 0 people found the following review helpful. ExcellentBy Renegade440Great reviews of studies performed on the physiology behind types of proteins, creatine, amino acids and performing resistance exercises. Looks at the science behind many of the items in question and dispels many myths. Very informative and a great addition to the library to anyone who is an exercise physiologist, trainer, or in sports medicine.

Dietary supplement companies and the food industry spend millions to reach resistance trainersoften with exaggerated marketing messageswhile health practitioners continue to counsel athletes that their interest in protein is misguided and even dangerous. There appears to be a disconnect between scientists and almost everyone else in sports nutrition. With so much conflicting information, its difficult to know who to believe. With contributions from the worlds foremost experts, Dietary Protein and Resistance Exercise delivers the uncut scientific truth about the role of dietary protein in the well-being of athletes. Updating and clarifying the issues surrounding purposeful protein intake and resistance trainers, this volume: Reviews the science-related history of protein and its consumption among strength athletes Analyzes the mechanisms behind what proteins do in muscle cells Describes proteins effect on performance, recovery, and body composition Explores various populations that actively employ resistance training and dietary protein Discusses timing, type, and safety data regarding liberal protein diets and related supplements Includes sidebars, practical examples, and case studiestranslating the science into a practical understanding of various protein-related topics Separating fact from fiction and providing the hard science behind the numbers, this volume demonstrates how changes in dietary protein intake may lead to measurable improvements in body composition, energy levels, and athletic performance.

About the AuthorLonnie M. Lowery, PhD, RD, is a professor of nutrition and exercise physiology of 11 years, currently at Winona State University, and president of Nutrition, Exercise and Wellness Associates Ltd. With formal training in both exercise physiology and nutrition he has published in academic and research settings on various sports nutrition topics such as dietary proteins, fats, antioxidants, dietary supplements, and overtraining. Dr. Lowery has also served as an educational, scientific, and product development consultant for a number of large dietary supplement companies such as Met Rx, Bodyonics-Pinnacle, and Biotest Laboratories. As an award-winning mentor and educator, he has written hundreds of lay articles for the strength and fitness communities and co-hosts www.IronRadio.org, a free educational and consumer advocacy podcast on iTunes. Jose Antonio, PhD, is the chief executive officer and cofounder of the International Society of Sports Nutrition (www.theissn.org); furthermore, he is a Fellow of the American College of Sports Medicine and National Strength and Conditioning Association (NSCA). He was the 2005 recipient of the NSCA Research Achievement Award and the 2009 NSCA Educator of the Year; moreover, he has published 13 books and over 50-plus peer-reviewed scientific publications. Dr. Antonio is the editor-in-chief of Sports Nutrition Insider, and Inside Fitness magazine, and has contributed to Ironman, Muscular Development, Muscle and Fitness, and Fitness Rx Men/Women. He is an assistant professor at Nova Southeastern University in Fort Lauderdale, Florida.