

International Conference on Sports Medicine and Fitness

March 23-25, 2015 Chicago, USA

Ultra-endurance triathlon: Heart rate-based intensity profile, energy balance, muscle damage and race performance

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Physiology has made a significant contribution to the understanding of what the human body goes through during physical training and athletic competition, with an end goal of learning how to maximize the potential of athletes. In the sport of triathlon, however, knowledge of the physiological demands during competition is far from being extensive, likely due to the complexity of studying a sport that consists of multiple modes of exercise and covers a multitude of distances. Answers to the most fundamental question of what factors determine the performance of a sport can only be obtained by studying real competition. Thus, the main purpose of this research is to identify and describe the physiological response, energy balance and muscle damage during an ultra-endurance triathlon competition.

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A therapeutic nutritional approach in assisting neurometabolic recovery in concussions

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Neuro Impact is a U.S. patented blend of vitamins, supplements, and herbs to be included in the recovery protocol of MTBI/Concussions. The goal of this clinical observation study is to document therapeutic usage of Neuro Impact on a variety of concussion cases. The factors of dosage, dosage intervals, therapeutic duration, and adjunctive therapies were examined in each case. By using a blend of herbs, vitamins, and supplements, the body can combat the neurometabolic cascade that occurs when an athlete sustains a concussion. All four components of a concussion can be addressed nutritionally including Emotionality, Cognitive, Sleep disturbance and Somatic symptoms. This is accomplished by making available the nutrients, precursors and modulators needed for normal and optimal brain function. By stabilizing the blood-brain barrier, optimizing normal neurochemical pathways, and combating neurometabolic excitatory dysfunction; the brain will repair and return to a more normal state with greater efficiency. This application and observation study substantiates Neuro Impact's success within the manufacturers recommended indications. The formula was well tolerated with no adverse effects.

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