

ATP

What's your Absolute Training Potential?

ATP Athletics Newsletter

Sept 2010

Volume 1

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Who's "ON" This Month?

Hi Guys. In this section we are going to pick a monthly Athlete to spotlight and support.

This months Athlete is Jay Beagle.



This is Jay's second summer training with us. Jay has trained all summer and is ready to head off to training camp in Washington. Jay has shown all the hard work and determination of an ATP Athlete. During the past 2 months he has changed his nutrition, made amazing gains in body composition, strength, power, and speed. It was a pleasure working with Jay for the past 2 summers; we wish good luck to him in the coming year.

Leaky Gut?

Heard of it? Most people have.

Know about it? Most people know it doesn't sound good.

What is it? Most people have no idea.

A "Leaky Gut" is caused when something inside the small intestine

causes the normally tightly packed "enterocytes" (small intestine wall lining cells) to become loosened and start letting things in.

What does it let in? Food particles, bacteria good and bad kinds, and even viruses. IE - not good.

What causes it? There is a bunch of different ways to cause a leaky gut. The 3 main ways are: Lectins occurring from nuts, seeds, and grains, are transported inside the tightly packed cells by other cells. Gluten contained in grains like oats, wheat and others cause a release of a certain protein called "Zonulin" name not important. This protein causes the tightly packed gut lining cells to become loose and move apart, enough to let the gluten in, and cause havoc. The problem here is that gluten once inside keeps the cells loosened. Saponin's are another Leaky Gut menace. They occur in nightshades, like tomatoes. When they cause a problem they dissolve the cell membranes of the tightly packed cells and let nasty things in.

Why is this bad? INFLAMMATION. All the bacteria and Viruses and so on that make it into the body, have to be detoxified and released by the Liver and Kidneys, too much gets in, the liver and kidneys get damaged and can't do their normal daily tasks, which are many. This is the beginning of a whole host of other problems.

How Would I Know? Notice what you eat, rate how you feel afterward, any bloating gas, or nausea, try taking the food out for a month and reintroducing it. If you feel good it may not be a problem. If you feel bad again, it may be time to remove that food from the line-up.

Supplement Talk: "Glutamine"

What is it? Glutamine is an Amino Acid, the building blocks for proteins. There are 21 Amino acids found in humans. 8 of these are what we call Essential meaning the body cannot produce them. We need to get them from food sources. Glutamine is "Conditionally Essential". Meaning the body can synthesize it, however during times of stress IE - work, life, illness, working out, etc... the need for glutamine exceeds the production.

What does it do? Here are 3 things:

1. Glutamine promotes protein synthesis (building muscle).
2. Glutamine prevents muscle breakdown.
3. Glutamine is an important nutrient for cells of the Immune system. (73% of training athletes with an Upper Respiratory Tract infection were found to be extremely deficient in Glutamine).

How can I get it? Here are some food sources from high to low: steak, chicken breast, chicken thigh, ground beef, ham, sole, mozza

cheese, cheddar, lentils, and eggs. You can also get it in supplement form of L-Glutamine.

How much? A minimum dose of 2 grams is needed to increase growth hormone levels. A dose as high as 0.3 grams per kg of body weight has been administered with no evidence of toxicity. The dose is person dependent try 5 grams to start.

When should I get it? Throughout the day. The best time to take Glutamine is right after your workout, when your immune system is depressed and your muscles have been broken down.