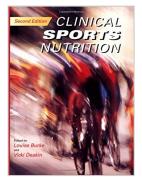
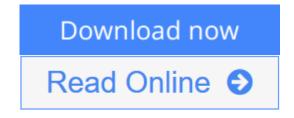
## **Clinical Sports Nutrition**



By Louise Burke, Vicki Deakin



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A unique reference providing state of the art sports nutrition information, coupled with advice on how to apply sports nutrition guidelines in a clinical and practical framework. Thoroughly revised and updated with contribution from over 25 experts in their fields. Each chapter contains specific reviews followed by practice tips.

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### **Editorial Review**

#### From the Back Cover

Established as the leading international text on sports nutrition, Clinical Sports Nutrition is the definitive guide to the nutrition and physiological principles, practices and research of elite and serious athletes. The book covers a comprehensive range of topical issues on sports nutrition, presenting the theory and most up-to-date research findings in clear, readable terms and incorporating highly practical applications specifically for practitioners working in the sports arena. It also includes chapters on children, adolescents and veterans involved in sport, athletes with disabilities, catering guidelines and special considerations associated with training under varying environmental conditions, such as heat and altitude. This valuable reference book is essential reading for sports dietitians, practitioners, coaches and trainers and students of sports-related subjects.

Second Edition The second edition has been thoroughly updated to incorporate the latest research, drawing on the experience of leading-edge academics and sports dietitians from Australia, Canada, the United States, Scotland and Finland. This expanded edition has seven more chapters and a fully updated chapter on dietary supplements and ergogenic aids.

Review of the first edition 'Clinical sports Nutrition is a comprehensive, yet very well presented and most readable text for both sports dietitians and sports medicine practitioners.' - Dr. Gillian Rothwell, Australian Family Physician

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#### Sarah Davis:

Here thing why this particular Clinical Sports Nutrition are different and reputable to be yours. First of all looking at a book is good nonetheless it depends in the content of it which is the content is as scrumptious as food or not. Clinical Sports Nutrition giving you information deeper including different ways, you can find any reserve out there but there is no reserve that similar with Clinical Sports Nutrition. It gives you thrill studying journey, its open up your personal eyes about the thing that happened in the world which is maybe can be happened around you. You can easily bring everywhere like in area, café, or even in your way home by train. Should you be having difficulties in bringing the imprinted book maybe the form of Clinical Sports Nutrition in e-book can be your choice.

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