

Supplement Guide

What Helps? What Hurts?



Supplement Guide

At Par4Success we do make recommendations from time to time to our athletes for them and their parents (if under 18) to look into supplements to help with maximizing their performance and development.

We understand that supplements can be a scary topic of discussion and therefore encourage you to contact us with questions regarding supplement use and its application towards improving your training responses and performance results.

With that being said, we are not registered dieticians nor MD's, but do have knowledge and experience in the areas of supplements and nutrition through our other various certifications and licenses. When it comes to athletic performance, long term athletic development and normal junior development we are experienced and if we are not qualified to answer your question we always will direct you to a professional who can.

Our recommendations are strictly that, recommendations. You are strongly urged to speak with your physician and/or registered dietician about any supplement prior to beginning to use one. Our mission is to provide you with the most accurate information and safe recommendations possible. Rest assured that if that means referring you to another professional, we will do that 10 out of 10 times.

Celtic sea salt

Celtic sea salt is natural and unrefined. This means it's loaded with trace elements and minerals that the body needs and electrolytes to keep you hydrated. The natural state of this salt allows it to be cloudy or grey in color. You can sprinkle a pinch in your water bottle or use to season food. Be sure not to go overboard with spoonfuls, however. A pinch here and there throughout the day will provide your body with a means of regulating fluids and staying in peak shape.



BCAA's

During a round of golf the body slowly becomes depleted and muscle is broken down.

Protein is the building blocks of muscle and the connective tissues in the body. Amino Acids are the building blocks of protein, and are used to assist the recovery of muscles after exercise. They have also been shown to be an energy source for muscles during exercise. They produce enzymes that can improve muscular recovery and bundling, mood, concentration and sleep. Amino acids are found in all forms of protein to

varying degrees, some contain a more complete profile than others.

BCAA's have been shown to increase protein synthesis and have a favorable effect on testosterone/cortisol ratio. (Cortisol is a stress hormone shown to have a catabolic effect if it is not contained).

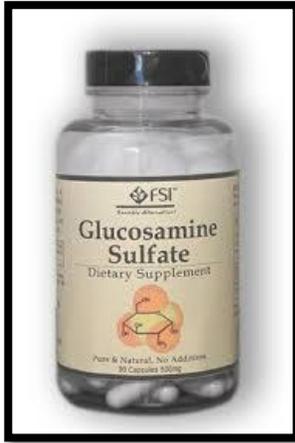
There are 22 noted amino acids. Of these 22, 9 are considered "essential" and there are 3: Leucine, Isoleucine, and Valine. Leucine is depleted more so than the others from muscle and brain tissue and Modern BCAA's ratio of the three reflects this depletion. This simply means they cannot be made in the body and must be obtained in the diet, which is especially important for athletes going through workouts that require recovery and repair.

BCAA's can be taken before, during or after a workout. BCAAs are not stimulants or hormonal in any way.



Glucosamine

Glucosamine is an amino sugar found in connective tissue throughout the body. It is used to help repair and maintain good joint function. It stimulates the development of collagen which helps build and repair tissue and bone. This combined with its anti-inflammatory and antioxidant effect helps reduce pain and treat some forms of arthritis. This is another natural way to decrease pain and improve your performance on the course.



Multi-Vitamins

Vitamins are necessary in processes involving energy production, growth and repair of tissue, neutralizing free radicals, metabolic function, blood clotting, the list goes on. Current trends in the standard American diet combined with growing supply of processed food can result in a number of vitamin deficiencies. This can be combatted by taking a Multi-vitamin daily. Men and women do have different needs so be sure to choose a gender appropriate vitamin for your needs.



L Glutamine

Cortisol is the body's stress hormone released in times of stress, like if you were being chased by a lion, stuck in traffic and angry or during prolonged periods of exercise. Golf and training would fall into the third category, and can leave the body in need of nutrients and supplements to repair itself. Glutamine works to blunt and neutralize the effects of cortisol. It is also the most plentiful amino acid in the muscle tissue. Studies show that Glutamine can help strengthen the immune system as well as help replenish glucose after exercise.



Fish Oils

Omega-3 fatty acids can help prevent disease, have an anti-inflammatory effect and have several other benefits to golfers. Perhaps the most important is the anti-inflammatory effect which can help reduce pain and tightness allowing a player to execute a full swing time after time. It is a healthy source of fats that your body needs for everything from brain function to tissue repair.



Caffeine



Caffeine is perhaps the. It's widely used drug in the world. It can have many benefits ranging from fat loss to focus and energy. It is great before a workout and to help study. However these benefits become drawbacks in times she we may need to keep an even keel and remain calm. A round of golf is a perfect example of this. Too much caffeine can lead to anxiousness, jitteriness, a cloudy mind and even leave a player crashing and lethargic. It also has a diuretic effect which is not optimal for staying hydrated.

If you are an adult and **MUST** use caffeine before golf (some may prefer coffee in the morning) we recommend keeping the dose small, and making extra efforts to stay hydrated as outlined in our chapter on hydration.

Alcohol

When it comes to performance, alcohol is the **last thing on the list you want**. In fact it's not even on that list, it's on the "No" list.



It slows down your reaction timing and retards all the important fast twitch muscles that you need to be fully using to play at your best. It also dehydrates you and we know from chapter one about the dangers of dehydration. If you're drinking heavy on the course the impact can be threefold: dehydrated, slower and poor judgment.

Golf is about speed, finesse and good choices on the course. None of which will be assisted by alcohol. So save that drink for the 19th tee. For juniors it's not even an option, you'll be of age soon enough.

Protein Powder and Bars

Protein supplements could be the most effective way to meet your protein needs in any given meal.

They are loaded with complete amino acids and usually are easily digested proteins with a high usage rate. Protein powder can be convenient, cheap, and effective when combined with water, milk, and



yogurt or at the right times, a sports drink. Be sure to make sure you don't have any food allergies as some proteins contain dairy and others contain vegetable sources like soy.

Protein bars can be tasty and fit in your pocket. They are a great way to get your calories in. However, not all calories are created equal and many protein bars are loaded with fat and sugar to enhance the taste. This makes them less desirable. Be sure to read the label and buy a brand with minimal fat and sugar. Quest Bars are ideal. Many have 7g of fat or less, and each bar has almost 17 times more fiber than sugar!

Always consult your physician before starting or changing an exercise program or diet regimen. This guide is not intended to serve as a substitute for advice from a RD or MD