



## Dietary Protein and Resistance Exercise

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Dietary supplement companies and the food industry spend millions to reach resistance trainers—often with exaggerated marketing messages—while 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, it's difficult to know who to believe. With contributions from the world's 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 protein's 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 studies—translating 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.

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