

Optimal Performance Athlete: A Comprehensive Health Protocol for Runners and Athletes

Health Protocol designed by

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Handout Volume Five : Race Day Optimal Performance

BEFORE race day:

? Rest for at least 3 days prior to race day to prevent fatigue, get a full body massage.

? Have a high complex carb dinner, with organic brown rice pasta or potatoes, squash, yams or grains with a healthy protein like tempeh, beans, tofu.

? Get a good night's sleep, have everything prepared the night before

? Do some stretching the morning of the race

PRE RACE supplements:

? D-ribose, as in Gary Null's Muscle Max

? Mitochondrial energy optimizer (Life Extension Foundation)

? DMG under the tongue

? L-Carnitine

? CO Q 10

? Vitamin B12 under the tongue (methylcobalamin)

Supplements for your fanny packs:

? Activated charcoal tablets for abdominal stitches

? DMG 125 mg under the tongue, one very 5 miles

? Super antioxidant complex

Have volunteers set up tables and pass out glasses of green vegetables juices (from powders, mixed with bottled water or coconut water if they purchase it) Mile 5, 8, 12, 15. If there are not enough volunteers, have them at miles 5, 10, 15. 2 -3 people per station works best. glasses of Red stuff with watermelon juice and/or coconut water at mile 18, 21, 24

Gary often has a body worker at mile 18 for those whose muscles may be tightening up at this point.

Volunteers will have SIGNS to notify runners from the group, and runners will have some kind of ribbon or brightly colored tag to show they paid to have this service. Bring a snack table or a strong box to set up and bring STRAWS and CUPS.

AFTER the race:

Have high mineral/electrolyte foods like coconut water, hot soup, organic apple cider

Take antioxidant complexes, vitamin C and quercetin for recovery

Potassium tablets, Ca/Mg complexes

Take a hot bath with 3 cups of Epsom salts, 1 bottle of peroxide and a few drops of lavender oil.

Natural anti-inflammatories:

Supplements:

Quercetin

Turmeric

TMG

Omega 3's

Ginger

Cat's claw

MSM

Vitamin C

L-Carnosine

Vitamin E

R-alpha lipoic acid

Cayenne

Glucosamine/chondroitin

Inflazyme digestive enzymes (on empty stomach)

Evening primrose oil

Grape seed extract

Papain

Bromelain

Topicals:

Boswellia cream- Ayurvedic anti-inflammatory

Arnica- homeopathic

White flower oil- Chinese medicine oil for muscle/joint pain

Aroma therapy

Lavender

Valerian

Cedarwood

Fennel

Natural muscle relaxers for leg cramps:

Magnesium citrate

Niacin

Vitamin B complex

Vitamin B6

Pantothenic acid

Potassium

Chelated manganese