

CasePerformance

February Newsletter

Part II



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Hello,

Glad to see that you're tuning into Part II of our monthly newsletter! I hope you enjoyed [Part I](#) which featured an interview with Mr. Super Human himself, Carl Lanore, who shared with us his training background, nutrition/supplement strategies as well as a little background on Super Human Radio. Following the interview, Greg Nuckols shared with us, *Time – Do You Consider It?* In it, Greg explained how imbalanced training or nutrition programs are fine in the short term, but can be disaster if done for extended time periods.

In Part II of our newsletter, we take a quick peek at some article news here at CasePerformance, including a recap of our Olympic/Champion march that we ran in connection with the 2014 Winter Olympics. We then shift gears and towards the SuppVersity Corner Report before closing with our CP Performance Discussion, *Weight Training Belts: What, When & How to Use*.

Respectfully,

Sean Casey

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II. Donations for CasePerformance Are Welcomed

As you've probably noticed while surfing around the CasePerformance website, we **DO NOT** litter our pages with advertisements or have "Members Only" sections that require a paid subscription.

Why do we do this?

My goal is to reach as many individuals as possible. If an individual truly wishes to improve their health and performance, I want them to succeed. This holds true regardless if they are a multi-millionaire or those pinching pennies.

The Downside & What You Can Do To Help

The cost of running a website in conjunction with paying for full access to the various sport science and nutrition research journals I use is extremely expensive. Also, all of the authors at CasePerformance put considerable time into writing the articles for this site. If you enjoy the free information provided on this site, we humbly ask you to show your support by making a small donation. Thanks for your support!

[**CLICK HERE**](#) to make a donation. Please know that **ANY AMOUNT** is greatly appreciated!

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IV. Article News at CasePerformance

With the Winter Olympics taking place this month in Sochi, Russia, CasePerformance decided to go on an Olympic/Champion march. In doing so we highlighted all of the great CasePerformance interviews and articles that appeared on CP related to the event. However, not all sports are in the Olympics and they deserve their due. Thus we also decided to highlight all champions even if sports are yet to make an appearance on the Olympic stage. (I'm sure I'm not the only one disgusted with the fact that Darts has yet to make an appearance at the O-games!). Included in our 11 day event was...

Day 1

[Interview with the Expert: Brian McWilliams](#)



We kick this march off with our interview with Brian McWilliams, athletic trainer for Team USA's curling squad who shares with us how he got involved with the sport as well as his role with the team.

In addition, Brian shares with us his personal passion for triathlons and youth sports

Day 2

[Interview with the Expert: Andrew Rock](#)



We're sprinting to the close of Day 2 of our Olympic/Champion Week here at CasePerformance with our interview with Olympic Champion 400 m dash sprinter Andrew Rock whose accomplishments include...

* 17-time NCAA All-American

* 2004 Olympic Champion - 4x400 m relay team

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Day 2 (cont.)

- * 2005 World Outdoor Champion - 4x400 m relay team
- * 2005 2nd Place World Outdoor Championship 400 m (44.35s)
- * 2006 USA Outdoor 400m champion (44.40 sec)

In our interview we discuss how he balanced NCAA sports with academics (Andrew was 2x Academic All-American). We also touch on the “highs” and “lows” of being a professional athlete and the important role that resistant training played in his physical preparation (including specific exercises).

Day 3

Interview with the Expert – Tom Weitz



It's day 3 of our Olympic/Champion march here at CasePerformance. With that being said, I share with you an interview with Tom Weitz, multi-time world champion dragon boat racer. During that time period, he has competed in 6 world championship events, winning 4 Gold, 3 Silver & 4 Bronze medals.

In this interview with us, Tom also shares the steps dragon boat racing is taking in order to become an Olympic sport as well as his training and nutrition strategies.

Day 4

2013 ISSN Conference Part 1: Practical Applications



Our Olympic/Champion March here at CasePerformance continues on. Today I share Part I of my 2013 ISSN Conference write-up. Two of the presenters at the conference were Alicia Kendig, MS, RD and Jennifer Gibson, MSc, RD,

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Day 4 (cont)

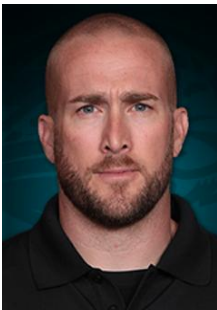
IOC Dip Sport Nutrition; both of whom are sports nutritionist for Team USA.

Areas touched on by Ms. Kendig included logistical issues related to feeding Team USA at the Sochi Games as well as general problems faced by winter sport athletes.

Areas touched on by Ms. Gibson include how Team USA created its own Olympic Village for the 2012 London Games separate from the main village in order provide an environment best suited for their athletes.

Day 5

[Interview with the Expert: Luke Richesson](#)



Day 5 of our Olympic/Champion March here at CasePerformance brings you our exclusive interview with my mentor Luke Richesson, physical preparation coach for the NFL's Denver Broncos. This past year they were the AFC champions and 'silver medalists' in the Super Bowl.

Topics Luke touches on include...

- * Differences between college, NFL and private settings (From 2001 – 08 Luke was the main driver behind Athlete's Performance NFL combine prep. During that time he worked with fifty two 1st Round Picks (including four #1 overall picks) and more than 250 draftees.)

- * Early Sport Specialization

- * Incorporating squats and kettlebells into one's workout

Day 6



[Interview with the Expert: Jennifer Gibson](#)

In this “Interview with the Expert” we have the privilege of talking sports nutrition with Jennifer Gibson, Sport Dietitian at the United States Olympic Training Center in Colorado Springs, Colorado, where she works primarily

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with acrobatic and combat sport athletes. Topics include her background, establishing diets, the USOC’s approach to supplementation and more!

Day 7

Interview with the Expert – Zach Bitter



Day 7 of our Olympic/Champion March here at CasePerformance brings you our exclusive interview with my ultra-marathon champion Zach Bitter who in 2013 set the new U.S. 100 Mile Open Track record in 11:47:21 (hr:min:sec). Additionally, he set the 12 Hour WORLD record with 101.66 miles. For those keeping track at home, that's just over 7 minutes per mile! Tack this onto his winning the USA Track & Field (USATF) 50 mile Road Championship in 2012 and the fastest 50 mile ultra-marathon time in the USA in 2011 (5:26:52) you can see he has an extremely impressive resume. Topics Zach touched on in his 2013 interview

with us include...

- * How he got involved with ultra-marathon running
- * Breakdown of his training week
- * Nutrition & supplement strategies he uses to fuel his performance
- * And much more!

Day 8



Interview with the Bench Press Expert – Bill Carpenter

It's day 8 of our Olympic/Champion March here at CasePerformance and we're bringing out the muscle... LOTS of it as we share our exclusive interview with bench press extraordinaire and CEO of the [United Powerlifting Association](http://www.unitedpowerlifting.com) Bill Carpenter. During his career he has broken the WPO 242 lb class World Record 4 times including a 744 lb press at the Arnold Classic which set the all-time record. Additionally he's pressed 800 lbs while weighing 253 lbs at the 2007 APF New York State Meet. Topics discussed in this interview include

Day 8

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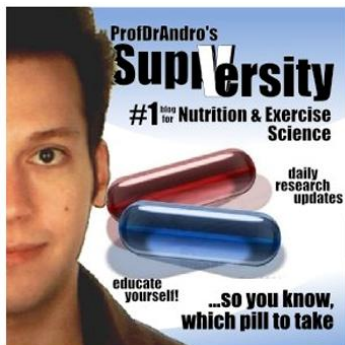
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Day 8 (cont)

* How he got involved with the sport, raw vs. equipped and strategies to improve one's bench

Day 9



Although not a "sport" per se, If there was an Olympics for online science blogging, I can say without a shadow of a doubt, Adel Moussa would find himself on the medal stand, likely with gold around his neck for the 'above and beyond' work he does at [SuppVersity](http://SuppVersity.com)! For that reason, on Day 9 of our Olympic/Champion march here at CasePerformance, we're featuring Adel Moussa! Thus, consider this an intellectual human performance Olympic post! Adel's breadth couldn't be contained in one interview so we did a total of three!

[Interview with the Expert – Adel Moussa Part I](#)

Few people actually know Adel's background. You can find out all about it here as well as....

- * Myths associated with kcal needs,
- * How to calculate kcal/macronutrient needs,
- * Intermittent fasting as well as
- * His thoughts on the effects of exercise induced hormone fluctuations

[Interview with the Expert – Adel Moussa Part II](#)

- * Periworlout nutrition
- * Supplementation

Special attention is given to supplements such as dairy protein, creatine, caffeine, sodium bicarbonate (a.k.a. baking soda... yes, that same stuff that is

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Day 9 (cont.)

found in your kitchen!), taurine & BCAA's. In addition, Adel explains why he feels megadoses of fish oil and Vitamin D are way overrated.

Interview with the Expert – Adel Moussa Part III

In the 3rd, and final installment of our interview together, Adel Moussa takes a philosophical approach in sharing his thoughts with us regarding the "adrenal fatigue" pandemic as well as his thoughts in regards to the Paleo diet. In addition, I share with you my "Top 5 SuppVersity Article Countdown".

Day 10

Interview with the Expert – Ian King Part I



Ian King has been one of the leading minds in the physical preparation of athletes for the past 25+ years; training individuals in every summer and winter Olympic games since 1988. We had the good fortune of a two part interview with him back in 2011. Topics discussed in Part I of the interview included...

- * His background,
- * Training myths
- * Issues he has with today's training "experts."

Interview with the Expert – Ian King Part II

Topics covered in Part II included...

- * Recovery techniques
- * How age affects training
- * Advice to those truly interested in training athletes.

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Day 11

[PED Testing 101: Testosterone, Epitestosterone & The Relationship Between Them.](#)



Day 11 marked the close of our Olympic/Champion March here at CasePerformance. For some it may have come as a disappointment without having a new daily post from us. For others, the news may come as a sigh of relief of not constantly being spammed by us. Either way, it's time to march out our final post on PED Testing...

This was part of our January Newsletter (starts on pg. 13 of newsletter; pg. 14 of actual PDF). Topics discussed include....

- * What is epi-testosterone & how does it related to testosterone
- * How is the test used
- * Isotope Ratio Mass Spectrometry (IRMS) analysis
- * Does a negative test = 'clean athlete'

Top Read Article in February here at CasePerformance...

[Rehabilitating Chronic Hamstring Strains](#)



Originally written in 2009...

Hamstring strains are one of the most frustrating injuries for athletes to suffer. It seems that once a hamstring is injured, it's likely to be injured again within a couple of years. In a recent study, it was shown that even when pain-free, previously strained hamstrings lack strength/power during eccentric muscular contractions. In addition there range of motion is limited during hip flexion. Amongst other things, In order to combat this problem, I recommend including more Single Leg Romanian Dead Lifts (SLRDL) into your exercise program.

This article has been #1 on our list for 2 months in a row!

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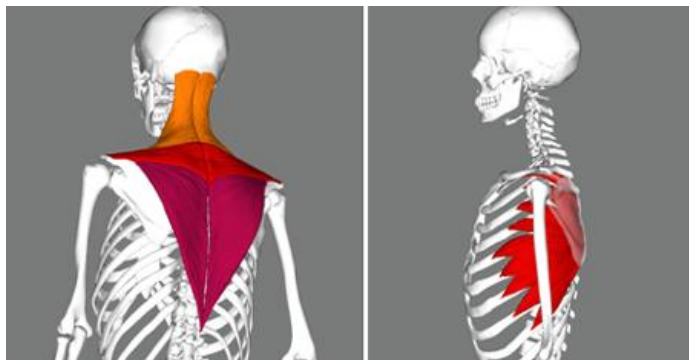
V. Articles & Interviews on Partner Websites

During the past month, I have contributed one article to the following website:

[Nucleo: Nutrition Research & Exercise Physiology Blog](#)

* This is a great site for those looking for "quick hit" articles. During the past month I contributed the following one "quick hit" article to this website:

[Shoulder Health Part II – The Scapular Muscles](#)



Part II of our series examines an often forgotten muscle group as it relates to shoulder health... Those that support the scapula (shoulder blade)!

This article discusses the role of the trap's, rhomboids and serratus anterior in helping to preserve function of one's scapula (shoulder

blade). In addition we touch on various exercises one can do to help improve the function of these muscles.

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V. SuppVersity Corner Report!



[SuppVersity](#) is one of my favorite sites. It's run by my friend [Adel Moussa](#). One of the things we do on the CasePerformance [FACEBOOK](#) page is highlight one of their excellent posts each week. In case you missed it...

Week of Jan 27th – Feb 2nd

[It Does Matter How You Spread Your Protein Intake - 30% Higher 24h Protein Synthesis with 30g+ Protein per Meal](#)

CP Quick Thoughts

The SuppVersity post of the week for Jan 27th- Feb 2nd is not a revolutionary topic; however, it does underscore how the importance of spreading protein intake over the course of the day vs. one big protein packed meal if your goal is maximizing muscle growth...

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Week of Feb 3rd – Feb 9th

We had a tie for the week of Feb 3rd -9th

1. [True or False? Butter, Ghee, Lard & Tallow - Are Saturated Animals Fats the Kings and Queens of the Frying Pan?](#)

CP Quick Thoughts

This was selected simply due to the over-emphasis of the "can do no wrong" saturated fats as the mighty elixir for everything. As discussed in this article, many saturated fats often come with a dose of cholesterol. Although cholesterol is by no means bad in and of itself, the frying of foods containing it leads to oxidized cholesterol which is likely not any better than the often demonized oxidized polyunsaturated fats.

Now, I'm not here to create food frenzy paranoia here; as Adel points out, *"we don't have a study that proves that the amount you'd consume if you were frying your eggs in butter in the morning will cause all sorts of ailments"*. Rather just keep this in the back of your mind if you're constantly frying things in saturated fats.

As for me, although I error a bit on the side of caution, I don't go overboard and totally eliminate foods in an orthorexia like fashion. For instance, I eat eggs ~ 4 days/wk. However, I cook the eggs in 'sunny side up' fashion such that the yolks are raw. Additionally, although I use butter, I cook it at a very low temp so you don't get the black tar at all. I discussed my exact "recipe" in a previous [newsletter](#).

2. [Hydrated or Dumb: Dehydration Affects Brain, Muscle and Other Vital Organs - Plus: 15+ Causes of Dehydration + Can the Color of Your Urine Tell You if You Drink Enough?](#)

Ah yes... the good 'ol pee test ;-)! Actually that's just a side note in this article which focuses more on hydration for cognitive benefits, which in my opinion is more important than training performance... Think about it, if your mind is faltering, how well are you going to be able to add up all the weight plates so you have the correct amount on the bar or determine what your interval splits should be?!

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Week of Feb 10-16th

[Veggies Rule: As an Adjunct to Your Starches Leafy Greens Reduce Postprandial Glycemia + Insulin and Boost the Production of the Anti-Obesogenic Satiety Hormone GLP-1](#)

CP Quick Thoughts

This is a very quick and interesting article to read. Everyone knows that veggies are healthy so, from that regards, this article isn't revolutionary. However, what *is* interesting is quantifying the effect that adding leafy greens to the meal reduced post prandial (i.e. – post meal) blood glucose levels as well as affected various hormones.

Week of Feb 17th-23rd

[There is More To Glucose Control Than Carbohydrates \(1/?\): Non-Carbohydrate Nutrients And Their Effects On Blood Glucose Management ➡ Amino Acids, Proteins, Peptides](#)

CP Quick Thoughts

Looks like Adel is kicking off another series at Suppversity. This one specifically looks at how nutrients beyond carbs alone work in managing blood glucose.

It will be interesting to see where he takes this series. Don't worry, more than likely we'll include an update or two in next month's newsletter.

Week of Feb 24th-March 2nd

[Fish Oil or GLA to Treat Acne Vulgaris? Controlled Human Trial Confirms: 2g EPA + DHA or 400mg GLA do the Trick!](#)

CP Quick Thoughts

There's an urban legend floating around the Paleo community stating that fish oil consumption reduces acne. Is it true? Well according to this, the first formal experimental trial to examine the legend, the answer is YES!

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Also, if you share a similar curiosity as I did in regards to overall composition of their diet, all subjects were instructed to follow the same diet such that the only thing that changed was the addition of the supplement. According to food diary records, "*Total dietary energy intake, glycaemic load, glycaemic index, and nutritional composition were similar in the 3 groups at any time during the study.*"

One bummer with the study is that the control group failed to take any placebo. Thus the potential for a placebo to sneak in and affect the results is definitely present. None the less, this was an interesting study and I look forward to placebo controlled trials in the future.

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VI. CP Performance Discussion

This month's Performance discussion comes to us by Phil Stevens who handles the [CP strength sport consultations](#) as well as runs the [Strength Guild](#). Today he shares with us his thoughts on using weight belts while resistance training. Enjoy!

Weight Training Belts: What, When & How to Use

by Phil Stevens



Phil Steven's wife, [Sarah Stevens](#), showing off her pretty pink weightlifting belt

One thing I often get asked about is weight belts. Below are four common questions and my thought in regards to them...

I see that there are both wide and narrow weightlifting belts. Which one should I choose?

Almost everyone, except a very select few, should go with a 4 inch (10 cm) belt. For a long time, and for no good reason, the tapered belts became popular with the 2 inch (5 cm) front and 4-6 inch back (10-15 cm). My guess is that these were incorrectly

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designed with the thought that it would increase lower back support. However, when used correctly, a belt's purpose is not to provide direct back support. Rather it's an anchor to push and flex your abdomen onto in order to solidify the core.

Wearing a belt can feel pretty awkward when first adjusting to one. How do I go about getting used to it?

The first thing is to start with the belt loose and learn to engage against the belt. Don't make the common mistake of cranking it as tight as possible and then using it as a crutch. Rather draw air into your belly and push out against it (ie – “engage” against the belt). Even if training without a belt, learning to do this (i.e. – bracing) will pay dividends. Thus, I can't stress enough how important it is to learn how to fill up the soft area of the core like a balloon in order to help keep correct posture vs an external force.

Should you always wear a belt for squats and deadlifts or are there periods of training that you should go without one?

After an initial phase of learning the movements I have seen best benefit with athletes, power and other, when correctly using a belt on loads > 75-80% 1RM. We will have purposeful work without belts in the higher rep lower intensity ranges to strengthen the low back, abdominals and obliques.

Do you feel this differs between powerlifters vs. non powerlifting sport athletes (i.e.- ball/team sports, etc.)

My job for non power sport athletes is 1) Do no harm and 2) Make them perform better at their sport. If I can correctly teach the use of a belt that A) Will make training both safer and more efficient as well as B) Increase the work load and intensity we can safely apply to areas critical for multisport success, such as hip strength, I'd be ignorant and close minded not to employ that tool.

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That wraps up this CasePerformance newsletter. Thanks for being a part of the team. We look forward to hearing your feedback on anything and everything so drop us a note on [FACEBOOK](#).

And as always... Train smart, train hard and leave the excuses to someone else!

Sincerely,

[The CasePerformance Team](#)