

# CasePerformance

April Newsletter

Part II



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## I. Leading Off...

Hello,

Glad to see that you're tuning into Part II of our newsletter! I hope you enjoyed [Part I](#) of our newsletter which involved a Super Human Radio (SHR) Takeover featuring Alex Leaf as guest editor and contributions by Carl Lanore, Alisa Profumo and Adel Moussa. Fortunately, over a morning which included barbells, cardio and an egg & avocado breakfast a treaty with signed between CasePerformance and SHR. Thus, CasePerformance is back to steering the ship in part II of our April Newsletter.

We kick things off by taking a quick peek at some article news here at CasePerformance before moving onto our "Building Better Athletes Exercise of the Month" – The Romanian Deadlift.

Next we move on to our CP Performance Discussion, *Eggs & Avocados – A Combo For the Ages*. If a treaty can be signed over this fine combo, surely it is one you want in your arsenal of recipes. This is one of my personal favorites. I'm confident you'll enjoy it as well. Finally we conclude with our SuppVersity Corner Report. Enjoy!

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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## III. Article News at CasePerformance

One new article was added to CasePerformance over the month of April...

### Underwater Running During Injury Rehab of an Endurance Runner



For a highly competitive athlete, nothing is worse than being injured. In this article I discuss how the CasePerformance team helped an endurance runner under our guidance through a knee injury, using underwater running as the base of our training.

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Top article at CasePerformance during the month of March...

## 24 & 30 Day Challenge Diets... What to Make of Them?



This blast from the past article, originally written in February of 2013, saw resurgence in popularity during the past month. It was one of three articles I wrote as part of a “New Year Resolution” series. A “quick hit” summary I wrote for it back at the time of original posting...

As of late, dietary supplement challenges, such as the Advocare's 24 Day Challenge™ and Isagenix's 30 Day Cleanse, are quite the rage during the first quarter of the New Year as individuals look to follow through on their New Year's resolution or prepare for the spring break/summer beach season. Although I like the idea of challenges, which in my mind is simply a fancy way of saying "goal setting", there are certain things that rub me the wrong way about them. The most prevalent issues worth considering include short duration (24-30 days), in most cases the inability to truly evaluate results (challenge vs. simply not eating garbage), the unexpected and cost that it takes to follow some of them. These ideas and more are discussed in the final part of our New Year Resolution Series.

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## IV. Building Better Athletes Exercise of the Month

**BBA**  
*Building Better Athletes*

This month's BBA exercise of the month..... (drumroll).....

### Romanian Deadlift



Left Image: initial set-up



Right Image: End range of motion

#### NOTES:

For anyone who has trained with me, they know one thing for certain – I am a HUGE fan of the Romanian Deadlift. This exercise is a fabulous for developing the posterior chain muscles (glute, hamstrings, back, etc.) which play a key role in explosive athletic movements (running, jumping, etc.). It also helps to teach the pulling motion required for weightlifting movements such as the Clean & Jerk. All-in-all, a fabulous exercise. [In this video](#) BBA's Michael Zweifel demonstrates the RDL with instruction being provided by Jacob Ricketts. Enjoy!

If you're interested in training/doing a nutrition consult "in person" with us at BBA, send an email to us at [scaseybba@gmail.com](mailto:scaseybba@gmail.com).

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## V. CP Performance Discussion

### Eggs & Avocados – A Combo for the Ages!



The CasePerformance Performance Discussion is busting out one of our favorite dietary combos – Eggs & Avocados. The reason for this is two fold

1. As mentioned in our intro the CP-SHR treaty was signed over this delicacy!
2. The Dietary Guidelines for Americans (DGA's) no longer deems dietary cholesterol a “bad” food.

The occurrence of even one of these events is reason to celebrate. The fact that they both occurred made it a no brainer to feature eggs and avocados for this month's CP Discussion!



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## **Eggs**

It was with great pleasure that I saw the updated cholesterol guidelines in the recent DGA's. Eggs are one of my favorite foods; especially the egg yolk is a particular dense source of nutrition containing lutein, vitamins/minerals and other micronutrients. Furthermore, many people forget (or never knew to start with) that ~ 40% of an egg's protein is found in the yolk. For example, in a typical large egg, 3.6 g are found in the white & 2.7 g are found in the yolk. If you're curious about the full micro/macronutrient content of eggs I refer you to the following nutrition breakdown...

[CLICK HERE](#) for egg whites

[CLICK HERE](#) for egg yolks

## **Avocados**

What do most people lack in their diet? Healthy fats and fiber. What are avocados packed full of? You got it – healthy fats and fiber. As stated on the USDA website. One avocado (Hass) contains 13 grams of monounsaturated fat and 9 grams of fiber. Generally speaking, I encourage individuals to shoot for ½ an avocado per day.

[CLICK HERE](#) for full nutrition report.

## **Eggs & Avocado Recipe**

I like to keep things simple and quick. That being said, what follows is a recipe I use 3-4 days per week that takes all of 5-7 minutes ...

### **Ingredients:**

4 eggs (whole), 1/2 Avocado, Black Pepper, Onion/Mushrooms/ Green or Red Peppers/etc

### **Directions:**

Slice or mash 1/2 of avocado onto a plate. Crack eggs into a frying pan at lower heat setting, leave them sunny side up (i.e. – don't break the yolk). Cook till whites are relatively solid. Leave the yolks raw. Take off stove, put eggs over avocado & add black pepper, onion, garlic to taste.

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## Notes:

*Raw egg yolks... why?*

A lot of the healthy compounds present within egg yolks are destroyed when cooked. Research out of the University of Alberta actually indicated that “[two egg yolks in their raw state have almost twice as many antioxidant properties as an apple and about the same as half a serving \(25 grams\) of cranberries](#)”. This amount decreased by ½ when the egg yolks were cooked. Besides, I like the taste of raw egg yolk when prepared in this fashion. A nice win-win situation for me!

*Raw egg yolk... Won't they make you sick?*

Although this is often repeated, the evidence in support of it is relatively weak if you're a healthy individual. I refer you to my friend Mike Nelson's [article](#) which discusses raw eggs for muscle growth which also has a brief discussion at the end of it regarding salmonella & food poisoning risk of eating raw eggs.

*Omelets*

Although I don't eat them as often, I am a fan of good omelets. Basically with them I use the same recipe as above but in the middle of it I'll add the ingredients. A couple nice additions that you can add to the veggies mentioned above include asparagus and tomatoes. A particular favorite combo of mine is adding a little bacon and barbeque sauce to the mix. Gives it kind of a “western” type of feel.

## Macronutrient Information

<u>Ingredient</u>	<u>Amount</u>	<u>kcal</u>	<u>Pro</u>	<u>Fat</u>	<u>Carbs</u>
Eggs:	4 large	280	25	19	0
Avocado	1/2 c	192	2.25	17.72	9.94
Veggies	1 c	50	4	0	10

*Image Sources:*

jeffras a.k.a João Estêvão A. de Freitas. A Raw Egg. Aug 7 2004. Accessed on May 10<sup>th</sup> 2015 from: [http://commons.wikimedia.org/wiki/File:Raw\\_egg.jpg](http://commons.wikimedia.org/wiki/File:Raw_egg.jpg)

## Wrapping it up

Eggs are awesome. Avocados are awesome. Put them together and you get Awesome^2. I hope you enjoy this combo as much as I do!

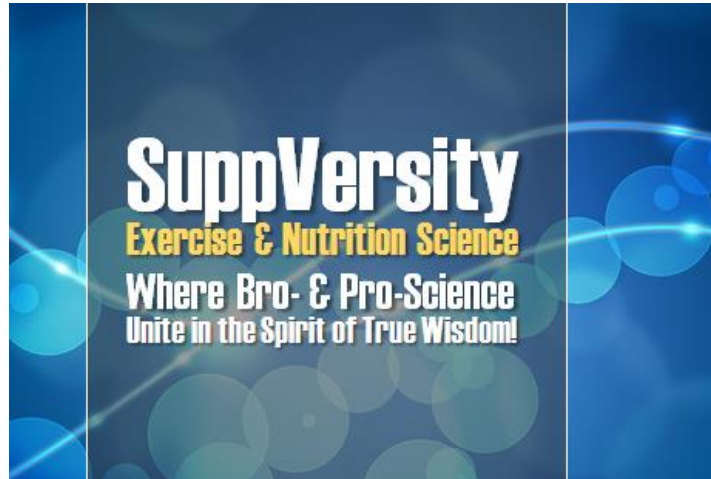
Mgmoscatello. Avocado. March 11, 2013. Accessed on May 10, 2015 from: [http://commons.wikimedia.org/wiki/File:Avocado\\_picture.jpg](http://commons.wikimedia.org/wiki/File:Avocado_picture.jpg)

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## VI. 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. Here they are for the past month...

### Week of March 30th-April 5<sup>th</sup>

[Studies Confirm: Natural and Synthetic Vitamins Can Differ in Quantity & Quality of Effects! Vitamins A-E, B's & More](#)

#### CP Quick Thoughts

Adel does an excellent job here discussing differences/similarities between vitamins found naturally in food as well as their synthetic counterparts.

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## **Week of April 6<sup>th</sup>-12<sup>th</sup>**

"Placebo-Powered Turbo-Sprints - Study Confirms Possible Explanation for High Sales Ranks of Bullsh\*t Supplements"

### CP Quick Thoughts

If you believe it, you will achieve it ... as clearly shown be the benefits received by those taking crappy supplements!

One of my favorite articles that I wrote for CasePerformance was "[The Almighty Placebo](#)"; if you like this article of Adel's, I highly encourage you to check out this CP one.

## **Week of April 13<sup>th</sup>-19<sup>th</sup>**

Will "Muscle Building Supplements" Give You Testicular Germ Cell Cancer? Creatine & Protein Stand in the Pillory

### CP Quick Thoughts

A lot has been made of a recent study which seemed to indicate that ergogenic muscle building supplements may also be causing cancer. In this critique, Adel puts a critical eye on the study, pointing out weaknesses that most in the popular media failed to consider when writing their sensational headlines.

## **Week of April 20<sup>th</sup> – April 26<sup>th</sup>**

We had a tie for the top spot...

SV Article #1...

What do Bros Say About AAS Use and the Prevention of Shut Down & Infertility?

### CP Quick Thoughts

Adel does a nice job sharing a recent paper discussing where anabolic steroid users may/may not be heading in the right direction with respect to combating infertility issues.

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Article #2 ...

[Nutrition & Age-Related Muscle Loss - Overview of Some Recent Studies: It Does not Take More Than Well-Timed ~20g of Milk Protein to Turn Muscle Loss into Gain + More](#)

## CP Quick Thoughts

Got a grandpa/grandma who you want to keep out of the nursing home? If so, you may want to take a peek at this article which discusses how a small protein shake can be quite beneficial.

## **Week of April 27<sup>th</sup> – May 3<sup>rd</sup>**

[Creatine Will Protect Grandpa's Muscle Even if He Doesn't Train!? One More Reason "Everyone" Should Take Creatine](#)

## CP Quick Thoughts

I recently presented at The [Building Better Athletes](#) conference in Dubuque, Iowa. In it I had a slide discussing supplements. As I told those in attendance, creatine is a supplement I recommend for everyone. This is just another reason why!

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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](#)