



# NUTRITION & SUPPLEMENTS

By Michael Ray Garvin





# What Do You Value More?

Do you value **TASTE** or **RESULTS**?

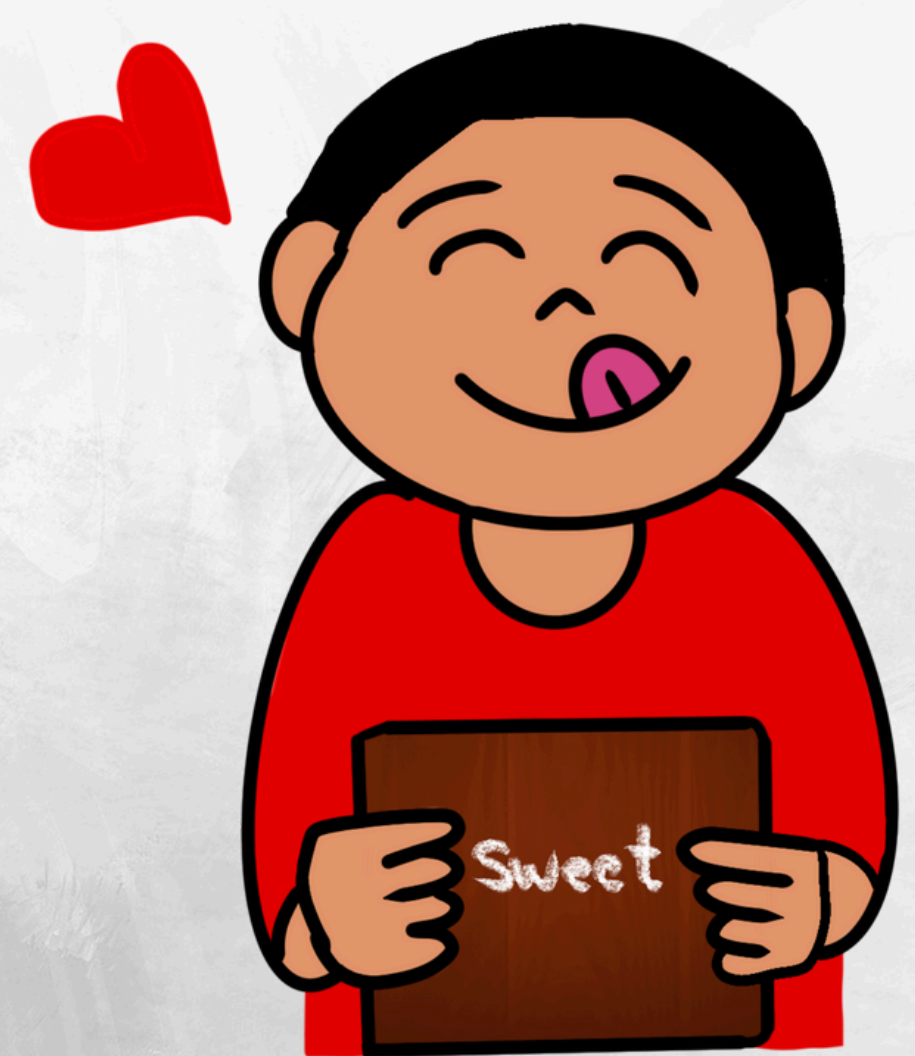
Do you value the **ENERGY** over the **PLEASURE**?

Scale of **1-10** how serious are you about getting a scholarship? Are you a **10** (100%)?

## Coach's Thoughts

I want to know how much you are willing to sacrifice to achieve your goals. Are you willing to make this a **lifestyle**?

Are you willing to abstain from certain foods at family gatherings and cookouts to achieve your goals?







**GOD**

Can I afford to eat bad food?

**WIFE**

Is it going to rob me of  
energy and not have energy  
for something I value?

**KIDS**

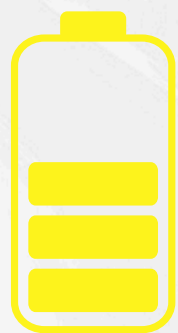
I need to eat to have the  
energy to serve others.

**FAMILY, FRIENDS**

**MINISTRY, JOBS**

**EXERCISE**

**\$ represents energy**



# Everything Starts With Energy

## Excerpt From Universal Athlete Book

Everything requires energy. In order for a car or building to be built, it first requires electricity, oil, and gas to work the machinery. If the car factory is a human assembly line, then those human workers are using energy metabolized from their food to build those cars. When you sleep at night and wake up in the morning your body is expending energy. **Training programs only exist because of nutrition. Without nutrition there is no training program.**

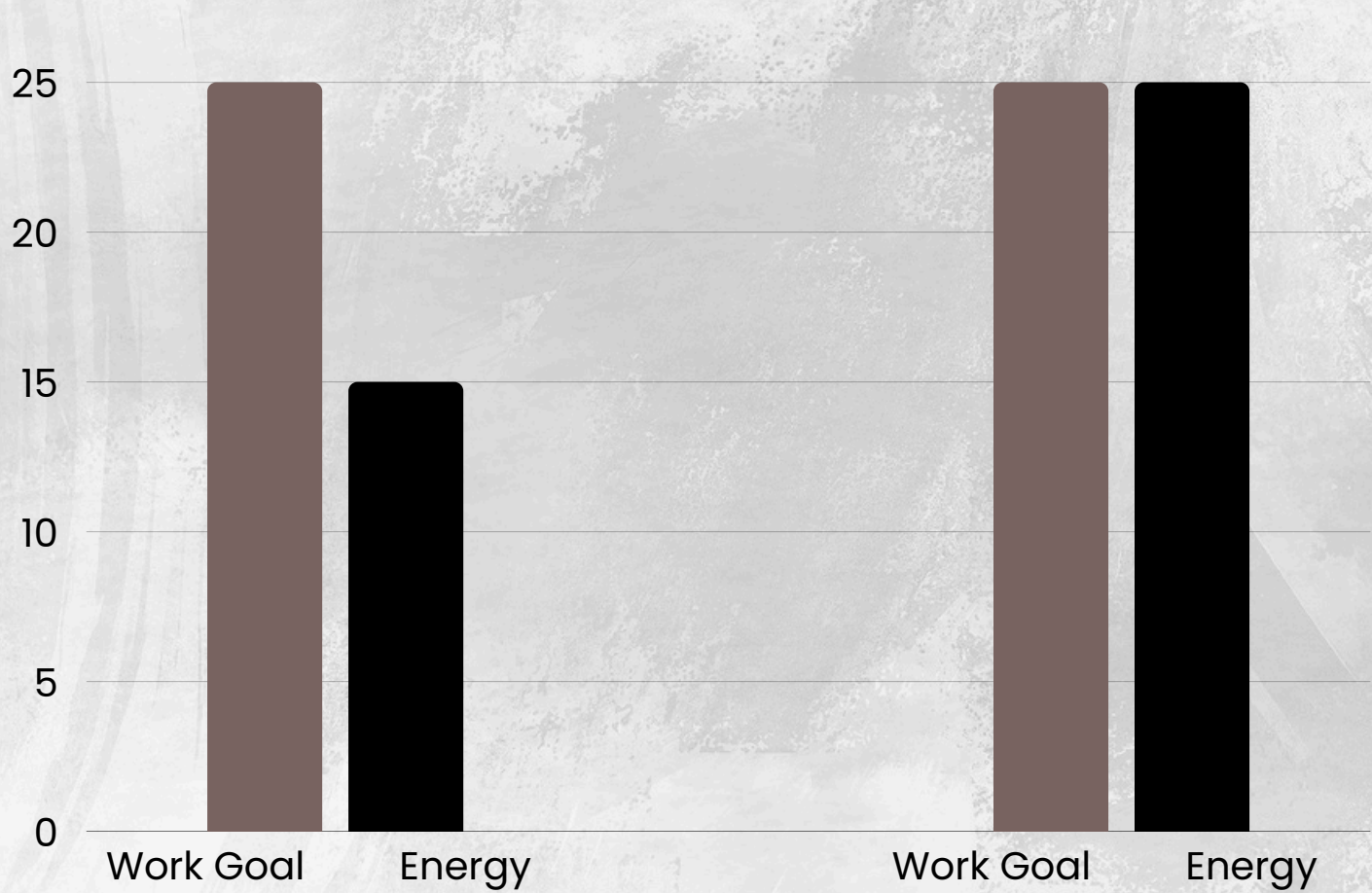
**Can you afford to eat that unhealthy meal? What will it cost you or rob you of your goals?**



# Work Capacity Goals

80%

of your results come from what you put into your body.



Our energy levels have to match or be greater than our work capacity goals. If I want to drive to Austin, TX from Houston, TX I need at least half of a tank of gas to make it. If I only have a quarter of tank of gas, I will never make it.



Nutrition & Supplements are a Priority. Have the proper fuel before each workout.





# Eat High Energy Food

## Be A High Energy Athlete

**High Energy:** Water, Phytoplankton, Chlorella, Spirulina, Wheatgrass, Herbs, Fruits and more...



***"If you want to be Elite you have to eat Elite."***

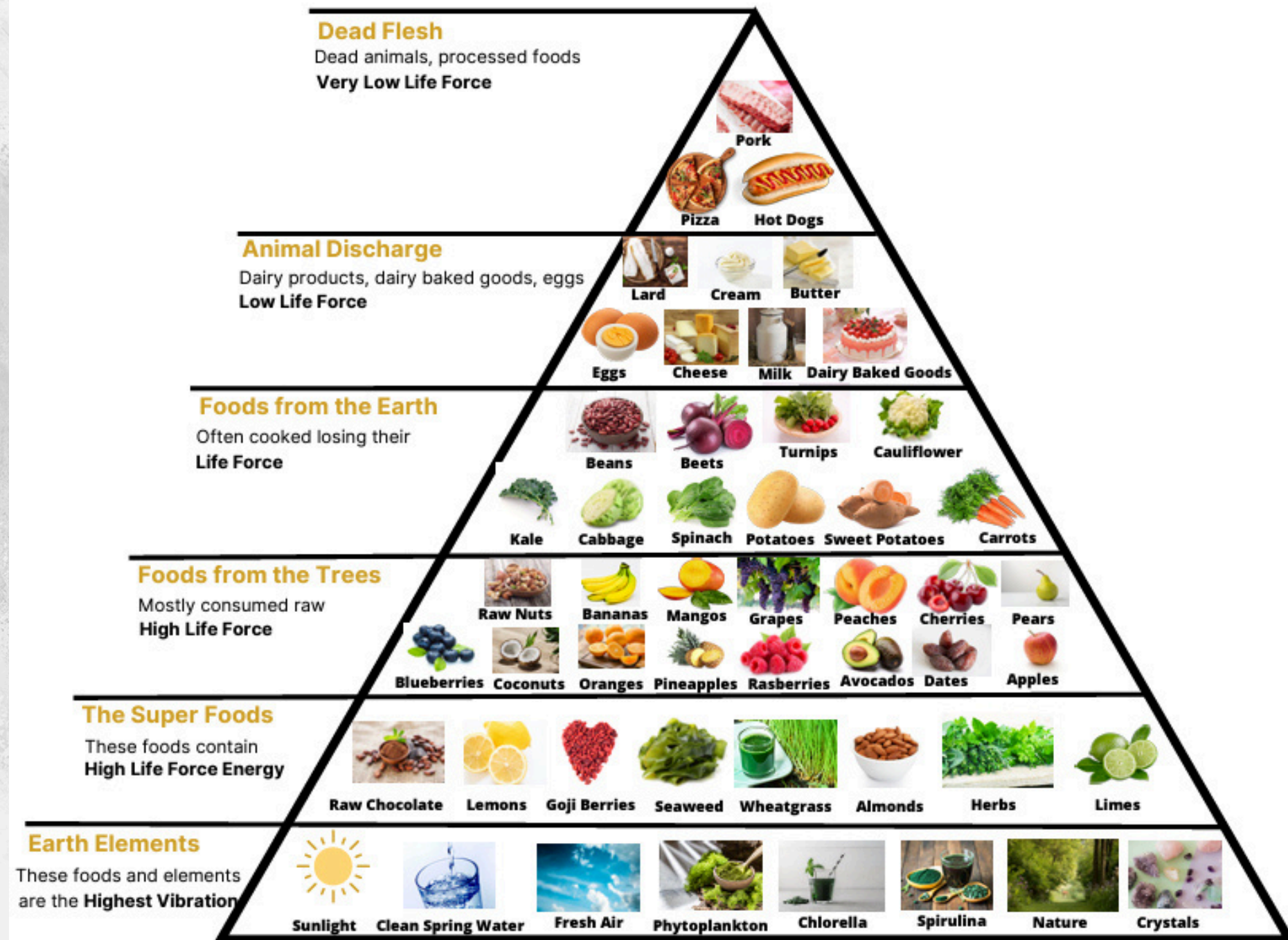
***"If you want to be Great you have to eat Great."***

# High Vibration Food Pyramid

## Quick guide:

**High vibration foods:** Raw, fresh foods that come directly from the Earth. Any food that has gathered the sun's energy.

**Low vibration foods:** Anything "dead" especially unethically farmed/factory farmed meat and dairy, processed foods, refined sugar and inorganic oils, genetically modified foods.



Remember to consume enough of omega 3 fatty acids from algae.  
Always choose biodynamic and/or organic foods when possible.



# QUINOA BENEFITS

It is a plant from the amaranth family. It contains saponins and ecdysteroids, which are a class of plant and insect hormones. These insect hormones do not have an effect on the human body's hormones, but they do have an amazing benefit for protein synthesis. Quinoa has been studied closely, and through column chromatography, scientists have found that quinoa contains ecdysterone, makisterone A, 24-epi-makisterone A, 24(28)-dehydromakisterone A, and 20,26- dihydroxyecdysone.



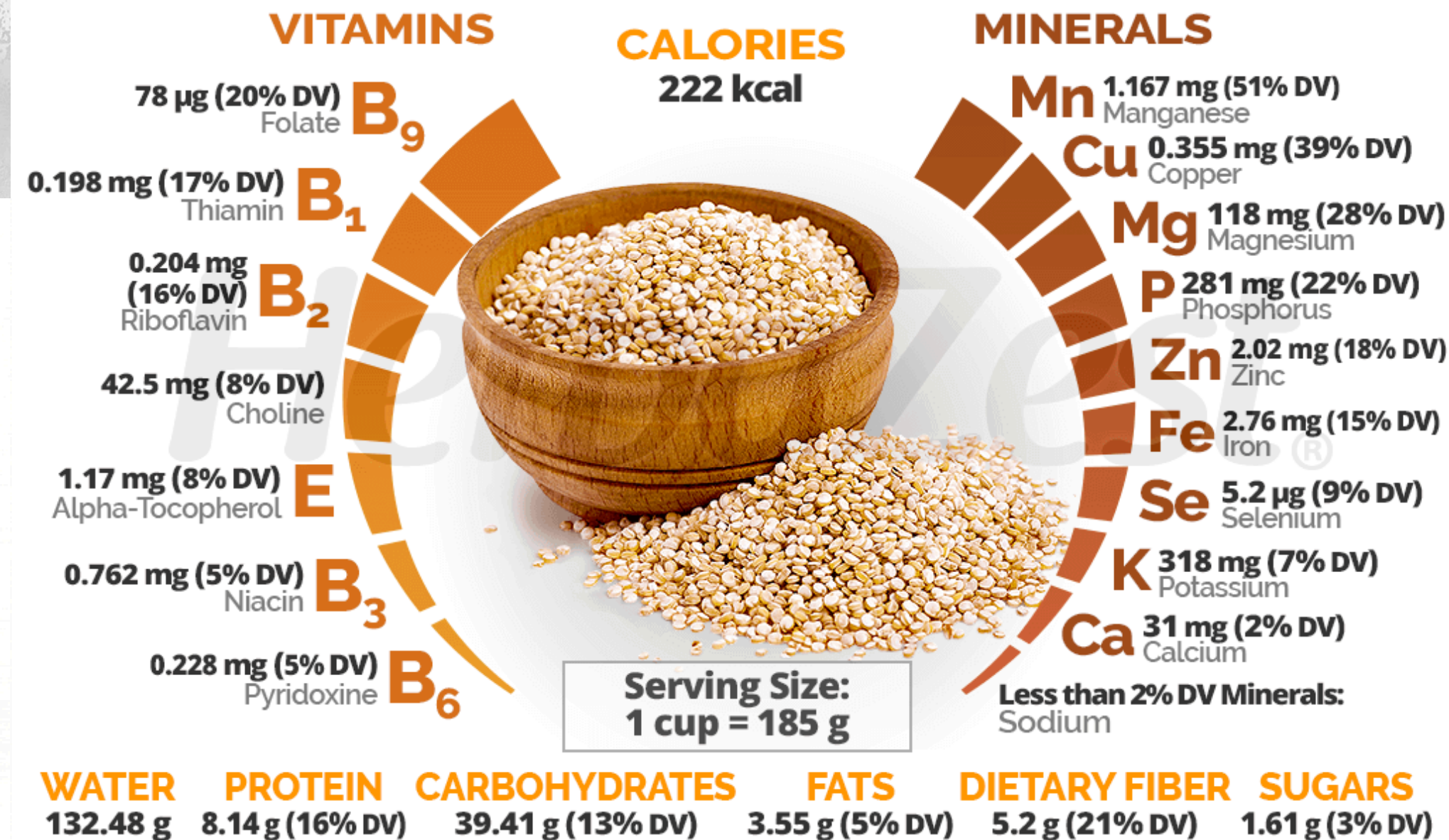
## Essential Nutrients:

- Fiber
- Lipids
- Complete protein

## Supporting Compounds:

- Phenols
- Betalains
- Phytosterols
- Phytoecdysteroids

## Quinoa Nutrition



Sources: USDA National Nutrient Database  
Average Daily Values reference: NHI Dietary Supplement Label Data Base

HerbaZest®



# ANCIENT GRAINS





# HEALTHY FLAVOR

You can add CoCo Aminos, Olive Oil, Turmeric, Garlic Powder, Italian Seasoning to add flavor to your quinoa and ancient grains.





# Supplements



## SUPPLEMENTS IS 93 FUEL



## ABOUT SUPPLEMENTS

An excerpt from I.S.S.A Sports Nutrition Certification course fifth edition: "It is unclear where the controversy stems from regarding dietary supplements, also referred to as supplements, food supplements, and nutrition supplements, but in the United States, the official term under FDA laws and regulations is dietary supplements. Supplements represent a major scientific advancement in nutrition, especially sports nutrition. ***Supplements are more highly regulated*** compared with conventional foods. Supplements have an ***overall better safety record***, especially regarding rare incidences of food-borne illness, compared with millions of people each year who become ill from ingesting conventional foods. **Supplements are intentionally made to be healthy.** Supplements are a special category of food, similar to infant formulas and medical foods."





# 5 Essentials For Athletes



**Creatine**

**Nootropic**

**Complex  
Carbohydrate**

**Bee Superfood**

**Collagen**





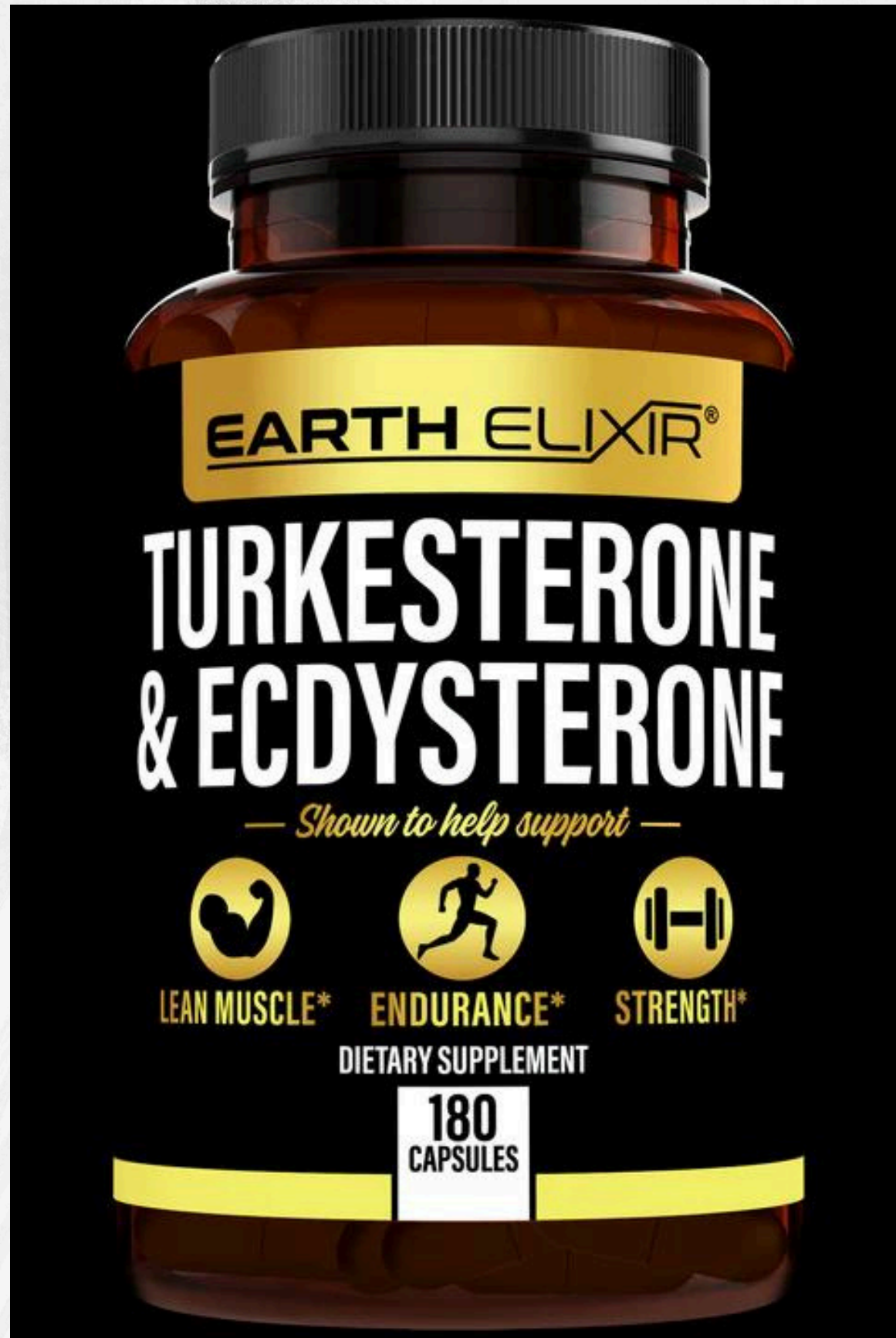
# Elite Supplement



Spinach contains a class of hormones called ecdysteroids. Ecdysteroid is a molting hormone found in plants and insects that allows insects to change shape or form. This hormone is usually used when insects are coming out of a shell or transforming. There was a study conducted at Rutgers University using laboratory rats. There were four groups: the control group, 20- hydroxyecdysone, spinach, and methandrostenolone. The rats were tested in grip strength. The test group given the spinach extract for twenty-eight days performed the best out of the groups. ***It was surprising to see spinach extract produced better results than the synthetic anabolic steroid Methandrostenolone (Dianabol)*** which is also proven to increase strength and have anabolic (also known as growth) effects.



# Biblical Evidence



12 Prove your servants, I beseech you, for ten days and let us be given **a vegetable diet** and water to drink.

13 Then let our appearance and the appearance of the youths who eat of the king's [rich] dainties be observed and compared by you, and deal with us your servants according to what you see.

14 So [the man] consented to them in this matter and proved them ten days.

15 And at the end of ten days it was seen that they ***were looking better and had taken on more flesh than*** all the youths who ate of the king's rich dainties.

**Daniel 1:12–15 AMPC**



CARDINALS

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Notes: All 80 pass fitness test, rookie dazzles

by **Kent Somers** - Jul. 30, 2009 08:40 PM  
The Arizona Republic

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FLAGSTAFF - There was considerable huffing, puffing and a little bit of wheezing, but all 80 Cardinals players made it through Thursday's conditioning run in their prescribed times.

One of the more-impressive performances came from rookie receiver **Michael Ray Garvin**, who ran shirtless and well ahead of most other receivers and defensive backs. Many of the veterans ran smoothly and didn't worry about how they finished, as long as they made it in time.

"Everybody out here is in shape," receiver **Anquan Boldin** said. "So there's no need to try to push and try to pull anything. It's cool."

Boldin resisted the urge to take his shirt off and sprint like Garvin, who competed in the 200 meters at the Olympic Trials last summer.

"I'm seven years in now," Boldin said. "That's rookie stuff."

Coach **Ken Whisenhunt** called it the team's best performance in the run in his three seasons. Players must complete two 300-yard shuttles with a short rest between.

"I guess they understand what they had to do, and that's what you're hoping for," Whisenhunt said.



Rob Schumacher/The Arizona Republic

Arizona Cardinals rookie wide receiver Michael Ray Garvin leads the pack during running drills at training camp in Flagstaff.

# Results

