

# Proper Care and Feeding of Your Young Athlete

FOOD = Energy

minerals are key

live food = live body

Grains are non-essential

no artificial sweeteners

eat fat / eat cholesterol

## Daily Recommendations

Whole food supplements

Start and end the day with a high protein meal. Avoid cereals, pastas, breads and potatoes for breakfast and dinner. Focus on meats, eggs, vegetables and good fats (Butter, Coconut oil, Red Palm oil, etc.)

Avoid vegetable oils (Corn oil, Canola oil, etc.)  
Especially avoid hydrogenated oils!

Use Celtic Sea Salt instead of Iodized Table Salt

Eat fruits in moderation (1-2 pieces a day) and only when locally in season.

Focus on locally grown, organic meat, vegetables and fruits when possible.

Stay away from packaged convenience foods, junk foods, sodas, (especially diet sodas) and sweets.

**ANY ATHLETE WHO IS SERIOUS ABOUT THEIR PERFORMANCE WILL NEVER DRINK SODA, SOFT DRINKS AND EAT SWEETS AND DONUTS!**

Use whole food supplements.

The basic regimen I recommend is:

Catalyn by Standard Process	6/day
Ligaplex " "	4/day
Biost " "	6/day
Calcium Lactate " "	8/day
Symplex (M or F) " "	4/day
Cataplex F " "	4/day
Cod Live Oil	1 Tablespoon a day
Probiotic (Innate 20-14)	1/day

Specific individualized protocols should be designed for optimal benefit.

No pasteurized / Homogenized Dairy - chemically restructures the food

Detoxify or Die

Weed is seed your gut

Hydrate your cells 1 cup coffee/tea in → 4 water needed to maintain

Air is a nutrient (how to belly breath)

GATORADE  
CARB loading

minerals

give up bread pasta rice potatoes for 90 days

1998-1999

"The Paleo Diet"  
Batman Calish (water)  
always cook well

symptoms and indicators that your body cannot handle it's environment

# BREAKFAST/SNACK SHAKE

1 can (refrigerated) organic coconut milk (not lowfat), ie Thai or Native Forest  
Banana

2-3 egg yolks (no whites!)

Drizzle molasses

Spoonful of elderberry concentrate

½ teaspoon Amla-c powder or berries or other berry powder

3-4 drops liquid stevia

Add any greens powder (SP Complete, Greens Plus, Pure Synergy, Amazing Grass  
Chocolate powder, Spirulina, Green Vibrance).

May be able to hide other things in here (add in slowly after shake is accepted) like cod  
liver oil, calcium/magnesium, x factor butter, brewers yeast, powdered supplements.

If using a lot of powders, you may want to add a small amount of organic juice or  
water to the shake.

(For smaller shakes, shake or mix can of coconut milk and empty into mason jar and  
keep in the fridge. Use a few tablespoons as needed. Also good to put in coffee for  
those lactose/casein intolerant.)

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# Monosodium Glutamate, MSG

According to the Weston A Price website, [www.truthinlabeling.org](http://www.truthinlabeling.org), MSG is always found in these foods:

Monosodium Glutamate	Yeast Extract
Monopotassium glutamate	Yeast Food
Natrium glutamate	Yeast Nutrient
Glutamate	Autolyzed yeast
Glutamic Acid	Calcium Caseinate
Hydrolyzed protein	Sodium Caseinate
Hydrolyzed corn gluten	Textured protein
Gelatin	

In addition, the manufacturing process often produces MSG in these foods:

Carrageenan	Maltodextrin	Malt extract
Natural pork flavoring	Soy protein isolate	Malt flavoring
Boullion or broth	Natural Chicken flavor	Citric acid
Natural beef flavoring	Ultra-pasteurized	Soy sauce
Stock	Barley Malt	Soy sauce extract
Whey protein isolate	Protease enzymes	“Protein fortified”
Flavors, Flavorings	Enzymes	Seasonings

According to the website, other things you may need to know about MSG:

Anything that is “hydrolyzed” will be labeled as wheat protein, corn protein, pea protein, etc. and this process usually produces MSG.

Disodium guanylate and disodium inosinate are indications MSG is probably used in the food also.

Personal care products often contain MSG, look for “amino acids, protein, and hydrolyzed”.

Many live virus vaccines contain MSG.

Binders and fillers for medications, candy, chewing gum, prescriptions, supplements, ie anything processed, may and often do, contain MSG.

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# Proper Care and Feeding of Your Young Athlete

## Resources and Reading List

Brain Building Nutrition, The Healing Power of Fats and Oils  
Michael A. Schmidt

Chemical-Free Kids, How to Safeguard your Child's Diet and Environment  
Allan Magaziner, D.O.

Dangerous Grains, Why Gluten Cereal Grains May Be Hazardous to Your Health  
James Bray, M.D.

Detoxify or Die  
Sherry A. Rogers, M.D.

Essential Oils Desk Reference, ([www.YoungLiving.com/Hilgartners](http://www.YoungLiving.com/Hilgartners))

Excitotoxins, The Taste that Kills  
Russell L. Blaylock, M.D.

Gut and Psychology Syndrome  
Natasha Campbell-McBride, M.D.

Health and Nutrition Secrets, *that can save your life*  
Russell L. Blaylock, M.D.

Hold On To Your Kids, Why Parents Need To Matter More Than Peers  
Gordon, Neufeld, Ph.D., Gabor Mate', M.D.

How Everyday Products Make People Sick, Toxins at Home and in the Workplace  
Paul, D. Blanc, M.D.

InSideOut Coaching, How Sports Can Transform Lives  
Joe Ehrmann

Nourishing Traditions,  
Sally Fallon

Nutrition and Physical Degeneration  
Weston A. Price, DDS.

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Pottenger's Cats: A Study In Nutrition  
Francis M. Pottenger, Jr. M.D.

The Biology of Belief  
Bruce Lipton, Ph.D.

The Crazy Makers, How the Food Industry is Destroying Our Brains and  
Harming Our Children  
Carol Simontacchi

The Hundred-Year Lie, How Food and Medicine are Destroying Your Health  
Randall Fitzgerald

The Second Brain, A Groundbreaking New Understanding of Nervous  
Disorders of the Stomach and Intestine  
Michael D. Gershon, M.D.

The Untold Story of Milk, Green Pastures, Contented Cows and Raw Dairy  
Foods  
Ron Schmidt, N.D.

The Wellness Prevention Paradigm, *Revolutionary discoveries from the fields of  
genetics, lifestyle and health can save lives, save money and save healthcare*  
James L. Chestnut B.Ed, M.Sc., D.C., C.C.W.P.

The Whole Soy Story, The dark side of America's favorite health food  
Kaala T. Daniel, Ph.D., CCN

Vaccinations, A Thoughtful Parent's Guide  
Aviva Jill Romm

When the Body Says NO, Exploring the Stress-Disease Connection  
Gabor Mate', M.D.

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# RECOMMENDED READING LIST

**ADRENAL FATIGUE**, Wilson, James.

**AUTISM AND PERVASIVE DEVELOPMENTAL DISORDER, A MOTHER'S STORY OF RESEARCH AND RECOVERY**, Karyn Seroussi. Simon and Schuster.

**BREAKING THE VICIOUS CYCLE, INTESTINAL HEALTH THROUGH DIET**, Elaine Gottschall.

**THE CHOLESTEROL MYTHS**, Ravnskov, Uffe, MD, PhD.

**COULD IT BE B12? AN EPIDEMIC OF MISDIAGNOSES**, Sally M. Pacholok, R.N., and Jeffrey J. Stuart, D.O.

**DANGEROUS GRAINS**, James Braly, M.D. and Ron Haggan, M.A.

**DETOXIFY OR DIE**, Sherry A. Rogers, M.D.

**DR. BOB'S TRANS FAT SURVIVAL GUIDE**, Dr. Robert DeMaria.

**EAT FAT, LOSE FAT**, Dr. Mary Enig and Sally Fallon.

**EXCITOTOXINS**, Russell L. Blaylock, M.D.

**THE FOURFOLD PATH TO HEALING**, Thomas Cowan, M.D.

**GOOD CALORIES, BAD CALORIES**, Gary Taubes.

**THE GREAT CHOLESTEROL CON**, Anthony Colpo

**GUT AND PSYCHOLOGY SYNDROME**, Natasha Cambell-McBride, M.D.

**HANDBOOK of PHYTOCHEMICAL CONSTITUENTS of GRAS HERBS and OTHER ECONOMIC PLANTS**, James A Duke.

**HEALING CHILDHOOD EAR INFECTIONS**, Dr. Michael A. Schmidt. North Atlantic Books, Berkeley, CA.

**THE HEALTH BUILDER**, J.I. Rodale.

**THE HOMOCYSTEINE REVOLUTION**, Kilmer S. McCully.

**HORMONE DECEPTION**, D. Lindsey Berkson

**THE HUNDRED YEAR LIE**, Randall Fitzgerald.

**IODINE, WHY YOU NEED IT, WHY YOU CAN'T LIVE WITHOUT IT**, David Brownstein, M.D.

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**KNOW YOUR FATS: THE COMPLETE PRIMER FOR UNDERSTANDING THE NUTRITION OF FATS, OILS & CHOLESTEROL**, Mary Enig, PhD.

**LIPITOR: THIEF OF MEMORY**, Duane Graveline.

**THE MAGNESIUM FACTOR**, Mildred S. Seelig, M.D.

**NOURISHING TRADITIONS**, Sally Fallon (Informative Cookbook).

**NUTRITION AND PHYSICAL DEGENERATION**, Weston A. Price, D.D.S.

**OUR TOXIC WORLD, A WAKE UP CALL**, Doris Rapp, M.D.

**OVERDOSE, THE CASE AGAINST THE DRUG COMPANIES**, Jay S. Cohen, M.D.

**THE OXYTOCIN FACTOR: TAPPING THE HORMONE OF THE CALM, LOVE, AND HEALING**, Moberg, Kerstin Uvnas. Da Capo Press, 2003.

**POTTENGER'S CATS, A STUDY IN NUTRITION**, Francis M Pottenger, MD.

**PUT YOUR HEART IN YOUR MOUTH**, Natasha Campbell-McBride, MD

**SLAUGHTERHOUSE**, Gail A. Eisnitz

**TRULY CULTURED**, Nancy Lee Bentley, Two Pie Radians Foundation.

**THE UNTOLD STORY OF MILK**, Ron Schmid, ND, New Trends Publishing, Inc.

**VACCINATIONS, A THOUGHTFUL PARENTS GUIDE**, Aviva, Jill Romm.

**THE WAY WE EAT. WHY OUR FOOD CHOICES MATTER.** Peter Singer and Jim Mason.

**WHAT YOU MUST KNOW ABOUT STATIN DRUGS AND THEIR NATURAL ALTERNATIVES**, Jay, S. Cohen, MD.

**WHEN THE BODY SAYS NO, EXPLORING THE STRESS-DISEASE CONNECTION**, Gabor Mate, MD.

**THE WHOLE SOY STORY**, Kaayla Daniels

**WHY WE GET FAT, AND WHAT TO DO ABOUT IT**, Gary Taubes

**YOUR BODY'S MANY CRIES FOR WATER**, F. Batmanghelidj, M.D.

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