

Acute Topics in Sport Nutrition

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Bibliographic Data: ISBN: 978-3-8055-9992-4 / e-ISBN: 978-3-8055-9993-1; 2012 by S. Karger AG, Basel, Switzerland, 156 pages, hard cover, \$222.00.

Subjects: Sport Nutrition, Sport Supplements, Athletes Health, Exercise Performance.

Description: *Acute Topics in Sport Nutrition* provides scientifically-based information with regard to the bioefficacy of trendy sport supplements and dietary approaches away from the mainstream.

Purpose: The goal of the book as also stated in the preface is to give more information about specific sport supplements and dietary approaches that are not mainstreams in the sport nutrition area. In this way conflicting information circulating among careers and their athletes would be minimized.

Audience: Sport physicians and scientists, sport nutrition advisers, coaches and interested athletes, as well as the sport nutrition trade and related industries will benefit from the current information provided by this volume.

Features: This book is divided into five sections which are subdivided into 16 clearly written and well documented chapters, and includes 17 figures and 6 tables.

The following topics are addressed in the sections: Section 1 is "Selected off-mainstream sport supplements" including chapters about supplements claimed to influence lactate accumulation, blood flow, oxygen consumption and mitochondrial respiration, and growth hormone response. Section 2 is "Nutritional interventions and athlete's health" including chapters about probiotics, immunoglukan, bovine colostrum, fruit and vegetable concentrates, cherry juice, and milk consumption plus resistance training that refer to athletes' gut health, immune function, antioxidant potential, pain relief, and females' body composition and skeletal health. Section 3 is "Hydration and fluid balance" including chapters about glycerol use in hyperhydration and rehydration, effects of salt and fluid loading on blood volume and exercise performance, and milk protein consumption and the restoration of fluid balance after exercise. Section 4 is "Current aspects of recovery" including chapters about chocolate milk and L-carnitine use in exercise and exercise recovery. Finally, the last section is about over the counter sport supplements and inadvertent doping.

Assessment: International experts in the specific fields have attempted to inform and clarify under which circumstances the application of certain supplements and nutritional interventions would be beneficial, either for the performance or health of the athletes.

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