



# **The Gluten-Free Edge: A Nutrition and Training Guide for Peak Athletic Performance and an Active Gluten-Free Life**

*Peter Bronski, Melissa McLean Jory MNT*

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# The Gluten-Free Edge: A Nutrition and Training Guide for Peak Athletic Performance and an Active Gluten-Free Life

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Since the advent of sport, athletes have worked to gain an edge on their competition—to look, feel, and perform their best—through both training and nutrition. Today, science is increasingly showing the negative impact that gluten, a protein in wheat, barley, and rye, can have on health.

For the estimated 30 million Americans with forms of gluten intolerance, such as celiac disease, this all-too-common protein can cause gastrointestinal trouble, inflammation, muscle fatigue, and mental fog that hinder an active lifestyle and negatively impact athletic performance. The solution: a whole-foods, nutrient-dense gluten-free diet.

Others who voluntarily eat gluten-free can also discover an edge they never knew was missing: faster recovery, reduced inflammation, improved digestion, and increased athletic performance.

*The Gluten-Free Edge* is the first comprehensive resource that includes:

- What gluten is and how it negatively impacts health and athletic performance
- The myriad benefits of adopting a gluten-free nutrition plan
- What to eat during training, competition, and recovery
- How to deal with group meals, eating on the road, and getting “glutened”
- Insights from prominent athletes already living the gluten-free edge
- And 50 simple, high-octane recipes to fuel your performance

Whether you’ve been diagnosed with gluten intolerance or simply want to get ahead of the competition, this book is for you. Your own gluten-free edge is waiting.

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