



The Athlete's Fix: A Program for Finding Your Best Foods for Performance and Health

Pip Taylor

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Recent studies show that food intolerances are almost 5 times more prevalent today than in the 1950s; as many as 1 in 6 Americans is estimated to have a food sensitivity. Exercise can make food intolerances even worse for endurance athletes. Food cravings, GI distress, headaches, brain fog--these common reactions can be more than symptoms of a tough workout. They could be caused by the foods you eat.

In *The Athlete's Fix*, registered dietitian Pip Taylor will help you find your problem foods--and the foods that make you feel and perform your best. *The Athlete's Fix* offers a sensible, 3-step program to identify food intolerances, navigate popular special diets, and develop your own customized clean diet that will support better health and performance.

Endurance sports stress the body, often worsening mild food sensitivities and causing symptoms like GI distress, food cravings, and headaches. Many athletes aggressively eliminate foods as a one-size-fits-all solution. These restrictive diets sometimes bring short-term improvements, but they are difficult to maintain and often leave athletes undernourished and underperforming.

***The Athlete's Fix* offers a smarter, fine-tuned approach.** Taylor will show how you will benefit most from a diet full of a wide variety of foods. You'll improve your daily diet, cut out common irritants, then add back foods until you feel great enjoying your own personalized clean diet. To help with this transition, *The Athlete's Fix* offers 50 recipes using easily tolerated foods that support a base functional diet.

The Athlete's Fix examines hot issues for athletes like:

- Celiac disease, gluten intolerance, gluten-free and grain-free diets
- Lactose intolerance
- FODMAPs and specific carbohydrate intolerances, including fructose
- Reactions to food chemicals such as salicylates, amines, and glutamates
- Inflammatory foods
- Food sensitivity testing and elimination diets
- Popular special diet programs like Paleo, Whole30, Dukan, Mediterranean, and Dash
- Vegetarian, vegan, and raw food diets

The Athlete's Fix will help you isolate and identify your food intolerances while enabling you to eat the widest possible variety of healthy foods. Feel better" €perform better--with *The Athlete's Fix*.

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