



Banned Drugs Versus Balanced Diet: Performance in Food as Opposed to Drug Use/misuse/abuse (Paperback)

By Alli-Balogun Alli-Baba

AUTHORHOUSE, United States, 2006. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.BANNED DRUGS VERSUS BALANCED DIET Performance in food as opposed to drug use/misuse/abuse Going by the ethics of both sport and medical science, the author s prognosis of impending crisis as a result of the use/misuse/abuse of drugs in sport is accurate. Athletes cannot endlessly administer substances belonging to prohibited classes and/or the use of various prohibited methods intended to artificially enhance performance, in order to have an undue advantage over fellow competitors. Many experts agree with the author that doping is dangerous to the health and vitality of athletes and is also a form of cheating. The cost of such misdemeanours is evident over the past two decades. This and many more reasons are why the author wrote Banned Drugs Versus Balance Diet because the sport is desperately in need of such a book, now or never. This is a proper sports-nutrition book with an absolute determination to restore the significant importance of balanced diet and nutrition. To help athletes make an intelligent informed choice, and with the assurances that any information given is backed by medical and clinical studies. Alli-Balogun Alli-Baba...



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