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Specialised clinical sports nutrition are those advisory supplement, which is being designed by medical practitioners based on actual health and physical condition of an athlete. Hydration, or maintaining a proper level of fluid in the body, is an important aspect of sports nutrition because of the loss of water and sodium through sweating during athletic activity.

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However, the panelists recommended that those in the sports nutrition space not become complacent, but progress in the shifting paradigm. "The smart position is to not withdraw from clinical trials, but to invest in new ideas ... and plan ahead so you can hit the ground running and not be further delayed," Kreider said.

Clinical trials and sports nutrition adaptation due to ...

Clinical Sports Nutrition, 2nd ed, edited by Louise Burke and Vicki Deakin, 2000, 759 pages, softcover, \$95. McGraw-Hill Professional Publishing, New York.

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Clinical Sports Nutrition is a very useful reference book for those working with athletes and sports people. It covers a broad range of topics from basic nutritional science to practical guidelines. The topics are current, easily accessible and fully referenced. Arletta Nikituik BSc, MHSc

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Clinical Sports Nutrition : Louise Burke : 9781743073681

Sports nutrition career Between 1984 to 1990, Burke provided private clinical sports nutrition services in Melbourne. In 1990, Burke was appointed Head of Sports Nutrition at the Australian Institute of Sport.

Louise Burke - Wikipedia

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