



YOUR KINDLE NOTES FOR:

**Bodybuilding Nutrition:
Train Big, Eat Big, Get Big**

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Muscles are made up of many fibers: cylindrical bundles of filaments called sarcomeres. They are the fundamental units behind muscular contractions and are made up of actin and myosin. These proteins comprise approximately 20% of your muscles. The other 80% are made up of water, phosphates, and minerals.

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Now that you understand the basics, when you perform resistance training regularly you might notice that your muscles grow. This growth is because of an increase in water, an increase of the cellular bundles, and an increase in connective tissue. Scientists divide hypertrophy into two different types. The first type is sarcoplasmic hypertrophy which increases your muscle size by increasing the volume of fluid inside of your muscle cells. Myofibrillar hypertrophy is sometimes referred to as functional hypertrophy and it increases the size of a muscle by adding some amount of protein. Different people within the fitness industry argue that bodybuilders demonstrate that first type of muscular development, or sarcoplasmic hypertrophy where muscles look really puffy. Weightlifters like to show off the functional hypertrophy whereby the muscles look tight and dense.

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When your body is digesting food, it breaks down the protein you eat into each of the individual amino acids. This contributes to a giant pool of amino acids which circulate in your blood. This pool trades with the other amino acids and proteins. It literally flows through your body in a large group and if it notices that one cell in your body is missing a particular amino acid, that amino acid leaves the group

and bonds with that cell. Since your body needs proteins and amino acids to create all of the important molecules in your body, you absolutely need to have the right amount of protein or your body can't function properly. If your body can't function properly, you stand no chance of putting on the muscle you want.

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Protein helps to replace older cells and transports different substances throughout the body to help repair it. By consuming protein, you can also increase a hormone in your body called glucagon which controls body fat. This hormone is released whenever your blood sugar level drops. It can actually cause your liver to breakdown any glycogen stored in your body into glucose.

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While it does many good things, too much cortisol for a prolonged period of time will decrease your white blood cells. In reality, it is protein-mobilizing, hyperglycemic, and gluconeogenic. Whether these things are good or bad is based on whether its release is brief or ongoing. Basically, brief releases are fine and good for your body. This is something you need during exercise and training. What you eat plays a strong role in maintaining cortisol levels. Poorly managed levels of blood sugar or inflammation often result in hormonal imbalances and high cortisol levels. Controlling inflammation and cortisol is key. You must avoid high glycemic foods with high levels of sugar, avoid too many refined or trans-fats, alcohol and caffeine, and instead consume adequate fiber. Without enough fiber, your body will have problems balancing your blood sugar. Without enough healthy fats and protein, your body will face high blood sugar spikes, weight gain, and regular hunger.

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For bodybuilders, the pre-contest diet should be something like this. Eat a high protein and zero (as low as possible) carb diet for 3-4 days. Every fifth day, you can eat what you wish, provided the food is high in protein. The next four days should again be high protein-low-carb, and this cycle should continue for 4-6 weeks. If you are looking for

optimal results, it is imperative for you to follow the diet plan to a tee. Along with this, you need to supplement your diet with kelp tablets, lipotropic compounds (3 amino acids) and wheat germ oil, cold pressed. One thing to remember is that you need to say no to caffeine or alcohol during the diet period. Moreover, you need to drink plenty of water to ensure there are no hindrances in the digestion of food. If you aren't sure about a competition diet, there are many you can follow it. The following is a competition diet taken from a bodybuilding

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