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Martial Arts Nutrition: A Precision Guide to Fueling Your Fighting Edge

Teri Tom MS RD

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Learn nutrition secrets from Teri Tom, dietitian to popular fighters such as boxing's Manny Pacquiao and Amir Khan, and MMA's Andrei Arlovski!

In the martial arts and combat sports, it's important—and sometimes a matter of life and death—not to have any weak links in your fighting arsenal. The same principle applies to your approach to nutrition and fitness. Train and fuel yourself methodically, and you can't miss, as registered dietitian and trainer Teri Tom details here.

Your conditioning, your training regimen, and your body are in a constant state of change…and your nutrition approach must vary according to give you exactly what you need, when you need it. Whether your goal is weight loss, to build muscle, or break through a plateau, here are the nutrition techniques to prepare you for any scenario.

Teri Tom,MS, RD, a registered dietician, strength and conditioning coach, and leading authority on Bruce Lee's Jeet Kune Do, explains exactly how the nutrients you consume impact your martial arts performance—and sometimes in ways you might not expect. No stranger to the challenges of competition, she guides you in choosing the best nutrition techniques to achieve your martial arts goals.

Martial Arts Nutrition: A Precision Guide to Fueling Your Fighting Edge features:

- Nutrition profiles, photos, and detailed training notes on some of Tom's high-profiles clients including Andrei Arlovski, Amir Khan, and Manny Pacquiao.
- Case studies offer examples of the book's methods and info in action, to help you not only learn but *use* the nutrition approached to make a difference in your performance.
- In-depth interviews with famed trainer Freddie Roach and Sensei Peter Freedman.

Here is the precise, practical guidance that you need to enhance your martial art conditioning.

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