The 20th Annual ISSN Conference
June 15-17, 2023
Speaker Information

Guillermo Escalante DSc FISSN



Bio: Guillermo Escalante, DSc, MBA, ATC, CSCS*D, FISSN: Dr. Escalante is currently the Assistant Dean and Professor of Kinesiology for the College of Natural Sciences at California State University, San Bernardino. He also performs research in the areas of sports nutrition, physique enhancement, sports medicine, and human performance where his work has been published in over 60 peer-reviewed publications and/or presented at regional, national, and international conferences for athletic training, strength & conditioning, and sports nutrition. In addition to his peer-reviewed work, he has published over 50 articles in internationally distributed fitness magazines and websites. He serves as an Associate Editor for the Journal of the International Society of Sports Nutrition, Chair of the Bodybuilding and Fitness Competition Special Interest Group through the National Strength and Conditioning Association, and a reviewer for various nutrition and exercise science peer-reviewed journals. Dr. Escalante also serves as a consultant to several businesses in the areas of fitness, sports medicine, exercise, and sports nutrition.

Talk Title: Beyond aesthetics and performance: The potential risks of anabolic steroid abuse and strategies to mitigate them.

Talk Summary: Dr. Escalante will give the latest on androgens!

Edwin Davila DO MS CISSN



Bio: Senior resident of Internal Medicine, TIGMER San Antonio. Medical degree from the UIWSOM San Antonio, MS Exercise Physiology Baylor University, BS Biology Baylor University, CISSN holder. TACSM Board of director, AMSSM board member. Prior US Naval Officer. Focus on obesity medicine and associated comorbidities.

Talk Title: The Glucagon Like Peptide-1 (GLP-1) Agonists: their Role in Weight Reduction

Talk Summary: The rate of obesity continues to be on the rise across all ages and demographics. While this is not a surprise to many, it is less well known to the vast extent which weight management has been proven to be a first line treatment modality for chronic diseases. The ACC/AHA guidelines have advocated for weight management, stating a dose dependent relationship exists between bodyweight and blood pressure. Efforts to decrease the rate of hepatocellular carcinoma have suggested that lifestyle modification can be the greatest step in preventing HHC and liver-related mortality. Even with this evidence and much more, patients continue to struggle with weight management.

The Glucagon Like Peptide-1 (GLP-1) agonists have gained attention for their ability to promote significant weight reduction. This has been in large part due to this class of medication being mentioned heavily on both news outlets and social media sites. But what is the mechanism to their impressive weight reduction ability, and what other clinical benefits may this class provide?

The focus of this talk is to dive into the data of the GLP-1 agonists. Describing their function, proposed mechanisms of actions, evidence obtained from clinical trials, and limitations that still need to be addressed.

Bridget Melton EdD CSCS CPT



Bio: Dr. Bridget Melton, EdD, CSCS, TSAC, CEP, cPT is a Professor of Exercise Science at Georgia Southern University. Dr. Melton's research incorporated physical activity promotion with tactical populations. She works with local and state-level fire service and law enforcement agencies to improve health and wellness outcomes. Dr. Melton is part of several state and national organizations, including the American College of Sports Medicine (ACSM), the National Strength and Conditioning Association
(NSCA), and the National Association of Kinesiology in Higher Education.

Talk Title: Improving First Responder Resilience with Lifestyle Strategies

Talk Summary:
First Responders encounter unique occupational stressors (i.e., long work shifts or physical strain) that increase the risk of a wide array of physical and mental health concerns. Heart disease and mental illness are the leading cause of death for firefighters (FF) and law enforcement officers (LEOs). From a health perspective, LEOs and FFs are more overweight and obese than their non-first responder counterparts. Implementing cost-effective wellness programs to mitigate risk and promote health and wellness is critical for first responders.
Few studies have investigated similarities and differences among first responders in their lifestyle behaviors to provide justification and strategies for tailored interventions. In the US, wellness programs are not standardized; thus, agencies rely heavily on training officers to manage program design with FF and LEOs. Typically, outdated and single-focused programming are used in cadets and encumber training programs. This brief session will overview first responders; occupational wellness challenges, describe the synergist lifestyle behaviors, and discuss strategies for overcoming their unique
challenges. Lifestyle behavior data from LEOs and FFs within a small-sized agency will be compared and contrasted, including sleep, physical activity, and nutrition habits. Data collected will help highlight the unique challenges of these first responders. Further, strategies will be offered when working with specific first responders.

Melanie Sulaver (Boehmer) MS RD CDN CISSN



Bio: Mel Sulaver is a registered dietitian working to bridge the gap between women's health and performance nutrition. As speaker, counselor, and coach, she works primarily with women in sport, focusing on disordered eating, amenorrhea, and oligomenorrhea. Mel believes there is an enormous amount of power at the crossroads of "athlete" and "mother" and is looking to challenge the narrative on what is possible throughout the fertility, pregnancy, and postpartum journey.

Talk Title: Fueling for the Sport of Motherhood: The Postpartum Athlete

Talk Summary: As access, acceptance, and celebration of woman in sport continues to grow, another trend is rising alongside it - more athletes are becoming mothers! Along with these new moms returning to training, sport, and competition, there has been increased enthusiasm in the science of fertility and performance. This presentation explores the awesome and uniquely demanding journey of motherhood, focusing on nutritional needs in the postpartum window, the adventures of breastfeeding, and the delicate balance of optimizing performance as both a mom and an athlete.

Yuri Feito PhD



Bio: Dr. Yuri Feito is the owner and founder of Nea Onnim Consultancy, a consulting firm that specializes in professional development and career advancement. Prior to starting his own consulting practice, Dr. Feito served as the Education and Professional Development Strategist at the American College of Sports Medicine (ACSM), where he led the educational portfolio of the College. He also spent over a decade as a faculty member and researcher at Kennesaw State University (GA) and Barry University (FL), achieving the rank of Full Professor. Throughout his career as an academic, Dr. Feito has published over 70 peer-reviewed articles, several book chapters, and contributed to over 40 popular media articles that have been featured in publications such as Newsweek, TIME, Bloomberg Businessweek, and Men's Health.

Dr. Feito has also been recognized for his contributions to the field, receiving the Nova Southeastern University Public Health Research Award in 2007 for his work related to cancer mortality in the South Florida community. In 2018, he received the Innovation in Teaching Award for his use of social media technology in the classroom. With his extensive experience in the fitness and medical industries, Dr. Feito has successfully worked with a diverse range of athletes and clinical populations.

Dr. Feito's academic credentials include a Ph.D. in Kinesiology and Sports Studies from the University of Tennessee, Knoxville, and master's degrees in Movement Science and Public Health. He is a fellow of the American College of Sports Medicine and holds a certification in Clinical Exercise Physiology. His expertise has also been recognized nationally and internationally, through various editorial board memberships and speaking engagements.

Talk Title:

Acute Responses to CrossFit™ Training and Nutritional Strategies for it

Talk Summary:

This presentation delves into the acute responses of CrossFit™ training as well as the dietary measures that can enhance the effects of the workout. The presentation will focus on how CrossFit™ workouts can lead to rapid and significant increases in aerobic and anaerobic fitness, muscular strength, and power. Attendees will learn how to customize their nutritional intake to match their workout objectives, optimize recovery, and prevent negative nutritional effects on their overall health. By gaining a better understanding of the acute responses to CrossFit™ training, attendees will be able to develop targeted and personalized nutritional strategies that will help them achieve their fitness goals.

Erik Bustillo MS RD FISSN CF-OL1



Bio:

Erik Bustillo is the son of Cuban-Colombian immigrants and is a Registered Dietitian. He attended Florida International University in Miami, FL where he earned the Registered Dietitian credential. Additionally, Erik is a Fellow of the International Society of Sports Nutrition (ISSN) as well as a Certified Sports Nutritionist through the ISSN, a Certified Strength Coach, certified CrossFit level 1 trainer, and a Certified Personal Trainer. He also specializes in reading and understanding blood/lab values that have a direct effect on the human physiology and one's ability to perform. Several fields of expertise are energy improvement, performance recovery, weight loss, working with professional/elite athletes, stress management, scientific communication, and corporate wellness.

He is a world renowned speaker and works closely with military groups, including armed force groups of the United States such as the Navy and the Army. One of his passions is educating and he does this on many levels from lecturing for sports teams, to guest lecturing at universities, presenting to tactical athlete groups, and even helping other dietitians and coaches grow in their career.

Erik has experience in clinical research studies and extensive knowledge in medical nutrition therapy. He has contributed to the field of science by being a participant in research studies as well as by helping complete and conduct clinical research studies. Erik specializes in lifestyle, wellness, and performance nutrition for athletes with his specialties being in sports nutrition, coaching, supplementation and motivation. Erik also coaches/trains executives, recreational athletes and tactical athletes (specifically police officers & firefighters). His social media handle is @erikbustillo

Talk Title:

Acute Responses to CrossFit™ Training and Nutritional Strategies for it

Talk Summary:

This presentation delves into the acute responses of CrossFit™ training as well as the dietary measures that can enhance the effects of the workout. The presentation will focus on how CrossFit™ workouts can lead to rapid and significant increases in aerobic and anaerobic fitness, muscular strength, and power. Attendees will learn how to customize their nutritional intake to match their workout objectives, optimize recovery, and prevent negative nutritional effects on their overall health. By gaining a better understanding of the acute responses to CrossFit™ training, attendees will be able to develop targeted and personalized nutritional strategies that will help them achieve their fitness goals.

Katie Emerson MS RD LDN



Bio: Katie Emerson is a registered and Licensed Dietitian in Florida. She holds a bachelor's degree in science education and a master's degree in Nutrition and Dietetics with a concentration in sports nutrition. Katie is pursuing her PhD in Health Sciences with a concentration in Human and Sport Performance at RMU. She has experience working with collegiate athletes from the University of Miami, tactical personnel, i.e., police, firefighters, and SWAT team. She is currently the manager of Scientific Affairs at Nutrition21, where she creates and researches novel ingredients for the sports nutrition, esports, and healthy aging market.

Talk Title

Nitrosigine, a Multipurpose Ingredient for the Modern Athlete: Amplifying Your Pre-Workout!

N21 Talk:

Nutrition21 is an industry-leading developer and marketer of efficacious, high-value, clinically substantiated ingredients for use in dietary supplements, functional foods and beverages. Pre-workout supplements are designed to help increase performance through boosting energy, power, and stamina. Nitrosigine is the perfect pre-workout ingredient that promotes nitric oxide levels and blood flow supporting muscular performance and enhancing cognitive flexibility - all stimulant-free. It's a multipurpose ingredient – for mind and body - to target an athlete's pre-workout needs in one single easy-to-use dose. The presentation will cover a range of clinical research behind Nitrosigine and why it is the ideal pre-workout aide.

WGSD Talk:

With more than 50 years of experience combined, you won't want to miss this Q&A session with three female expert industry leaders. These women have experience ranging from academic and industry-sponsored research, product safety and quality, and even careers (What is it like to be a woman in the industry?). They also know the latest and greatest on the dietary supplement industry, especially as it relates to women's health and sports nutrition. Bring your questions….its 30 minutes you don't want to miss.

Karen Hecht PhD



Bio: Dr. Karen Hecht is the Scientific Affairs Manager at AstaReal Inc., producer and purveyor the most studied brand of natural astaxanthin from algae. Dr. Hecht studied algal molecular biology as a postdoctoral associate at the Pacific Northwest National Laboratory.
She earned her Ph.D. in Biological Sciences at the University of Pittsburgh, and a B.Sc. in Biochemistry from the University of Toronto.

Talk Title: What's Astaxanthin Doing in the Mitochondria Anyway?

Talk Summary:

Astaxanthin is a red-colored, lipid-soluble, antioxidant in the carotenoid family. The primary dietary source of natural astaxanthin is wild salmon. Astaxanthin used for supplementation is sourced from vegetarian-friendly microalgae that has been extensively studied in various cell lines, animal models and humans.

Algal astaxanthin has exhibited antioxidant and anti-inflammatory properties, and as much as half of all membrane bound astaxanthin has been found in mitochondrial membranes. Astaxanthin has been referred to as a mitochondrial nutrient because of its propensity for mitochondrial localization and its ability to modulate mitochondrial health and function.

The role of astaxanthin in mitochondria and its implications for exercise performance and adaptation are ongoing areas of research. In this seminar we will explore what's known about astaxanthin mitochondrial activities, what's new, and what's next.

Susan M. Kleiner, PhD RD CNS-E FISSN



Bio: Dr. Susan M. Kleiner is a pioneer in the field of nutrition, performance, and health. She is revered as a scientist, practitioner, consultant, educator, and motivator speaking worldwide to coaches, athletes, and industry on these topics. She is the founder and owner of High Performance Nutrition, LLC, where she has consulted with national and international sports teams, Olympians and elite athletes in countless sports, along with her work as an influential industry consultant. Dr. Kleiner is co-host of the "Your Food Matters Podcast", and has authored 8 books, including the bestseller The New Power Eating®. She is a co-founder and fellow of the International Society of Sports Nutrition, a fellow of the American College of Nutrition, a member of the American College of Sports Medicine and The National Strength and Conditioning Association. Dr. Sue is passionate about volunteer teaching in Vietnam with MEET-international.org. She is an avid adventure traveler and loves spending active time in the great outdoors of the Pacific Northwest with her family and friends.

Talk Title: High Performance Nutrition for Health & Strength: Diet strategies to lay the gut foundation and bridge the anabolic and anti-inflammatory pillars of high-performance nutrition.

Talk Summary: Your GI tract is the entrance into your body from the world outside. Your gut lining acts like smart armor, creating a barrier to undesirable compounds and a passageway for essential and desirable compounds. The gut microbiome plays a prominent role in programming the smart armor for health and integrity, laying the foundation for the two pillars of sports nutrition: anabolism and anti-inflammation. These pillars are interdependent and rest on the foundation of gut health. The microorganisms in the gastrointestinal tract play a significant role in our personal gut health, and metabolites of gut microbiota travel systemically, affecting tissues and organs body wide, contributing to human physical and mental health and well-being, and ultimately athletic performance. It is no longer enough to think of diet in terms of macronutrients to fuel the sports nutrition pillar separate from the foods and supplements to fulfill the anti-inflammatory pillar. The interdependence of the pillars requires that we build a new scaffolding, incorporating prebiotic fuel from the anti-inflammatory pillar into the macronutrient building blocks of the sports nutrition pillar, leading to optimal health and superior performance. This presentation will restructure the way you think about food and offer practical guidance for high performance diet planning.

Tim Ziegenfuss PhD, CSCS, FISSN



Bio: Dr. Tim Ziegenfuss is a renowned sports nutrition and exercise scientist with graduate degrees from Purdue and Kent State University. He is a Past President and Fellow of The International Society of Sports Nutrition and CEO of The Center for Applied Health Sciences. Dr. Z has been quoted in Scientific American, published more than 600 articles in mainstream magazines, co-authored ~100 scientific publications and 8 book chapters, and has had numerous interviews/appearances in top 25 national print/radio media.

As a renowned scientific advisor to the sports nutrition market, his input has led to the creation of products that currently grace the shelves of every major retailer in a dozen countries around the world and account for millions in revenues. In addition to major brands that sponsor research on their products, his personal client list also includes current and former Olympic Track and Field athletes, Professional Mixed Martial Arts fighters, NFL, MLB, NHL, high school and NCAA athletes, firefighters, police, Department of Homeland Security personnel, and the U.S. Military including the Army, Navy Seals, and Secret Service.

Talk Title: In Memoriam: The contributions of Dr. Hector Lopez

Talk Summary: This talk will celebrate the life of a man who dedicated himself to making a difference in the world and whose impact will forever resonate with those whose lives he touched. A brilliant physician-scientist, Hector was the Chief Scientific Officer at The Center for Applied Health Sciences and Co-Founder of Supplement Safety Solutions, a regulatory science consulting company focusing on dietary supplements and functional foods. His ability to connect-the-dots among nutritional biochemistry, joint/muscle/orthopedic health, brain health/neurocognitive function, blood flow and cardiovascular health, longevity/healthy aging, and exercise performance and sports nutrition was unmatched. This presentation will outline Hector's numerous contributions to the scientific community and sports nutrition/dietary supplement industry.

Emily Werner PhD RD CSSD



Bio: Dr. Emily Werner, PhD, RD, CSSD holds a PhD in Kinesiology, is a registered dietitian (RD) that is a Certified Specialist in Sport Dietetics (CSSD) and has over seven years of experience working with athletes in different capacities including individual consultation, research, academia, and the team sport setting. She is in her third season as the Team Dietitian for the Philadelphia 76ers, her second year as Nutrition Affairs lead for Timeline Nutrition, and owns a private practice, Eat Elite Performance Nutrition LLC. Her expertise is in the assessment of sport nutrition knowledge and behavior, as well as the application of sport nutrition for health and performance.

Talk Title: Nutrition Strategies to Maximize Mitochondrial Function and Athletic Performance

Talk Summary: Whether they are professional athletes or recreational exercisers, the health of a person's mitochondria is foundational to exercise performance. Over the past few years, new research has been published demonstrating many different nutrition strategies to optimize the health and function of the mitochondria, such as Urolithin A and Co-Q10. Such strategies can be used to improve muscular strength and performance in a variety of population settings. Nutrition professionals play a key role in helping these people work to maximize exercise performance with evidence-based recommendations to improve muscle health and energy production. During this lecture, a registered dietitian working with professional athletes will demonstrate how to apply the latest research findings targeting mitochondrial health to practical use to help clients improve muscular health and athletic performance.

Scott Forbes PhD



Bio: Dr. Scott Forbes is an associate professor in the department of Physical Education Studies at Brandon University and an adjunct professor in the faculty of Kinesiology and Health Studies at the University of Regina in Canada. Dr. Forbes is a certified sport nutritionist through the International Society of Sports Nutrition (ISSN), and a clinical exercise physiologist and high-performance specialist through the Canadian Society for Exercise Physiology (CSEP). Dr. Forbes has published over 115 peer-reviewed manuscripts and 5 book chapters. His research examines various nutritional (e.g., creatine and protein) and exercise interventions to enhance muscle, bone, and brain function in a variety of populations, including athletes and aging adults.

Talk Title: Creatine Supplementation Frequently Asked Questions and Common Myths

Talk Summary: Creatine was extracted from meat in 1832 and the first creatine supplementation study was performed in 1926. Since that time, hundreds of publications have investigated the safety and efficacy of creatine. Creatine is well-established to enhance resistance training adaptations and there is a growing body of literature demonstrating the therapeutic benefits in clinical populations. Despite being one of the most researched supplements, there are still numerous myths and misconceptions about creatine. This presentation will answer your most frequently asked questions about creatine using science and de-bunk these common myths.

Wendi Irlbeck MS RDN LD CISSN



Bio: Wendi Irlbeck is a Registered and Licensed Dietitian Nutritionist and Certified Sports Nutritionist located in Nashville, Tennessee. She believes that learning how to eat for health should be everyone's priority along with fueling for athletic performance secondary. Wendi helps athletes adopt an eating and fueling strategy that is tailored to their goals no matter what season they are in. Wendi and her team specialize in helping young athletes build a healthy relationship with food that starts with a back to the basics approach. For over a decade, Wendi has been working in the health and fitness industry. She has partnered with programs, high school and college teams, and individuals on an international basis. Wendi has presented at national conferences, given guest lectures, and been featured in various forms of media. Wendi attended the University of Wisconsin-Stout for her undergraduate degree in Health and Fitness Promotions and also completed her Master of Science in Human Nutrition. Nutrition can make a good athlete great or a great athlete good! It is our company mission to help each athlete get to the next level of greatness!

Talk Title: Body Recomposition. Practical strategies to help your clients and athletes lose fat and gain muscle!

Talk Summary: Instead of dieting and participating in dangerous cutting phases that aren't sustainable for long-term fat loss, why not establish parameters to lose fat and build muscle? Many practitioners claim you can't achieve such goals at the same time but what if you could? According to science individuals can lose fat and build muscle at the same time. In fact my athletes and clients have achieved this goal in our programs using a higher-protein approach with carbohydrate cycling. This talk will provide practical tips to help you or your athletes lose fat while building muscle! You will learn about real case studies in both teen and adult athletes!

Francesco Campa PhD

Bio: Francesco Campa is currently an assistant professor at the University of Padova, Italy. His research interests include the study of body composition in different populations including élite athletes and older adults. He is author of more than 65 journal articles with an h-index of 19 (Scopus, Jan 2023).



Talk Title: Athletic bioimpedance-based equations underestimate fat free mass components in elite soccer players: development and validation of new soccer-specific predictive models

Talk Summary: Bioelectrical impedance analysis (BIA) is a user-friendly technique for assessing body composition in sports. Currently, no sport-specific predictive equations are available, and the use of generalized formulas can lead to systematic bias. The aims of this study were i) to develop and validate new predictive models for estimating fat-free mass (FFM) components in elite soccer players; ii) to assess the accuracy of existing predictive equations. One-hundred and two elite soccer players (age 24.75.7 yrs) participating in the Italian first league were assessed and randomly split into development and validation groups. Foot-to-hand BIA and anthropometry were applied to collect independent variables to include in the development of models. Dual-energy X-ray absorptiometry was used to obtain reference data of FFM, lean soft tissue (LST), and appendicular lean soft tissue (ALST). Validation revelated that generalized formulas for athletes underestimated all the predicted body mass components, while the new predictive models showed no mean bias, with r2 values ranging from 0.83 to 0.91. The use of generalized athletic BIA-based predictive equations
results in an underestimation of FFM and ALST in elite soccer players. The new soccer-specific formulas allow for the estimation of body composition with accuracy and precision.

Chad Kerksick PhD FISSN



Bio: Dr. Kerksick is currently an Associate Professor of Exercise Science and Assistant Dean for Research and Innovation in the College of Science, Technology, and Health at Lindenwood University and serves as the Director of the Exercise and Performance Nutrition Laboratory. His research interests primarily span areas related to exercise and nutrition intervention and their impact of health, performance, and recovery. His research team routinely presents and publishes research in areas focused upon dietary supplements, human performance, recovery, exercise training adaptations, and optimization of health.

Talk Title: Examining the Impact of a Leucine Dipeptide on Stimulating Muscle Protein Synthesis and Promoting Resistance Training Adaptations

Talk Summary: For the past 15 years, research has identified many key factors that initiate and drive the adaptations we achieve from exercise and nutrition. Arguably, no other nutrient has been researched or discussed for its important role in stimulating muscle protein synthesis and driving exercise adaptations than the essential amino acid, leucine. Recent research has begun to explore the possibility that peptides comprised of leucine may exert similar or even amplified responses to ingestion of leucine. This talk will summarize the available literature involving the efficacy of dileucine including some very recent research exploring the potential for dileucine to impact performance and body composition adaptations to resistance training.

Dan Moore PhD



Bio: Daniel Moore is an Associate Professor in the Faculty of Kinesiology and Physical Education at the University of Toronto (UoT) and a member of the Canadian Society for Exercise Physiology and American College of Sports Medicine. His research explores the interplay between exercise and nutrition (with a focus on dietary protein and amino acids) and how the two can be used to optimize the quantity and quality of muscle across a range of different populations including youth, athletes, and older adults. He has authored over 100 peer-reviewed papers and was recognized for his research in protein metabolism by the American Society for Nutrition as the 2012 recipient of the Peter J. Reeds Young Investigator Award.

Talk Title: Protein for active populations: What does science say you should eat?

Talk Summary: Protein is an essential nutrient that provides the amino acid building blocks to support the synthesis of new muscle and body proteins, which is vital for the recovery from and adaptation to the stress of exercise. This presentation will summarize the current literature on the requirement for this protein to maximize muscle remodeling and muscle growth and its link to athlete performance. An emphasis will be placed on protein efficiency as defined by maximal protein remodeling with minimal amino acid oxidative losses. Resistance and endurance athletes will be highlighted with sex-based differences and similarities discussed.

Arny Ferrando PhD FISSN



Bio: Dr. Ferrando's work has focused on the preservation of skeletal muscle, and includes investigations utilizing exercise, pharmacological and nutritional interventions to ameliorate muscle loss. His many investigations have spanned diverse circumstances of muscle loss; including space flight, kidney disease, heart failure, burn injury, trauma, post-surgical rehabilitation, aging, and sustained military operations. Much of his work focuses on optimal nutritional/protein intake in these circumstances, and he holds 2 patents on a nutritional formulation designed to improve muscle recovery. His current work focuses on optimal nutrition during aging and nutritional supplementation to enhance soldiers' performance, resilience, and recovery.
He has career-long funding from both federal and industry sources, and has over 160 peer-reviewed publications, invited reviews, and book chapters.

Talk Title: Hormonal Dysregulation and Skeletal Muscle

Talk Summary: This talk will present clinical and military evidence relating alterations in hormonal levels to changes in protein homeostasis and muscle function.

Matthew Stratton PhD CISSN CSCS EP



Bio:
Matthew Stratton is an Assistant Professor of Exercise Science at the University of South Alabama. He received his PhD in Exercise Physiology from Texas Tech University. Prior to attending Texas Tech University, he received his M.S. with Honors in Applied Exercise and Health Sciences from Kennesaw State University and his B.S. in Exercise Science from the University of New Mexico, graduating Summa Cum Laude and receiving the outstanding exercise science graduate award. His research centers on examining both the applied and molecular responses to various supplementation and nutritional interventions, with a focus on muscular strength, power, and body composition. Matthew has presented on the topics of protein, specialty diets and supplementation at multiple universities, as well as regional, national, and international conferences. In addition, he has authored or coauthored over 30 peer-reviewed articles and textbook chapters in the fields of nutrition, sports performance, and aging. He is a Certified Exercise Physiologist from the American College of Sports Medicine (ACSM-EP), a Certified Sports Nutritionist (CISSN) through the International Society of Sports Nutrition, and a Certified Strength and Conditioning Specialist (CSCS) through the National Strength and Conditioning Association.

Talk Title: Time for Gainz: Does Training Time Matter?

Talk Summary: There has long been a debate about the impact of exercising at various times throughout the day. Throughout this presentation we will examine the evidence regarding diurnal variations in exercise performance and their potential impact on longitudinal adaptations. Additionally, we will discuss potential nutritional considerations when working with athletes that train at various times throughout the day.

Kurt Escobar PhD CISSN



Bio: Kurt Escobar is an Assistant Professor of Exercise Physiology and Co-Director of the Physiology of EXercise and Sport (PEXS) Lab at California State University, Long Beach. His work centers on understanding the underlying physiology of exercise and nutrition relating to health, function, and performance. He has also worked in the field of training and nutrition for over a decade and currently works with the aging population.

Talk Title: Autophagy, exercise, and nutrition: why focusing on mechanisms in training is a mistake

Talk Summary: Autophagy has garnered much attention in the scientific literature as well as in the health and fitness realms in recent years. This cellular recycling system is involved in maintaining the intracellular environment and can be augmented by exercise. Autophagy has been shown to play a key role in the positive outcomes of exercise, particularly those relating to health and "longevity". Moreover, other data have implicated caloric restriction-induced autophagy in the amelioration of age-related disease and "lifespan extension." As a result, some in the health, fitness, and nutrition realms have taken the approach of training and eating *for* autophagy. For example, autophagy often is referred to when discussing intermittent fasting. While in theory this approach sounds reasonable, there is little data on the autophagic "dose" of exercise, caloric restriction, or intermittent fasting in humans making any prescriptive recommendation to "turn on autophagy" misguided. More importantly, exercise that does not stimulate autophagy acutely still produces positive outcomes as well as long-term changes in autophagy-related proteins. This speaks to a mistake that some practitioners make in targeting mechanisms rather than outcomes in order to make their training and/or nutrition model appear novel or "scientific". This talk will discuss what autophagy is, its relevance in practice, and other examples where targeting mechanisms leads to poor practical application.

Daniel Fabricant PhD



Bio: Daniel Fabricant, Ph.D., is the President and CEO of the Natural Products Association in Washington, D.C., which has a history going back generations and represents over 700 members accounting for more than 10,000 retail, manufacturing, wholesale and distribution locations of natural products, including foods, dietary supplements and health/beauty aids. Regarded as an expert on FDA, especially in the dietary supplement industry. During part of the Obama administration, he was the agency's top official overseeing the Division (now an Office) of Dietary Supplement Programs. While at the agency, Dan was instrumental in several key enforcement actions—including an action (that eventually led to criminal indictments) in response to an outbreak of liver injuries tied to dietary supplements—against companies to protect the public health. Moreover, under Daniel's leadership, NPA filed a lawsuit in recent years against FDA in U.S. District Court, which ultimately led to a favorable outcome for industry over an ingredient widely marketed in dietary supplements called NAC. Daniel is recognized as one of the top Association lobbyists in DC (The Hill).

Talk Title: Swamp always wins

Talk Summary: The industry has had a long and twisting story intertwined with all the branches of government, both state and federal. We'll cover that history to ensure the best path for the future. With a look towards the future, which will boil down to one word, Influence. How much influence do we have and what will we need to do going forward to enhance our capacity. Compared to other industries many aren't involved in the political process, especially with political giving. In today's world, where business is highly regulated, corporate leaders who insist on staying out of politics may be neglecting their fiduciary responsibilities. Being passionate about issues is no longer enough, and personal politics can be at odds with what is needed to grow the industry. Sports nutrition is in the cross hairs of many, we'll cover what's being done about it and where we go from here.

Jeremy Townsend PhD



Bio: Jeremy Townsend is currently the Research Manager at Athletic Greens and an Adjunct Professor at Lipscomb University. Townsend holds a PhD in Exercise Physiology has published over 75 research studies focusing on sport nutrition, exercise performance, skeletal muscle physiology, and dietary supplementation.

Talk Title: On the Rhodiola to improved performance – An adaptogen to keep an eye on

Talk Summary: Rhodiola rosea belongs to a category of nutraceuticals deemed "adaptogens" due to their ability to increase resistance to physical, mental, and emotional stressors. In recent years, there has been an increased interest in Rhodiola supplementation in athletes and non-active adults alike. In this talk, I will explore data regarding the mechanism of action for Rhodiola to give insight as to how it exerts its apoptogenic potential. Further, I will provide a summary of research studies in humans which investigate the effects of Rhodiola on resilience to stress, improved mental focus, reduction of fatigue, and its influence on exercise performance. Lastly, I will highlight recent data demonstrating that Rhodiola may have a more profound biological effect when taken in conjunction with other nutrients, indicating a synergistic effect.

Jose Antonio PhD FISSN



Bio: Jose Antonio earned his PhD and completed a post-doctoral research fellowship at the University of Texas Southwestern Medical Center in Dallas Texas. Don't Mess With Texas! He is the co-founder and CEO of the ISSN and the co-founder of the Society for Sports Neuroscience. He is currently a Professor at Nova Southeastern University and the host of the Sports Science Dudes podcast, with co-host Anthony Ricci.

Talk Title: The ISSN - A 20-year Reflection: How Dogma Caused a Seismic Shift in the Nutrition Landscape

Talk Summary: If you were born after the 1990s, you have been exposed to the sports nutrition category as a respectable field of study. Prior to the 1990s, sports nutrition courses at the university level were as common as the Dodo bird and garnered as much respect as a blind man in a dart throwing competition. The ISSN was reluctantly "born" due the dogmatic nature of the existing academic non-profits that treated sports nutrition as the black sheep of science. So true that necessity is the mother of invention. "Supplements are useless." "Nobody needs supplements." "You can get everything you need from food." These were common refrains and represented the zeitgeist of the times. Let's fast forward to the year 2000 and the present. You can see as clear as the Montana sky that sports nutrition is a rapidly expanding field of study with college courses on the subject as common as rice in a Filipino restaurant. The ISSN played a role, some say a huge role, in promoting the sports nutrition category. This is your story.

David Church PhD



Bio: Dr. David Church is an assistant professor at the University of Arkansas for Medical Sciences. Dr. Church completed his post-doctoral training in stable isotope tracer methodology under Dr.'s Arny Ferrando and Robert Wolfe. His primary research focus is ameliorating catabolic and pathological conditions.

Talk Title: Is it possible to get the same response as beef from an impossible burger?

Talk Summary: We have demonstrated animal proteins as well as soy, a high-quality plant protein, resulted in robust anabolic responses whereas lower quality proteins such as beans, mixed nuts, peanut butter did not provide a large anabolic stimulus (PMID: 33693735). Further, we have previously shown (PMID: 33276485) the EAA content and appearance in the plasma are important for promoting an anabolic response to feeding. Plant-based burgers are advertised as a like for like replacement for beef patties, despite containing as little as half the amount of EAA as beef patties. We assessed the muscle protein synthesis (MPS), whole-body net balance (NB), and plasma EAA response following the ingestion of (1) an iso-nitrogenous and (2) an iso-EAA amount of impossible burgers to that of a beef patty. Furthermore, we will provide the first amino acid profile of the impossible burger. In addition to the study results a general overview of factors responsible for the anabolic response to feeding (protein amount, exercise, protein quality, etc). COI's and Sponsors: Study supported by a grant for National Beef Cattleman's Association. I am supported by a National Institutes of Health Clinical Research Loan Repayment Award. Salary support from Department of Defense and National Center for Advancing Translational Sciences of the National Institutes of Health under award number UL1 TR003107 and TL1 TR00310

Tracy Clissold PhD



Bio: Tracey has 30 years' academic experience in exercise science and sports nutrition. She is currently a lecturer and nutrition consultant for national and international athletes and coaches. Tracey is the mother to two children and has previously represented New Zealand in distance running, winning several national and international marathon titles.

Talk Title: Bone Health: A Focus on Jump Landings and Nutrition for Women and Athletes

Talk Summary: This research determined the effects of a 12-month quantified jump-landing program on performance parameters, body composition and bone strength at clinically relevant sites in premenopausal women. We monitored habitual nutrition intake (Foodworks) with a focus on protein and calcium intake. We reported that a longitudinal quantified periodized jump-landing program performed 2-3 mins/day, 4-5 times a week is osteogenically effective in improving bone strength at clinically relevant sites associated with osteoporosis in premenopausal women. Improvements were also observed for muscle reactivity and explosive strength which may contribute to reducing risk of falls and improved fracture resistance prior to menopause. Interestingly, all participants in this study experienced favourable body composition changes, with moderate body fat percentage losses and small increases in fat free mass, over the 12-month study period.

Previous research has associated lean mass with linear increases in hip bone strength in postmenopausal women, and in premenopausal women, suggesting that gravitational loading, muscle-contractions and associated hormonal factors may be responsible for the positive relationship between skeletal muscle and bone.

The practical significance of these findings is that relatively safe exercises such as those utilized in our osteogenic exercise program, achieve pre-requisite osteogenic thresholds and as such can be used by premenopausal women in their own homes (once competent with the jump-landing technique) to improve bone health, providing a firm surface is utilized.

Andrew Jagim PhD, CISSN, CSCS*D



Bio: Dr. Jagim is currently the Director of Sport Medicine Research for the Mayo Clinic Health System in La Crosse, Wisconsin and an Associate Professor of Family Medicine. Dr. Jagim completed his PhD in Kinesiology with an emphasis in Exercise Physiology at Texas A&M University. Andrew is also a certified strength & conditioning specialist with distinction through the National Strength & Conditioning Association and a certified sports nutritionist through the International Society of Sports Nutrition.

His primary research focuses on how various nutrition and exercise-related strategies influence the performance and health of athletes. Dr. Jagim also has a focused interest on the physiological demands of various sports and tactical professions and how they pertain to injury, recovery status and performance. This work has led to several publications in peer-reviewed journals and presentations at national conference events. In addition to his time spent in academia, Andrew has worked as a personal trainer and sports nutrition consultant for a variety of clients and athletes.

Talk Title: Starting a Fire with Sport Science: Where Research Meets Application

Talk Summary: "100 years of tradition, unimpeded by progress" isn't serving the fire service. Their mortality risk is significantly higher than the general population, and day-to-day decisions span the chasm of what to make for lunch to the best method for removing a trapped and critically injured patient from an industrial machine. Reclassifying firefighters from the occupational workforce to tactical athletes has enabled access to practitioners from the strength and conditioning, sports nutrition, and applied sports science fields to employ various exercise and nutrition-related strategies to optimize the performance and health of firefighters.

Stacy T. Sims PhD



Bio: Stacy Sims Ph.D. is an exercise physiologist and nutrition scientist. She has directed research programs at Stanford University, AUT University, and the University of Waikato, focusing on female athlete health and performance. She has published over 80 peer-reviewed papers, several books and is a regularly featured speaker at professional and academic conferences. Stacy is currently the Female Athlete Performance and Health Research program director with the AUT Sports Performance Research Institute of NZ and has her own business (www.drstacysims.com) where she creates and delivers online learning material focused on women training with their physiology across the lifespan.

Talk Title: Nutrition Considerations for the Female Athlete

Talk Summary: A female athlete's nutritional demands can change from puberty through post-menopause due to sex differences and hormonal influences of estrogen and progesterone. This talk aims to highlight the major considerations and actional points for practitioners and the athlete herself.

Salma Fathalla ASQ CQA



Bio: Salma Fathalla, ASQ CQA has an extensive educational science background and experience in the contract research, pharmaceutical, and nutraceutical industries. She holds a B.S degree in Biology with a concentration in molecular and cell physiology and a Science Master's Degree. She has a solid track record that includes research, analytical/biological laboratory, quality assurance, quality control, and regulatory compliance; working with liquid, semi-solid, powder, and solid dosage products. Through her career, Salma has worked at companies such as Huntingdon Life Sciences, Schering-Plough Research Institute and DPT Laboratories. She transitioned into the nutraceutical industry in 2012 and has since gained comprehensive experience as a quality head, establishing quality systems and implementing current Good Manufacturing Practices, policies and procedures at several organizations in the dietary supplement/nutraceutical space; including Universal Nutrition, Reliance Vitamin, and Nutrition 21. Ms. Fathalla has been with JDS Therapeutics for about 7 years where she oversees quality and regulatory activities. She is a proud mom to a high school sophomore and a 3 year old American bully mix, it's never a dull moment!

Talk Title: WGSD

Talk Summary: With more than 50 years of experience combined, you won't want to miss this Q&A session with three female expert industry leaders. These women have experience ranging from academic and industry-sponsored research, product safety and quality, and even careers (What is it like to be a woman in the industry?). They also know the latest and greatest on the dietary supplement industry, especially as it relates to women's health and sports nutrition. Bring your questions….its 30 minutes you don't want to miss.

Susan Hewlings PhD RD



Bio: Co Founder Substantiation Sciences. Vice President of Research Affairs Radicle Science. Dr. Susan Hewlings brings a lifetime commitment to health and fitness along with over 20 years of research, teaching and medical writing experience in nutrition, sports nutrition and scientific consulting for the dietary supplement and medical industries. She has a PhD in Nutrition, a MS in Exercise Physiology, and a BS in Nutrition from Florida State University. She is a Registered and Licensed Dietitian. Dr Hewlings completed a research fellowship in protein metabolism at University of Texas Medical Branch. She has more than 10 years of experience providing scientific and nutrition expertise for the dietary supplement, food, beverage, and companion animal nutrition industries helping companies connect science to marketing and product development. Dr Hewlings has over 20 years of experience in higher education including former faculty positions at Stetson University, University of Central Florida College of Medicine and Central Michigan University, and currently adjunct professor at Nova Southeastern University. She is the author of Nutrition: Real People, Real Choices and has published multiple articles on dietary supplements, pharmacokinetics, and nutrition in peer-reviewed medical journals.

Talk Title: WGSD

Talk Summary: With more than 50 years of experience combined, you won't want to miss this Q&A session with three female expert industry leaders. These women have experience ranging from academic and industry-sponsored research, product safety and quality, and even careers (What is it like to be a woman in the industry?). They also know the latest and greatest on the dietary supplement industry, especially as it relates to women's health and sports nutrition. Bring your questions….its 30 minutes you don't want to miss.

David Sandler



Bio: An internationally recognized expert in Human Performance and Nutrition Sandler has been a leader in the fitness and supplement industry for more than 30 years. He is a highly sought-after executive in Sports Nutrition, and one of the industry's top authorities in R&D, Innovation, Product Formulation, Flavoring Science, and Ingredient Development. An advisor and writer for the biggest magazines in fitness, he has delivered hundreds of lectures world-wide, authored hundreds of articles, 6 books and dozens of publications in peer-reviewed journals. Sandler was an Assistant Professor for 6 years in various Universities mentoring undergraduate and graduate students in exercise science and human performance. He was a former Strength and Conditioning Coach in his earlier years and an Executive to several companies in the Nutrition Industry more recently. Sandler spent over a decade as a TV Personality and content developer for more than 55 television shows.

Talk Title: Bridging the Gap: An Insiders Look at the Supplement Industry

Talk Summary: The Multi-Billion Dollar Nutrition and Supplement Industry continues to grow at a staggering pace. Now more than ever before, consumers are turning to supplements to help with everything from overall health, beauty, and immunity, to functional performance parameters in the gym and the bedroom. Greens, collagen, pre-workouts, aminos, proteins and energy are closing the gap on the multi-vitamin segment and consumers need help navigating those waters. The rapid and continual growth of the nutritional supplement market continues to drive innovation, challenge marketers, push formulators and test the limits of manufacturing. Understanding the ins and outs of the manufacturing process along with the development of a fully compliant, efficacious and great-tasting product can augment your discussions with your clients. The product development cycle is an-going process to keep up with new ingredients, new trends, new delivery formats, and new consumers. But the process requires far more than just a good formula. Dropping in on this lecture will help you gain knowledge and understand more than just the basics, but the truth behind the industry and the intricacies within, so you can help your client make the best choices. Whether you are training yourself, training others, a physician, researcher, or just an enthusiast, this lecture will get you up to speed on this ever-growing industry.

Mike T Nelson PhD



Bio: Mike T. Nelson, PhD, MSME, CSCS, CISSN, is a research fanatic who specializes in metabolic flexibility, heart rate variability, and human performance. He has spent 20 years of his life learning how the human body works. He has a PhD in Exercise Physiology, and a MS in Mechanical Engineering (biomechanics). He's an Associate Professor at the Carrick Institute, university instructor at Rocky Mountain University, creator of the Flex Diet Certification, and has published research in both physiology and engineering journals. He's even been called in to share his techniques with top military agencies. In his free time he enjoys spending time with his wife, lifting odd objects, going to metal concerts, and kiteboarding. Find out more at www.miketnelson.com

Talk Title: Primer on Psychedelics as a "New" Therapy- Are Psychedelic Supplements Next?

Talk Summary: Psychedelics may be legal for treatment as early as late this year or next. What are these compounds and how do they work? How could they be used a potential treatments for depression, PTSD, and more? Early research is very promising, but also limited. Will the supplement industry follow with "psychedelic supplements"? Find out!

Dawn Anderson PhD



Bio: Dr. Dawn Anderson is a Professor of Exercise Science and the Director of the Exercise and Sport Performance Laboratory at Indiana Institute of Technology. Her primary areas of research are martial arts training, nutritional ergogenic aids and body composition assessment methods

Talk Title: Control Issues with Coffee Research

Talk Summary: With an increase in caffeine being used as a supplement, many athletes are using an easy to obtain form of caffeine, coffee. However, researchers have found conflicting results in the effectiveness of coffee to enhance performance. The inconsistencies of findings may be related to control issue such as placebo selection, blinding, types of controls, timing and duration of ingestion, habituation, training status, and genetic predisposition. This talk will explore these areas and offer suggestions to researchers regarding future study design, as well as advice to athletes considering use of this supplement.

Cassandra Evans MS RD CISSN



Bio: Cassie Evans is a registered dietitian and a published researcher. She studied sports nutrition and completed an internship with the University of Miami's Sports Nutrition team and Nova Southeastern University's sports performance team. She holds a bachelor of science in Exercise and Sports Science and received her CISSN in 2018. She is currently pursuing her doctorate in Human and Sports Performance from Rocky Mountain University of Health Professions.

Title: Hit me with your best shot: Supplement for e-gamers

Talk Summary:

First-person shooter games are a genre of video games allowing the e-gamer to engage in an action packed competition from the first-person perspective. Video games require precise motor skills and quick reaction times. Similar to other skill based sports, the level of a performer's arousal can affect gamer performance. The effects of a caffeine containing supplement and a new novel supplement on various measure of e-gamer performance will be discussed.

Jonathan Beausejour MS CSCS



Bio: Jonathan Beausejour, MS, CSCS, is a Ph.D. student and graduate research assistant at the University of Central Florida, under the mentorship of Dr. Matt S. Stock. After obtaining his Bachelor's in Exercise Science from Life University in Atlanta Georgia, he completed his master's degree in Exercise Science with a concentration in Biomechanics at Auburn University. As a research coordinator in Dr. Stock's Neuromuscular Plasticity Laboratory, Jonathan's research interests include investigating neuromuscular characteristics/adaptations in special populations, as well as neuronal mechanisms that contribute to muscle strength and performance outcomes.

Talk Title: Motor Unit Adaptations to Resistance Training to Failure Vs. Non-Failure in Previously Trained Adults

Talk Summary: With motor unit (MU) adaptations previously documented following resistance training protocols, specific MU adaptations following more systemic resistance training to failure remains under-investigated. This talk will present novel evidence regarding motor unit recruitment strategies following "powerlifting-style "resistance training to failure, and how these adaptations relate to 1-repetition max (1RM) strength and isometric endurance performance.

Kworweinski Lafontant MS CSCS



Bio: Kworweinski Lafontant is a certified strength coach, exercise physiologist, and personal trainer from Orlando, FL. He graduated from Hope College (’21) with a bachelor’s degree in Exercise Science and from the University of South Florida (’23) with a masters’ in Exercise Science. Beginning Fall 2023, he will be completing his PhD in Kinesiology at the University of Central Florida. He’s an avid exerciser, speaker of metaphors, and connoisseur of Arizona Iced Tea.

Talk Title: The Effects of Caffeinated vs. Non-Caffeinated Thermogenic Supplement on Resting Energy Expenditure

Talk Summary: Thermogenic supplements designed to aid in fat loss have become increasingly popular. While caffeine – well known for its thermogenic ability – is a prominent ingredient in these supplements, many “non-stimulant” formulations forgo caffeine and claim to still provide a similar thermogenic effect. Our study sought to compare the effects of a commercially available caffeinated and non-caffeinated thermogenic supplement on metabolism, hunger, and hemodynamic variables.

Drew Gonzalez MS CISSN



Bio:

*Drew E. Gonzalez, Ph.D.(c), MS, SCCC, CISSN, CSCS,*D, TSAC-F,*D, EP-C*

Drew Gonzalez is a PhD candidate in the Department of Kinesiology and Sports Management (KNSM) at Texas A&M University (TAMU), and studies Kinesiology under Dr. Richard Kreider's supervision. He currently works as a Graduate Teaching Assistant for KNSM, a student Research Assistant in the Exercise and Sport Nutrition Laboratory (ESNL), and the Chief Leader of the Tactical Athlete Research Unit (TARU) at TAMU. Drew's research interest focuses on the impacts of nutrients, nutrient timing, and exercise on cardiorespiratory fitness, cognition, and cardiometabolic health. More specifically, Drew has worked on several projects focused on improving the physiological stress responses to tactical operations among firefighters and law enforcement officers. Drew has co-authored 17 peer-reviewed manuscripts, with several focused on tactical athlete populations. Drew has recently authored the International Society of Sports Nutrition Position Stand on Tactical Athlete Nutrition. Drew has completed data collection for his dissertation titled "Impact of astaxanthin supplementation on markers of cardiometabolic health and tactical performance among firefighters." Upon graduating, Drew aims to continue to conduct research to best optimize tactical athlete nutrition and improve the health, performance, and operational readiness of the operator.

Title: *Astaxanthin Supplementation Among Firefighters*

Firefighters are at risk for developing cardiovascular disease due to the numerous physiological and psychological stressors they are exposed to on-duty. Cardiovascular disease mortality among firefighters is strongly connected to poor nutritional habits and hyperenergetic dietary patterns. To date, only a handful of studies have aimed to improve cardiometabolic health via dietary approaches among the fire community. It is recommended for these personnel to take a "food first, but not only" approach to combat disease risk. Therefore, dietary antioxidants have garnered interest for their potential health (as well as ergogenic) benefits. Astaxanthin has been purported as a potential nutrient that may improve various markers of cardiometabolic health and performance parameters among firefighters.

Christine Florez MS CISSN



Bio: Christine Florez is a recent graduate from the University of Mary Hardin-Baylor where she worked as a research assistant in the Human Performance Lab. In fall 2023, she will begin courses at Texas Tech University to complete her PhD in Exercise Physiology. Prior to pursuing her education, she served as a combat medic in the U.S. Army for five years. She is a powerlifter and has one daughter named Leia.

Talk Description:
An overview of amino acid absorption in conjunction with probiotic supplementation. What does the literature say: A case for and against.

Jose Rojas MS CISSN



Bio: Jose Rojas is a United States Marine Corps veteran with over 10 years of experience working with and coaching combat athletes. In collaboration with the Daru Strong Performance, Jose is integral in applying evidence-based training methods for performance, welfare, and research regarding mixed martial arts and military populations. During this time, Jose has worked with some of the world's best fight sports athletes for nutrition, weight cuts, and strength and conditioning.

A 2021 graduate with an M.S. in Exercise & Sports Science from Nova Southeastern University (NSU), Jose enrolled at NSU in the Department of Human Performance. He competed in Track & Field during his Exercise & Sports Science undergraduate program after his stint in the military. Jose most recently serves as Director of Athletic Performance and is a full-time Exercise & Sports Science professor with Keiser University. Jose is currently enrolled at Rocky Mountain University pursuing a PhD. in Health Sciences with a concentration in Human & Sports Performance.

Title: Where's The Energy From This Energy Drink?

Summary: Do all energy drinks actually give you "energy?" The secret is in the dosing.