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THE ATHLETE'S FIX: A PROGRAM TO FIND YOUR BEST FOODS FOR PERFORMANCE AND HEALTH

VeloPress. Paperback. Book Condition: new. BRAND NEW, The Athlete's Fix: A Program to Find Your Best Foods for Performance and Health, Pip Taylor, In "The Athlete s Fix," sports nutritionist and pro triathlete Pip Taylor lays out a sensible step-by-step program to find the foods that make athletes feel and perform their best. She helps athletes navigate confusing and conflicting information about food allergies like celiac disease and lactose intolerance and also popular elimination diets like Paleo, Dukan, Dash, and...

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