

## Managing Autoimmune Disease w/ Nutrition

There are so many things that can mess with your body and a lot of ways to fix those issues. Often we turn to a pharmaceutical as our first option but does it always have to be that way? What about managing different things through nutrition and the other types of nutrients you can put into your body in order to help it heal from the inside to outside more naturally? Dr. Jaqim takes a look. [HERE](#).



## Study Spotlight

### [How Much Protein in 1 Serving](#)

There has been a long held notion that your body can only absorb so much protein in one serving. Typically that number is set at 20-265g of protein and the thought was the rest was oxidized and disposed of. Is this truly the case or is it one of those long held beliefs that has seemed to carry on for whatever the reason may be. This review paper dives deep into the protein data to take a look at what your body truly can handle and then provides recommendations to maximize muscle growth.. [HERE](#)



## #TBT: [Genetic Guided Eating?](#)

Figuring out your diet can be very hard. Often times it's hard to even know where to start and what foods to choose. What if your genes just told you? This is where things are going and we look at it [HERE](#)



WE HAD THE HONOR OF WORKING A LOCAL HALF MARATHON THIS WEEKEND AND PROVIDING SOFT TISSUE WORK FOR THE RUNNERS AFTER THE RACE. WE THEN WANTED TO SHARE IDEAS ON RECOVERY, [HERE THEY ARE!](#)

## In the World of Health

How an athlete and coach communicate is of the utmost importance. An area that is constantly in need of work it is good to hear from the best and this guy is one of the best. Great insight in this article. [ARTICLE](#)

## Video of the Week

Going along with our 'In the World of Health' and communication you may also want to figure out how to maximize your influence. This is a great video giving you ideas on how to influence and make your message heard. [HERE](#)

## Mobility Monday



When your ankle doesn't move through all its motion you can create a lot of problems. Here is a way to try and fix the issues early in the ankle. [HERE](#).

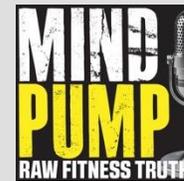
## Friday Food

### [Stuffed Peppers](#)

We tried a version of these out at home and they were really good. Here is a good option to try. [HERE](#).



## Podcast of the Week



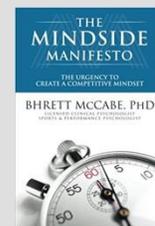
Some unique insights on podcasting and the start of CrossFit that you hadn't heard of. Great listening to these guys have a chat. [HERE](#).

## Rec' of the Week

The sun seems to finally be out in full force and with that is going to come with the sun burn. Take care of your skin and up the ante with one of the best. [HERE](#).



## Book of the Month



'[Mindside Manifesto](#)' is written by a high level athlete and therapist and it brings out great information on how to step up your mental game when it comes to competing. [HERE](#).