



SPORTS MEDICINE INSTITUTE

260 Sheridan Ave Ste.B40  
Palo Alto, CA 94306

## Comprehensive Nutrition Seminar

**APRIL 23, 2013 7:00 pm – 9:00 pm**

**\$25 per participant RSVP: 650-322-2809**



### *Fuel Muscle Not Fat*

Dr. Clyde Wilson will discuss how to:

- \* Increase your metabolism
- \* Improve your athletic performance
- \* Lose weight
- \* Increase your life span

## **Topics we will cover:**

- WHAT - to eat (meal composition): fats, protein, and carbohydrates.
- WHEN - to eat (caloric pacing): timing meals and snacks
- WATER - and other fluids: proper hydration.

The aspects of nutrition that target performance, weight loss, and longevity along with how to adjust nutrition for specific individual goals will take place during the workshop portion. Learn how to fuel muscle instead of body fat to improve health and reduce risk of disease.

### **About Dr. Clyde Wilson**

Dr. Clyde Wilson teaches “Food Facts, Fads and Pharmacology” in the medical schools of Stanford University and the University of California, San Francisco (UCSF). He teaches courses in introductory and comprehensive nutrition, weight loss nutrition, and exercise theory and application. He received his PhD in chemistry from Stanford and conducted post-doctoral research in the Cardiovascular Research Institute at UCSF on muscle metabolism and fatigue within the Department of Biochemistry and Biophysics. His system of addressing each person’s individual nutritional needs for weight loss, health and performance is based on a systematic and comprehensive use of the reported science. Find more newsletters, link to his blog, or YouTube channel, on [www.DrClydeWilson.com](http://www.DrClydeWilson.com)