



Trees & DLake Running Tips To Master Life

TREES AND DLAKE



Seven proven supplements to help you crush your run recovery

[00:00:00] **Daren:** Work plus rest plus recovery equals training, not work plus work. This means that when you go on a hard or long run, you actually need to recover properly. Learn about the top seven science proven supplements for better run recovery on this episode of Trees and Drake.

[00:00:27] **Daren:** What is up? Welcome to trees and Drake a podcast series by Mike Trees and yours. Truly Daren Drake creates in this series. Our goal is to educate and entertain smart and committed runners.

[00:00:45] **Daren:** A bit more on that for Mike Trees.

[00:00:47] **Mike:** And the aim of this podcast is to give in a light hearted, amusing and entertaining way, hints and tips to help you all run better and enjoy your sporting life more. So let's see how we can go.

[00:01:01] **Daren:** Mike's being pretty modest. He has over 50 years of running and doing triathlons under his belt.

[00:01:06] **Daren:** And if you're wondering about me, I've been in the endurance sport game for about 25 years now done a sub three hour marathon and completed an Ironman triathlon in 10 hours. We appreciate all the help and support that we can get. So if you can please share out this episode to someone that you know, that would like this, oh, quick language warning.

[00:01:24] **Daren:** In some rare instances, we might use some bad words. So apologies in advance for that. O supplements. They polarize and divide the endurance sports and running community. Some people love them and some don't I personally love them for many reasons and maybe you should consider them in your own recovery.

[00:01:43] **Daren:** If you don't already what you'll learn in this episode, the actual seven supplements, cuz we don't hide it from you. So we got one electrolytes, two vitamin D three fish oil, four glucosamine, five collagen, six creatine. And the last

one, seven broccoli sprouts. And a fun one, how non-science based anecdotal supplements could actually help you and much more.

[00:02:04] **Daren:** Let's dive into these actual seven supplements and get into it.

[00:02:15] **Daren:** All right. The eight scientifically proven supplements that I personally use, and Mike's gonna give his super pro scientific. He is an exercise scientist background, and he's also a pro coach. He's gonna give his kind of opinion and just a bit more background on them. So feel free to use them experiment with them or not consult a medical professional.

[00:02:37] **Daren:** This is just for fun, everyone. All right. We don't want anyone going to the hospital and hurting themselves from any of the stuff, but these are actually scientifically. So I don't, I don't, and I don't do things that are, oh, this random person said it with that said, though, there is not enough.

[00:02:55] **Daren:** There is not enough money to test everything in the world. So there is a lot of anecdotal supplements out there that do work for some people. And that's not to say it isn't scientifically. Sorry. It's not to say that it isn't correct. It's just, there's no actual science behind it. So I won't go. I'm not using any of those supplements today.

[00:03:15] **Daren:** All right. Just letting you know that if you use some random powder that you found in the middle of, south America and it works for you by keep using.

[00:03:22] **Mike:** You've got me going already look if there's no money to be made from selling the supplements, the research isn't going to be done, because there's no funding for the research.

[00:03:31] **Mike:** So that I think there's a lot of stuff out. That can be used natural stuff, but are people really gonna research in, into things that you can, like grass, for example, I'm making this one up, you can just go and pull the grass out the ground and eat it yourself. I don't think anyone's gonna do the research on that, cuz

no, one's gonna put the money in to provide the funding for it because there's no pharmaceutical country.

[00:03:49] **Mike:** Company's gonna make money out of it. Cause grass is just everywhere. That's a perfect bad example, but you get the point research. Done on supplements that people think they can make money out of as well. So it doesn't mean that it's not all good, but it just means that some supplements are missed because they don't, aren't perceived to be value enough to make the pharmaceutical country companies money.

[00:04:10] **Daren:** Number one, essential electrolytes.

[00:04:13] **Daren:** And I'll lump. These essential ones is a lot of electrolytes out there, but the main ones that I. In mostly a pill form are calcium potassium, magnesium, and zinc. So those are, I use that in a pool, sorry, in a pill I have yet to find zinc also combined in that. So I always have to have zinc separate, but I found calcium, magnesium and potassium.

[00:04:38] **Daren:** And there's also salt .

[00:04:39] **Mike:** Yeah. Salt, calcium potassium, sodium magnesium and yeah, the main ones.

[00:04:45] **Daren:** Yeah. So the reason why I say that I wanna start off with that is because here's a fun story about one of my extreme endurance events gone wrong failure. Is 2016 and I'm hydrating up for my longest endurance event I ever did, which is iron am and race did in 10 hours.

[00:05:03] **Daren:** But I basically drank a lot of water because I'm a heavy sweater and I sweat a lot. So therefore I lose a lot of water. I didn't know that I lost electrolytes. I didn't know the science behind electrolytes. I actually was taking salt pills and salt tablets, but I wasn't taking electro. Tablets and it was just salt.

[00:05:21] **Daren:** And then I stopped taking them as I started the run and I kept drinking a whole lot of water, like peeing clear the whole time, like on the bike, I

was peeing clear when I was running, I was peeing clear and then I hit the 10 K six mile mark of the marathon run of my Ironman. And everything started hurting and cramping.

[00:05:37] **Daren:** It wasn't. I kept my heart rate was low. I could keep running. It was a cool day. It was like 20 degrees Celsius, which is about 67 absolute perfect day. And I'm sitting there and I'm like, why am I cramping up? And, I'm sitting there peeing more and more kept drinking water. And then it wasn't until basically, months later as I started getting more into exercise science and, biohacking myself, and I realized that I peed out all my electrolytes.

[00:06:00] **Daren:** So with that said, I started. My electrolyte intake more seriously, because again, I'm a very high sweater. I, my sweat rate is through the roof. So I constantly have to have a lot of electrolytes and I, I have a lot more salt in my food than most people. And that also means that I hydrate and you have to have the right balance.

[00:06:16] **Daren:** You, if you have hydration, you also need the electricity. In your, or, sorry, not the electros. You need the electrolytes in your body to deliver that to the muscles. I'm sure I have that.

[00:06:24] **Mike:** The electrolytes fire, the electric signals to get them muscles to work, they help. That's why you need them.

[00:06:28] **Mike:** Yeah, exactly.

[00:06:29] **Daren:** For one reason. Exactly. So I like to take them daily, especially on hard days. And I found that I feel so much better when I. Proper electrolytes. A lot of this stuff, the, another big reason that I meant to put in the beginning and I might say that earlier, but another reason why I like supplements is I know exactly how much I'm getting and with food, you don't know the ripeness of the food.

[00:06:54] **Daren:** How hard, how much you cooked it, how much you over undercooked. It there's a lot of you can't actually extract out, none of us can, we don't have labs in our kitchens to, to actually find out how much is actually in

there. The exact amount, but then there's the argument of bio availability, which I won't go into.

[00:07:09] **Daren:** But basically a lot of foods are meant to be consumed with each other. So you need certain foods, fats, and et cetera for you to actually get out the vitamins and the nutrients from that. So I won't go down the rabbit hole. I'm gonna digress. Let me know what your thoughts are on essential intellectual.

[00:07:23] **Mike:** Also just jump in quickly when you say, how much you're getting. You know what the label says you're taking it doesn't mean you're actually digesting that much. So you could be taking in, 1000 milligrams of vitamin C, but the odds are, most of it's going to be in your urine.

[00:07:39] **Mike:** So you won't be absorbing it into the body. Yeah. So the, so yeah, you know what you're taking in, but you might not know what you're taking with the food, unless you study the contents on the food. My, my argument is always get a good, a healthy, balanced diet to the best you can. But same time, supplements are important for a reason.

[00:07:56] **Mike:** Electrolytes, I think are important. I can't remember the article I wrote, so people just have to believe me, but I think more people have died from, in a marathon from drinking too much water. Dehydration until very recently it was thought that virtually Nona died through dehydration in marathon, but actually quite a lot of people have died from an illness is called hyponatremia, which is where you basically drown from not having enough electrolytes because you take too much water and you pee them all out, which was what you had in a mild form in your Ironman, where you're peeing out all your electrolytes.

[00:08:29] **Mike:** And the reason that electrolytes are good, because these are the minerals, they found the body they give the body the balance that it. Just to recap, calcium potassium, sodium and magnesium are the main ones and they're critically in keeping your blood pressure. Correct. And when you're racing, they're also super important because they're critical for muscle contraction and also hormone regulation, which people don't really realize.

[00:08:52] **Mike:** So they have a vital. Role in the body and they're lost through sweat. So if you sweat a lot, you will get rid of them. And some people sweat more than others. I've never really had a problem with cramping in races. I don't think I sweat a lot and I don't think I sweat out a lot of electrolytes.

[00:09:08] **Mike:** So it's not an issue I've had having said that when I race, I always make sure that my water bottles are full with a sports drink. That. Electrolyte based. And as I'm getting old, it is to be safe. I, I'm making sure that my electrolytes and my salts are high for hot, days when we're training in the heat.

[00:09:24] **Mike:** So yeah it's an individual factor. And I would say that if the workout's less than 30 minutes, you don't really need to think about electrolyte supplementation, but if you're out in the heat training for longer than 30 minutes yet replenishing the fluid. With electrolytes is very important.

[00:09:41] **Mike:** So that's my summary of it. Any, anything you want more than that on the subject, but I think you do right to take electrolytes. It's one that I'm not into all supplements, but this is one a hundred said behind you on that. And not just drinking plain water when you're out running, make sure that you're getting the electrolytes in as well as the plain water.

[00:10:01] **Daren:** Join me the number two. Which is vitamin D vitamin D. And I take this mostly in the pill form. I am dark skinned. If you're watching this or you might follow me Instagram, I am dark skinned. So getting vitamin D from the sun, which is the best place to get it outside of the pills. It's really hard for me to get in, especially in the winter when the sun is lower and there's less vitamin D that my body can extract from the ultraviolet raise.

[00:10:24] **Daren:** So I need to keep it high and fair skin people like yourself, Mike, and a lot of the, a lot of the earth is fair skin. You can get it in the middle of the summer and five minutes, you can get all you need for the week. As far as supplements goes, you don't need to take the vitamin D, but I take.

[00:10:39] **Daren:** In the winter, I take it more in the pill form. And then the summer, I usually this is another thing I'm also not out in the peak midday sun,

even in the summer, I'm usually training in the morning and then I'm out in the afternoon, early evening to pick up my son. So I actually don't even get a chance to get it.

[00:10:55] **Daren:** And that's another thing is the, even in the morning when the sun's rising, that's not the best vitamin sun. What do you wanna take on that?

[00:11:02] **Mike:** My, my wife, when we were in England took vitamin D supplementation, because you gotta remember that we get up early before the sunrises, you go to an office, you work in an air conditioned or heated office all day long in England in winter.

[00:11:15] **Mike:** You come out that office it's dark again. So most people, and at the weekend you decide to go out it's cloudy and raining. There's no sense. Yeah, again, this is another one. At certain times a year, I think certain people need to take vitamin D supplementation. I am super lucky that I'm a sports coach.

[00:11:32] **Mike:** I'm outdoors all year round throughout the day. I get bags of vitamin D naturally, even in winter, there's enough sunlight hitting my skin that I absorb it so that I don't need it. If you don't go out in the sun. And if you are, for example, in Japan, it's it's very fashionable to have to try and keep your skin as, as light as possible, not to get a sun tan.

[00:11:55] **Mike:** And then you see the old ladies with there, the Camons and things with the white makeup on that was considered very aesthetic in the past so that they didn't go out in the sun. And so they're not getting so in a culture where you're not going out in the sun. And I was in Indonesia a lot recently, and I grew up in Libya and these are Muslim countries.

[00:12:15] **Mike:** And so a lot of the people actually, cover their skin up and it's part of the culture and the religion not to expose bare skin. So again, these sort of people will need to think about supplementation of vitamin D. So even if you're living in a hot climate but if you're not exposing the bare skin to sunlight it's a supplement that you need to think of.

[00:12:34] **Mike:** Having said that in the west, I think they put vitamin D in all the cereal packets and everyone eats far too much sugary cereal. So they're probably getting enough vitamin D, but it's something to think about. Definitely. And I agree with you in the winter months. It's another good one. I'm with you on that?

[00:12:47] **Mike:** Vitamin D supplements. I don't mind you taking that one either. Terrance .

[00:12:51] **Daren:** Number three fish oil slash omega threes. Ad break.

[00:13:01] **Daren:** This episode is brought to you by energy coaching, which is Mike tree's coaching service, Mike and his team of coaches work with beginners to pros and all levels in between. No one is too fast and no one is too slow. They just wanna desire to learn and improve. They focus on 1500 meter races to marathon running and triathlon training energy coaching is constantly overbooked.

[00:13:20] **Daren:** So Instagram and this new podcast, venture trees in D. Gives Mike and the rest of his energy coaching team, a way to reach out to more people and help them. Contact Mike and his team at the letters nrg-coaching.com or go to the link in the show notes. And back to the show.

[00:13:47] **Daren:** Number three fish oil slash omega threes. Obviously you can get this from eating a whole lot of the right fish, especially wild not farm. But this is about supplements. This is about real food. We'll do another one about real food in a second fish oil. There was a lot of hype about it over the last 10, 15 years that it was amazing.

[00:14:04] **Daren:** And then they actually have I think there's new studies that are like, it's actually not that great. It still helps with recovery. It just doesn't help as much as we thought. It doesn't hurt to use it. It also works really well if vitamin D works really well when you take it with fish oil. So two and three are tied together because vitamin D needs fat to help move it along in your body.

[00:14:23] **Daren:** But yeah does it actually, if I'm, if I have an achy, whatever achy joint or ligament and I take some fish oil, do I feel great? Two hours later?

No, but I take it and there's also, some of, a lot of the fish oils are cheap. They don't know what's actually in it, the cheaper ones.

[00:14:38] **Daren:** So you need to get a higher end fish oil. A lot of people might not have them a. What do you think about all that Mike?

[00:14:45] **Mike:** Again, fish oil. It's the omega three fatty acids that we're after essentially from the fish oils. And what we tend to do in our diets these days is we have too much processed food and processed manufactured oils.

[00:14:57] **Mike:** So we are getting too many omega. Fatty acids and oils in the body. And this can set you up for heart attack, heart disease, current, all sorts of problems, high, not sure if it's been proven to be related, get high cholesterol with these issues, but it's not healthy. And do we need to keep the balance and you I've forgotten what it is. I think it's three omega. I need to look. It's three omega fatty acids to the the six fatty acids. So we it's always good. We're getting too many. Omega six is in, so we need to get these fish oils and I would only go for them with mega three fatty acids.

[00:15:34] **Mike:** They're a group of polys, saturated fats. They're essential for human health. They come in the best forms for me come, if you're eating salmon heroin, and EENs, you're gonna be getting bags of it. But if you're not a big fish eater then you can get them, in supplements and they're probably taken from salmon, her and the horse to wouldn't supplement.

[00:15:52] **Mike:** If you're a vegetarian, you can get them from cheer seeds from walnuts and even flax seeds. Vegetarians or vegans can also get a good source of them again yet. They're great for heart health. I don't act. It's the one supple I take regularly and I do it for heart health rather than anything else.

[00:16:08] **Mike:** And. It's again, it's not been proved a hundred percent, but I'm sure it does it's it supposedly helps protect the heart. And it's one that I think in a modern diet where we're getting too much access to processed foods. I think it's

good to restore the balance in the fats that we're taking in the body and to get more omega, to re fattier acid.

[00:16:28] **Mike:** One thing I meant to say on the. Omega-3 yeah they're also, EPA and DHA they're meant to be good for brain health. So it is, it's often suggested you give them to kids because their brain function is developing. That's another reason that people in early life are thought to be good.

[00:16:43] **Mike:** So it might help against dementia in later life, but they're also good. Anti-inflammatories this is the reason why it's good for heart health, because the anti-inflammatory. Action in them. It might help with doms, which is the onset delayed onset of muscular soreness. And it could help with increasing blood flow to the muscles during runs.

[00:17:02] **Mike:** Yeah, so that was another reason I forgot to say there that I take the omega threes fish oils.

[00:17:09] **Daren:** All right. Number four glucosamine. And they didn't know what this was, but I, once I started researching it and I. It helps with recovery, especially after hard workouts and strength training.

[00:17:19] **Daren:** And then I found out it was for it's for older people, senior citizens, and people that, things hurt and muscles ache, and all those types of things. I've been pumping the glucosamine on again hard days. And is it helping? I don't know, but I, I always take it or I have my, whatever, I'd have my hard training days.

[00:17:37] **Daren:** I usually also, I found out that I like to batch. So if I do a hard interval session, I also like to do strength training right after that. And my body responds extremely well. Not everyone can do that, but then I have a nice 48 hour, 72 window to properly recover. I don't try to shove another workout in, or, strength training session.

[00:17:55] **Daren:** But after I do that, I load up on these supplements and I found that I recover really well. So any notes on glucosamine? What do you think about.

[00:18:04] **Mike:** So it's one, that's been big, I in Japan for a long time. And it's considered good for joint health traditionally. The the collagen it's a fibrous flexible Protein and it adds structure to the joints.

[00:18:19] **Mike:** So a lot of people take this supplement, for their knees. If you get pain with their knees, they think it helps. But it's it's been taken, as well as helping with arthritis. It's actually quite good these days in terms of preventing heart disease, it's called.

[00:18:34] **Mike:** So there's a study in the British medical journal. 2015, where they looked at the biobank data and they studied. I think they, they actually got data from 500,000 healthy people and found out that those who took glucose's sulfate supplement were 15% more or less likely, sorry to, to have a heart attack, then those that didn't.

[00:18:57] **Mike:** And if they did have a heart attack, there were. 2% less likely to die of that heart attack. So it seems thatam in is now making a little bit of a revival as a supplement because it not only is it, protection for the joints, it's thought, but it could also be a good risk protection.

[00:19:14] **Mike:** Against heart attacks and even having a fatal heart attack. So again, this is another supplement that's considered to be pretty good to take. My, my job is I'm really bad at remembering you take the supplements. I do remember to take my fish oil every day and I will go out and buy some in for my joints initially.

[00:19:30] **Mike:** And now I've realized it good for the heart bite, but make you for getting to take it. I'm a shocker.

[00:19:36] **Daren:** You should take it with your with your fish oil. So I take 'em all at the same time. I've literally got like a handful of like 10 pills and I just I always

make sure I eat beforehand just in case I ha I can take 'em on empty stomaching, but just in case.

[00:19:48] **Daren:** Yeah. So I eat before. That makes sense. Yeah, I eat and I just have a handful of them and I have to two or three GOs. I have to get 'em all down because I'm the same, like I just know after certain workouts I'm like, okay, I need to get 'em in. Cause I'll forget. And then it'll be like two days later, I'm like, I needed to take the supplements, two days ago to actually get the benefit.

[00:20:03] **Daren:** So I just make sure that I just do it all at once. That's how I do it. And they're all in the same. They're all in the same container too. I just dump 'em all out in the same container and I know what they look like. So then when I pull out the fish oil, I pull out the CLO glucosamine and pull out the vitamin D.

[00:20:16] **Daren:** So maybe you should try that for a little hack to make sure you, you get it all. Number five and you already actually touched on it. Glucosamine has a collagen. Some collagen benefits or profile.

[00:20:29] **Mike:** Broccoli's sprouts. Are that number five is

[00:20:31] **Daren:** broccoli's.

[00:20:31] **Daren:** Oh, sorry. No, I'm gonna jump to I'm flipping it.

[00:20:33] **Daren:** I'm flipping it. So yeah, I'm flipping it to collagen. Number five, collagen protein. We talked about that a bit. Glucosamine has collagen like properties to it, but actual collagen protein powder is something that I legit have been taking for a few years now, probably four years. And. It was because of, I had, I've been having these Achilles issues, my Achilles, as I get older, I didn't take care of them as best I could.

[00:20:59] **Daren:** I wasn't doing the strength work that I could have done, but I read some anecdotal evidence. There was no hardcore science mark Sisen, he's a big person and I read something and I said, you know what, let me take it. And

within a week, my Achilles felt great. But then I found out a few months ago from 10W2S check her out at 10W2S on Instagram.

[00:21:21] **Daren:** And she put to light a new study, or it's not even, it's not a study because like you said, they don't have the backing for it, but there is a lot of evidence now and there's some preliminary studies. They haven't put the paper out. Hasn't been peer reviewed, I think, as of the time of this recording, but collagen combined with strength, training routine, Achilles Salis after Achilles's injury.

[00:21:43] **Daren:** Actually is like this golden, like combination where it really, it, you have to do both of them to really see the benefits. Of Achilles starting to strengthen up and you get nice hair. I don't have that much hair, but you get nice hair and you get nice skin. My skin does glow after I've taken the collagen for about a week or two.

[00:21:59] **Daren:** I'm like, oh wow. My skin looks absolutely phenomenal. So that, that's another kind of a side, third benefit, secondary benefit. But yeah, the collagen is something that I try to stay on regularly minimum two times a week, especially after hard workouts I've had, I've been notorious with these Achilles issues for the past few years.

[00:22:16] **Daren:** Finally. The last year I've gotten rid of it through an intense strength training regime program. Just really sticking with it, staying disciplined. Even on my easy weeks, I still make sure that I do the Cal phrases and the slays work that I need as I'm getting older. My Achilles is just starting to get old and shrivel up.

[00:22:34] **Daren:** But collagen. What are your thoughts on collagen?

[00:22:37] **Mike:** From what I've been reading around the subject a little bit they suggest that most people should get enough collagen from the diet. But again, they also say that the important sources of it is bones. And so as a vegetarian , I'm not gonna be eating a lot of bones.

[00:22:55] **Mike:** I would say it's not gonna harm you to, to supplement the diet with collagen. Just to make sure you do need to have amino acids to absorb it, those synthesized the body, but make sure you're getting enough amino acids as well to to get it synthesized into body. But yes I agree with what you're saying from the research that's coming out here.

[00:23:15] **Mike:** That it, the soft tissue of the body. It's great. And so I, wasn't an expert. I must admit I wasn't an expert on collagen before you mentioned it. And I've done some reading up around it, but I think it is a good food. To get and good foods that have it in naturally beef, chicken, fish beans.

[00:23:35] **Mike:** So you can get it from beans as well. It seems as well. So yeah I would say that it's one to go for it. It's not my own expertise. I must say it's something I have read up on and it seems that science is suggesting that it is good for protecting the soft tissue and the joints when running and enhancing your recovery.

[00:23:52] **Mike:** And again, if you do all this, that's, if you do protect your joints and you recover well, it'll help protect with the flexibility and the mobility and you're cushioning while you're running. So it could be quite a valuable supplement for runners.

[00:24:06] **Daren:** All right, we're gonna stay in the protein area.

[00:24:08] **Daren:** So the, this is the last protein that I take. Number six, Cine monohydrate. And there, it seems to that that's the only one you can really get I've read that. That's the only one that kind of works. You wanna get the monohydrate but Cine and it's not just for bodybuilders. I've seen you do some posts on this.

[00:24:25] **Daren:** I know you probably have a positive opinion on this, but creatine, I always thought, I remember when Cine got hot in the late nineties, all the bodybuilders, in high school, they were like, shoving, creatine dude, I'm getting jacked man. And I was like, why do I need to take creatine?

[00:24:37] **Daren:** I'm a runner. This was 10 years ago, five years ago. And a friend of mine was like, no dude, there's some legit studies now. Actually it was the old co-host of this podcast when it was called masters of some. Phil cross. And he was like, dude, take some creatine, once a day, anywhere from three to five grams of it.

[00:24:52] **Daren:** And this study after study is just creatine is really good for endurance athletes, especially runners. So yeah, I take that on usually hard days. And usually when I'm strength training, what are your thoughts on creatine?

[00:25:04] **Mike:** So you've yeah. Hit basically the summary that I, I was sorry about that as well.

[00:25:09] **Mike:** That it, yeah, Lyford Christie. I, he was Olympic champion, I think a hundred meters. He brought it to fame in Britain, in the nineties as a runner, but he was mostly used by sprinters and power lifters. But, and it was used as an Ergen aid with cafe so often to help performance.

[00:25:26] **Mike:** They took it with cafe as well, but it, it does tend, you tend to store water. So your body weight does go up when you take it. So again, it went outta fashion for a little while because distance runners would store water and bloat out a little bit on it. But studies suggesting that a it actually is quite good at being beneficial as giving a buffering against lactic acid.

[00:25:45] **Mike:** Maybe as much as a five. Buffer against the lactate building up. So that's another thing so that when you're running a threshold, you're having a, being able to run a little bit faster and a little bit further without building up lactate in the blood might be a, another good reason to take creating again, all these things start to add up it, it comes down as an Ergen aid in my book and then that then comes into that gray area.

[00:26:13] **Mike:** Not supplementing for health more. This is taken specifically to help you to raise quicker. So that then becomes a gray area with cafe, it's legal. So if you want to take something legal to help you raise faster, I think this could do it.

It might be a buffer against lactate acid. And then it also seems that taken in conjunction with cafe.

[00:26:31] **Mike:** It might also be a bit of an Ergen aid as well. I think there is some science. To say that it can help runners and endurance or not just sprinters, but can help endurance runners perform better as well.

[00:26:43] **Daren:** Interesting. Yeah, and I took it for recovery because I had read that it helps with recovery.

[00:26:51] **Daren:** Obviously protein. You can get it from natural foods, which I get most of. And there's the whole argument of BCAs. I know BCAAs. I know you don't care for BCAs. I personally, I actually like BCAAs pre-run and pre races because they are a very extremely low protein and low, sorry, low calorie protein.

[00:27:12] **Daren:** There's been some studies that if you get protein in your system before race and even during, so during Ironman, I was. I had protein. I had BCAs in my water. So for longer events taking in protein during events actually helps you. And that's where B BCAs are. Great. And the flavorless, I get the flavorless ones that taste like plastic.

[00:27:29] **Daren:** I call it the future. It tastes like the future. It is one of the flavorless BCAs, but all the BCAs have Superlo in it, which I can't stand OSE. It is. The it that artificial sweetener, it actually gives me like a migraine. I get the flavorless BCAs, but yeah, we're not talking about BCAs. I don't use BCAs for recovery.

[00:27:48] **Daren:** This whole thing is about everyday training recovery, but creatine works. But I did not know. I did not know about it for race day buffering because I actually do take it before the race. I actually always take about three, three to four grams works for me. I don't want to get stomach issues. I know once you get to the five grams and more, some people have stomach issues, they get bloated, I have to go to toilet, they get gas.

[00:28:08] **Daren:** So I stay around three grams, three, four grams. I didn't know about that. So that's actually, I'm glad I'm I was already, aiding my race.

[00:28:14] **Mike:** There's another plus for you. Just to cut you up there. Sorry about that. No, but he just wanna get my other plus in. So according to the journal of diabetes research it actually increases your thermic effect which is to burn.

[00:28:25] **Mike:** So you burn more calories. And so they think that possibly it could help with fat reduction. I mean it, these things are mine that remember it's, you eat one piece of toast too much every day for a year, and you gotta put. Two kilos. I think it is. But it still died is the most important thing, but it does seem that it's been shown to help increase the, your thematic thermic burn.

[00:28:46] **Mike:** So your metabolism rate goes up a little bit and might help with keeping body fat down. So there's another plus that maybe associated with it, again, all these supplements, they need more research, so people are coming out suggesting they're suggesting that, but. Nobody can categorically say it does this.

[00:29:04] **Mike:** It does that yet. It just, it hasn't been proved wrong.

[00:29:07] **Daren:** Fair. This is why it's my personal, what I use and based on the science that we have and science changed its mind, science is not an absolute truth that we science knows what it knows today. Every scientist is okay with saying now I know more information.

[00:29:21] **Daren:** Therefore, what I knew yesterday is wrong and that's, that happens.

[00:29:24] **Mike:** It hasn't been proved wrong yet. So in my way, my take on it is that it's only correct as to a point, it hasn't been proved wrong yet.

[00:29:30] **Daren:** Absolutely. Absolutely. All right. I'm gonna end this off. Number seven broccoli sprouts. So broccoli sprouts have sprung up in my radar via, oh, I can't remember her name.

[00:29:40] **Daren:** Rhonda Patrick, Dr. Rhonda Patrick, who was on Tim Ferris and Joe Rogan. And she is awesome. Absolutely love her. Just the way her whole brand is. And there's been some new scientific information about broccoli sprouts, but I did broccoli sprouts because the reason why is the cancer, it has a higher chance of reducing the risk of getting cancer.

[00:30:04] **Daren:** As you get older. There we go. So yeah, if you get, if you take broccoli sprouts every day and you still get cancer, sorry. I apologize, but. The, this is like the first, this is the first like conclusive evidence that the cancer industry has had about, especially broccoli sprouts and it's best to take broccoli sprouts as a real fruit food.

[00:30:21] **Daren:** So you need to grow your own, or you can buy broccoli sprouts and, store in the freezer and then chop 'em up in your salad. I don't have time for that shit. The second best is to get it in a pill form or a powder form. And it's effectiveness is probably not as good as the real food, but it's something and I try to take it regularly, but it actually has a running recovery benefit.

[00:30:40] **Daren:** And it mitigates oxidative stress. That's probably the biggest thing. So I'm actually doing two things with it. It's helping with running recovery, but mostly I'm trying to , I'm trying to. Prevent possibly Alzheimer's and cancer in the future. So I'm let's do both of it. Let's do all three of them because why not?

[00:30:55] **Daren:** And I will probably start growing my own broccoli sprouts because I really, I like the way broccoli sprout tastes. I should probably eat them more. The fibers probably good. What do you think about Broel sprouts as it's quite new?

[00:31:06] **Mike:** I think you've pretty much summed it up. It is a new one and I had to read up a little bit on it.

[00:31:11] **Mike:** It seems that just, the only thing I can really add is the technical term. And I didn't know this well, this is, it's a rich source of sulf REFA. And that,

that is the compound, which is a natural antioxidant. And of course antioxidant it's. So in the research, it seems that the research is showing that.

[00:31:28] **Mike:** It gives us health, benefits to the body such as mitigating oxidative stress, which I think is a good one. There is too much oxidative stress and it might help with reducing the risk of cancer, as you said aiding brain health, which is great. So it might reduce the risk of Alzheimer's in old age.

[00:31:46] **Mike:** These are all great benefits that you've taken from. Broccoli sprout. You probably get from broccoli as well. Just eating broccoli alone would help cabbage cauliflower, sprouts. They're all high in contact yet. So I don't actually like brussel sprouts, but I do cabbage. I do like cauliflowers. So that's another thing.

[00:32:05] **Mike:** So yeah. It looks as though it could be quite beneficial. It, as I say, it's a new one. And so the, I think the research is still out on it, but it's all looking good at the current time.

[00:32:16] **Daren:** The quick asterisk on the actual broccoli. So the reason why the sprouts are more conducive for all of the health benefits is because.

[00:32:24] **Daren:** It's right before it actually becomes the broccoli. So when it become, when it matures to the broccoli, it doesn't have all of these benefits. So you need to catch it at that really young state. And that's why you're growing it on your own. Or, you're buying it from a shop that's like growing them right in that sprout form.

[00:32:39] **Daren:** So it's similar to alfalfa sprout and all that type of stuff. So it looks just it's just like a little seedling of sorts and it grows in water and you wanna catch it before it becomes the. Broccoli deal. All right, I'm gonna sum this all up. So the top seven, proven through science supplements that I use for everyday training and recovery.

[00:32:57] **Daren:** One essential is electrolytes. Which is salt, sodium chloride, calcium potassium, magnesium, and zinc two vitamin D as the pill form, obviously

three fish oil slash omega three S four glucosamine, five collagen protein peptide I think is, and I think that has the immuno acid in it. I think if you get the collagen protein peptide, six creatine monohydrate.

[00:33:24] **Daren:** And seven broccoli sprouts in the supplement form. Any concluding summary thoughts Mike, on that?

[00:33:31] **Mike:** I, of those, I take the fish oils regularly. Definitely. And I keep meaning, take them in, but I keep forgetting. I do get a lot of vegetables in my diet. I take the electrolytes when I'm training correctly, but interestingly.

[00:33:45] **Mike:** At certain times you might need more things than others. I had. I broke my leg recently had a lot of internal bleeding, which caused me to have almost go for kidney failure. So they have to gimme these washouts to flush out all the crap, basically outta my kidneys and to get them healthy again.

[00:34:01] **Mike:** But the, by flushing so much fluid through the kidneys, I became anemic. So then I needed blood transfusion. To get their blood level up. So now I'm on iron pills at the moment. So I'm taking iron because obviously iron is super important for transportation of oxygen around the body. And as an endurance athlete being anemic is not a good one.

[00:34:21] **Mike:** So that's a temporary supplement I'm taking. And again, it looks like iron is good to take with vitamin. If they help absorption. So I'm taking vitamin C and iron to help get my iron content back up to to where it should be. So at certain times I think there are certain needs for certain supplements.

[00:34:39] **Mike:** But I am, I. I'm not against them. And you seem to pick a good chunk of very good supplements, but I'm definitely much more in the camp of trying to eat a healthy, balanced diet to get as many of the essential vitamins, Mitchells, proteins, and fats that we can . Yeah.

[00:34:56] **Mike:** Look to talking about that one on a future podcast.

[00:34:58] **Daren:**

[00:34:58] **Daren:** Is the help and fitness internet too much, sometimes too many conflicting articles and videos that confuse you on how to train and eat, or you don't have time to just read and watch everything about, I don't know, the new trends on carb cycling for trail running. Don't worry. We'll take care of all that for you.

[00:35:50] **Daren:** Sign up for our free email newsletter, three thing Thursday, 1, 2, 3, we'll put three perfectly curated and created things in your inbox for better living and training, go to [Dake creates.com/ttt](https://dakecreates.com/ttt). We do the hard time consuming work and scour the health and fitness Internet's deepest and darkest corners. This is so that every Thursday you have our piping hot new email with the latest and coolest tips, tricks, tools, tactics, and skills also that you can train and live consistently to do dope shit in your next endurance event.

[00:36:21] **Daren:** If you sign up now, you can receive my quick guide on how to get healthy, stay fit, and use. Create habits that last a lifetime that's [Dake creates.com/ttt](https://dakecreates.com/ttt) to be inspired and motivated on the regular time. Time is a resource. No one can make more of, so we appreciate you taking precious time out of your day to listen.

[00:36:42] **Daren:** This far, our goal is to show the world how to live better through running. Cycling and triathlon the episode, and many others have a transcription go to the show notes description to find out more. This was produced in Sydney, Australia, and I'd like to acknowledge the Gadigal of the Eora nation, who are the traditional custodians of this land.

[00:36:59] **Daren:** I pay my respects to the elders past president and future. I recognize that continuing connections to the land waters and culture, these lands were stolen and sovereignty was never seated. If you like this episode again, we'd highly appreciate it. If you go on whatever app you listen to and make sure to follow [Dake Creates](https://dakecreates.com) podcast.

[00:37:15] **Daren:** We're on Spotify, Apple Podcast, Google podcast, Amazon Acast and a bunch of others. And if you're feeling real loose, a rating review or

share of this episode to anyone, that would be into something like this would be amazing. If you have any questions, concerns, suggestions for the episode or hell you wanna be on the show, hit us up the best way is to email talk@dlakecreates.com

[00:37:37] **Daren:** We're also on the socials main Instagram, you can hit up Mike Trees at the letters run.nrg or you can hit me up on instagram@dlakecreates.com or just wherever you can find us is fine. If you need any transcripts you're into podcasting, or let's say you just are big into accessibility.

[00:37:55] **Daren:** Please use the company that we use. Speech docs. You can check them out at speechdocs.com. Don't worry. If you didn't get all that, there's a link in the show notes description. Thank you again so much for listening. Peace.