



Foreword

I have worked with Cory Holly for a long time and consider it a privilege to write these few words. During the decades I have known him, Cory and his delightful partner Tracy have worked in the Cory Holly Institute to develop the best - *by far the best* - and most comprehensive sports nutrition course available anywhere in the world.

This up-to-the-minute new book reflects not only the latest nutrition research, but also all that accumulated knowledge and expertise they have systematically compiled over the last 20 years.

It is the lucky athlete who is now reading these words, because the following pages contain the nutrition that grows champions. I could mention various bits of research and various famous athletes with whom they have worked, but you are far better off to study them in depth in the book.

The most important evidence of the expertise herein, is Cory himself. Not only does he walk the talk, but, at age 60, he is a living example of the results of applying optimum sports nutrition to your body. He is a competitive Masters athlete in the Olympic sport of Hammer Throw and a Masters bodybuilding champion. He is a coach and mentor to athletes worldwide.

For the beginning athlete, for the athlete aiming to move up to elite status, and for the champion yearning to break that world record, I can think of no one better to trust for your nutritional knowledge, your physical development and your athletic career. Nor can I think of any source of nutritional and training information that offers the bounty you will find in *The Encyclopedia of Sports Nutrition*.

Dr. Michael Colgan (Age 75)
Saltspring Island BC 2013
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