



## The Top 5 Natural Muscle Gain Supplements!

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Got a few hundred bucks? Great - go to the nearest Health Food or Muscle Supplements shop and buy all the Whey Protein, Creatine, BCAA's and Protein Bars you can find!

Or don't. Because you don't have to in order to initially put on lean muscle!

Although *some* of these items above are beneficial for certain types of Fitness Programs, you can find most of the muscle and protein building blocks to start you off at your local grocery store!

And while these 5 natural muscle foods are easy to find, *be mindful of where they originate from, and what they contain*. For example, having farmed Salmon that is kept frozen for months on end won't necessarily be a great option nutritionally.

Be aware that not all of these in these items Top 5 list below will directly add to muscle gain via loads of protein or Amino Acids. Instead, they will assist with overall muscle growth and repair when partnered with a structured Resistance Training program.

**#1 - Salmon** - There are very few things better tasting than wild caught, fresh, crispy skinned Salmon! The fact it's full of [Omega 3](#)'s and Protein (approx. 25g per 100g) means that is just may be the ultimate 'health food'! But perhaps the biggest benefit of Salmon is that it contributes to muscle repair [1], an essential aspect of increasing muscle mass and leanness!

*BONUS: Omega 3's have been shown to **reduce inflammation** in the body. Inflammation is being shown more and more to be a trigger for early signs of possible Cancer!*

**#2 - Eggs** - What's better for you - the egg yolk, or the egg white? How about we make it easy: just eat both! That's right, the egg, the whole egg, and nothing but the egg! In fact, eggs are often referred to as the most complete whole food due to their protein, mineral and nutrient content (11 in total)!

*BONUS: The protein in eggs is more readily absorbed and used by the body than protein in any other food. [2]*

**#3 - Water** - What is Water doing on the list you may ask? Well, muscle is almost 80% water, so even a minor drop in hydration will affect muscle growth, repair and your overall performance. The Biochemistry Journal further substantiated this by saying "...decreased body water leads to cells shrinking and protein breakdown." [3]

*BONUS: Drink 8 - 10 glasses of water per day, and flatten out those facial wrinkles, improved concentration, and increased energy!*

**#4 - Coffee** - If you thought water was an unusual choice for this list, then you must be really scratching your head about coffee. But listen to this: coffee fends off fatigue, and lab tests "...show[ed] caffeine to be ergogenic during high-intensity intermittent exercise." [4]. Which means that caffeine buzz you're getting will also help you last for longer in the gym!

However, do not overdo coffee. It is a diuretic, which means you could spend more time in the bathroom than in front of your weights, and you don't want to be dehydrated when doing any type of workout (see #3 above for help here).

*BONUS: With caffeine, throw in the added benefits of fatty acid oxidation (read: fat burning) and increased Carbohydrate utilisation! [5]*

**#5 - Beef** - You already knew this one. But want to know why? Creatine and Amino Acids. You can buy these as supplements, and if you want to go hard in the gym, I do recommend Creatine supplementation, as long as it doesn't bloat you. However you naturally derive these natural muscle supplements via beef! Try and go for organic, grass-fed for the clean eating benefits where possible.

*BONUS: In a 1997 study, participants in a study were found to increase their one repetition maximum (1Rm\*\*) by 20% - 25% when on a controlled and regular Creatine dosage program. [7]*

I'm sure you can think of several other great natural protein sources - turkey, chicken, most red meats, or full-fat milk to name just a few. You can go and find your favourite tasting, high protein foods and see what works best for you to compliment your gym program.

Sources and Notes:

[1] <http://www.muscledstrength.com/supplements/ingredients/omega-3.html>

[2] Cathy Johnson, Eggs: Unscrambling the evidence, <http://www.abc.net.au/health/thepulse/stories/2011/07/13/3266764.htm>

[3] William Gamonski, Why is Water important in building muscle, <http://www.livestrong.com/article/134943-why-is-water-important-building-muscle/>

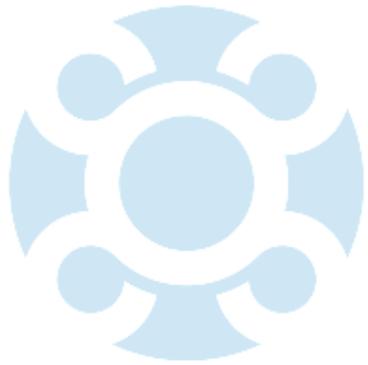
[4] JK Davis, JM Green, Caffeine and anaerobic performance: ergogenic value and methods of action , <http://www.ncbi.nlm.nih.gov/pubmed/19757860>

[5] Elliot Reimers - Is caffeine good or bad, <http://www.muscledstrength.com/articles/caffeine-good-bad-risks-benefits>

[6] P.G.Williams, Nutritional composition of red meat, <http://ro.uow.edu.au/cgi/viewcontent.cgi?article=1053&context=hbspapers>

[7] Stephen P. Bird, Creatine supplementation and exercise, 2003, <http://www.jssm.org/vol2/n4/1/v2n4-1pdf.pdf>

\*\* 1RM is defined as the maximum weight of any exercise you can safely perform in a controlled manner before exhausting your energy reserves, thereby not being able to perform another repetition. It is commonly used by Trainers to measure Clients strength before and during Resistance Training programs



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