

Thrive: The Vegan Nutrition Guide to Optimal Performance in Sports and Life – Brendan Brazier

Through the pages of this book we learn how and why Brendan Brazier, a former professional ironman triathlete and endurance racer, developed the Thrive Diet. In his effort to find the optimal nutritional program to enhance his performance and help his body recover from the stress of his intense workouts, he tried many different diets before he finally discovered that a plant based diet using nutrient dense foods was the best way to go.

In the book, Brendan devotes an entire chapter to the different kinds of stress and its effect on the body. He says, “The Thrive Diet will potentially eliminate up to 40% of the total stress on the average North American’s body.” He also states that, “Stress may be the cause of many health problems, but the good news is that we have control over what we eat and can prevent and reverse many health problems simply by eating a diet that alleviates nutritional stress. That is exactly what I developed the Thrive Diet to do – to get us healthy at the core.”

You don’t have to be a high level athlete to enjoy the benefits of the Thrive Diet. The principles in this book are for all people, no matter their activity level.

Here is what Hugh Jackman, who wrote the forward for the book, had to say about it: “I am forever grateful to this book and to Brendan...I have noticed increased energy and more restful sleep. My desire for sugar and salt is waning, and what’s more, I am following [these] recipes and loving them.”

The Thrive Diet aims to “reduce biological age, increase life expectancy, help reduce body fat and maintain lean muscle, increase energy without coffee or sugar, increase strength and endurance, improve productivity, improve mental clarity, improve sleep quality, reduce sleep requirements, improve resistance to infection, quicken recovery from exercise, reduce or eliminate sugar cravings and increase the desire to excel.”

This is one of the best nutrition guides for any level of athlete or non-athlete.

