

Here's how the lineup works:

- On the first of the month, this document will be distributed, including four articles and four podcast episodes.
- Over the course of the month, read and listen to those at your own pace.
- On the first of the *following* month, a summary, key notes, and additional insight for each will be included, along with a new set of articles and episodes.

## Articles

Hijlkema, A., Roozenboom, C., Mensink, M., & Zwerver, J. (2022). The impact of nutrition on tendon health and tendinopathy: a systematic review. *J Int Soc Sports Nutr*, 19(1):474-504.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9354648/>

Heilesen, J.L., Macartney, M.J., Watson, N.L., Sergi, T.E., Jagim, A.R., ... & Peoples, G.F. (2024). Nutritional optimization for brain health in contact sports: a systematic review and meta-analysis on long-chain n-3 fatty acids and neurofilament light. *Curr Dev Nutr*, 8(10):104454.

<https://pubmed.ncbi.nlm.nih.gov/39429508/>

Keefe, M.S., Benjamin, C.L., Casa, D.J., & Sekiguchi, Y. (2024). Importance of electrolytes in exercise performance and assessment methodology after heat training: a narrative review. *Appl Sci*, 14(22):10103.

<https://www.mdpi.com/2076-3417/14/22/10103>

Murphy, C., & Koehler, K. (2022). Energy deficiency impairs resistance training gains in lean mass but not strength: a meta-analysis and meta-regression. *Scand J Med Sci Sports*, 32(1):1-266.

<https://pubmed.ncbi.nlm.nih.gov/34623696/>

## Podcast Episodes

[The E3Rehab Podcast](#) (#168): High vs. Low-Risk Bone Stress Injuries with Steph Mundt (55:02)

[Performance Nutrition Podcast](#) (S6E7): Bulletproof Your Joints: Nutrition & Training Strategies for Stronger Joints, Dr. Keith Baar, PhD (56:19)

[Eat for Endurance](#) (#87): Personalized Hydration with Colette Vartanian, MS, RD (1:26:00)

[Fast Talk Laboratories](#) (#345): Why Our Gut Microbiome is Important for Performance and Recovery with Julie Ann Davey (57:00)