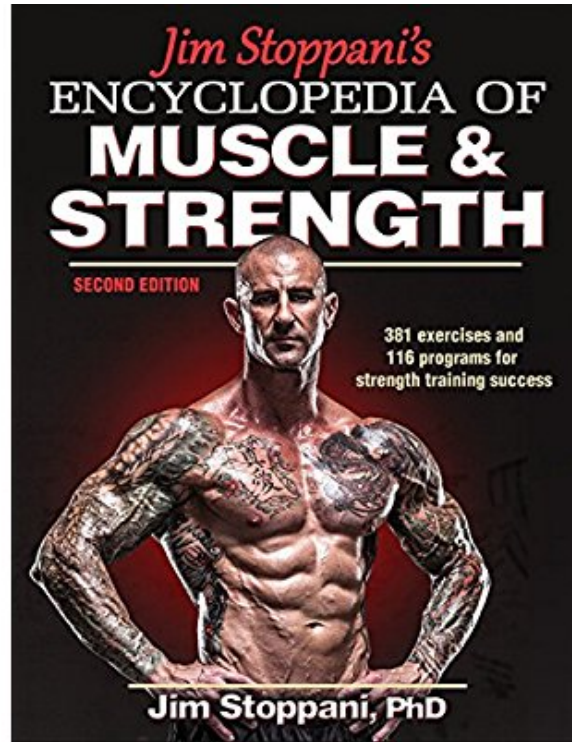


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Synopsis :

About the Author Jim Stoppani, PhD, received his doctorate in exercise physiology with a minor in biochemistry from the University of Connecticut. After graduation, he served as a postdoctoral research fellow in the prestigious John B. Pierce Laboratory and department of cellular and molecular physiology at Yale University School of Medicine, where he investigated the effects of exercise and diet on gene regulation in muscle tissue. For his groundbreaking research he was awarded the Gatorade Beginning Investigator in Exercise Science Award in 2002 by the American Physiological Society. From 2002 to 2013 Stoppani was senior science editor for Muscle & Fitness, Muscle & Fitness Hers, and Flex magazines. He is currently the owner of the JYM Supplement Science and jimstoppani.com. Stoppani has written thousands of articles on exercise, nutrition, and health. He is coauthor of the New York Times bestseller LL Cool J's Platinum 360 Diet and Lifestyle (Rodale, 2010) as well as Stronger Arms & Upper Body (Human Kinetics, 2009) and PrayFit (Regal 2010). He is also coauthor of the chapter 'Nutritional Needs of Strength/Power Athletes' in the textbook Essentials of Sports Nutrition and Supplements (Humana Press, 2008). Dr. Stoppani is the creator of the popular training and nutrition programs Shortcut to Size and Shortcut to Shred. Dr. Stoppani has been the personal nutrition and health consultant for numerous celebrity clients, such as LL Cool J, Dr. Dre, Mario Lopez, and Chris Pine. Read more The New Encyclopedia of Modern Bodybuilding - amazon.comwww.amazon.com > ... > Alternative MedicineThe New Encyclopedia of Modern Bodybuilding : The Bible of Bodybuilding, Fully Updated and Revised [Arnold Schwarzenegger, Bill Dobbins] on Amazon.com *FREE ...

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