

555 GOLF ACADEMY

WHERE PASSION MEETS PERFORMANCE

GOLF NUTRITIONAL MANAGEMENT

6 POOR FOODS FOR SLEEP & PERFORMANCE

‘Insomnia’ and ‘Depleted Energy’ are chronic problems for the average American and I think for what we call the ‘Civilized World’. Some may disagree with that description? It is quite often not very civilized right here, locally, in the ‘U.S of A’! Let’s leave politics and sociability for another time?

When expecting either sleep or high performance, none of the following is very productive and beneficial. Adjust your habits accordingly.

- 1) **Heavy Foods** - meats and pasta
- 2) **Spicy Foods** - will often irritate the ‘Upper Gastrointestinal Tract’ (‘GI’)
- 3) **Fatty Foods** - requiring lost of bile for digestion
- 4) **Chocolate, Coffee and Tea** - Stimulants
- 5) **Energy Drinks** - Stimulants and high in sugars and chemicals
- 6) **Alcohol** - in excess there is nothing good about this substance

“Welcome Aboard!”
“Enjoy The Ride!”

SATISFACTION GUARANTEED

E-Mail: AskUs@555golf.com

WebSite: 555golf.com

Telephone: (817) 673-8888

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