

JAN  
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2015

## FITTER RADIO EPISODE 040:

### ONE STEP AHEAD

All bunged up and can't go? Why that might be happening and possible solutions to constipation for athletes.

### HOT PROPERTY INTERVIEW – PAUL LAURSEN

This week we bring back Professor Paul Laursen to talk to us about RICES (Rest/Ice/Compression/Elevation and more recently Stretching). Paul is a Performance Physiologist working with High Performance Sport NZ out of the Millennium Institute in Albany. Traditionally it was always thought we should RICE our injuries but is that still good advice? Paul and Bevan discuss why this is now being challenged. We also talk 'cold water immersion' - currently used after hard training to aid recovery - and its usefulness for athletes.



**SPORTS PERFORMANCE**  
RESEARCH INSTITUTE, NEW ZEALAND  
AN INSTITUTE OF AUT UNIVERSITY

Adjunct Professor / Performance Physiologist

### THE GEEK OUT

The 'Central Governor' theory – a proposed process in the brain that regulates exercise in regard to neurally calculated safe exertion by the body. Bevan looks at the research behind this theory.

### 5 MINUTE FOCUS

We talk to Dustin Freckleton of BSXinsight, the company behind the world's first non-invasive, wearable lactate sensor. BSXinsight uses revolutionary technology that allows you to look inside your muscle, measuring your lactate threshold and generating personalized training zones <https://www.bsxinsight.com/>



### Q & A

We answer a listener question around LCHF and managing gastric upset when 'racing high/training low'.

## LINKS

Paul can be contacted via email on [paul.laursen@hpsnz.org.nz](mailto:paul.laursen@hpsnz.org.nz)

More about AUT Millennium at <http://autmillennium.org.nz/>

Read more about BSXinsight at <https://www.bsxinsight.com/>

DC Rainmaker's review of lactate threshold testing device at <http://www.dcrainmaker.com/2014/09/bloodless-lactate-threshold.html>

Abdominal massage for constipation at

<http://www.guysandstthomas.nhs.uk/resources/patient-information/gi/abdominal-massage-for-constipation.pdf>

"Iced!" by Gary Reinl can be bought from Amazon at <http://www.amazon.com/ICED-The-Illusionary-Treatment-Option/dp/0989831914>

Tabata times at <http://www.tabatatimes.com/>

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