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## Vegetarian athletes gain muscle mass slow in comparison to their non vegetarian fellow athletes; not because of complete amino acid chain

### Statement of the Problem:

Vegetarian athletes gain slow muscle mass in comparison to their fellow non vegetarian athletes, was the stated theory. Researchers have reported that athletes with vegan / vegetarian preferences are slightly weak initially but can manage to grow gradually but proper supplementation and combinative food but cannot match the hypertrophy of a non vegetarian athlete. Many coaches hence force the athlete to consume the meat products, comparing them with other non vegetarian athletes giving them the reason of protein and complete amino acids.

### Methodology & Theoretical Orientation:

There are lots of studies going on based on whether vegetarian athletes can perform better in terms of speed, endurance and also overall wellbeing of an athlete, where almost all researches are in a very positive direction in favor of a vegetarian athlete, but however no vegetarian athlete can get a volume of a meat eater at least in a level where the athletes are “all-natural”. On the other hand there is an extensive research going in the meat industry, researchers are working on developing meat in a juicy manner. Hence the meat has been genetically modified by injecting hormones. Such hormones help the poultry, cattle or any animal to grow the muscle in shorter span of time. Meat eater when eat this muscle which was injected with any un natural substance / hormone ingest the chemical in their body in shorter amounts. Non vegetarian athletes are consuming these chemicals which grow the muscle and create hypertrophy (indirectly).

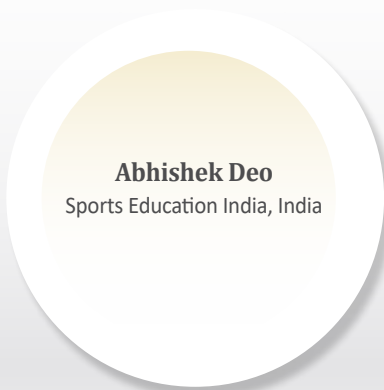
### Conclusion:

The constant use of such chemicals help the athlete grow the muscle mass in non vegetarian athletes in comparison to their fellow vegetarian athlete not because of better amino acid profile but also the chemical that are ingested with the meat, which were injected to the animal for their muscle growth.

### Biography

Dr. Abhishek Deo has completed his PhD in Sports Performance and substituting synthetic drugs. He has be working with high level sports and Professional sportsmen since over a decade now. His several students have participated in Olympics, won medals at Asian games & Commonwealth games

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