

HYPERTONIC SEAWATER AND TRAINING OF ATHLETES
AN EVALUATION OF QUINTON™ HYPERTONIC SEAWATER
ON THE PERFORMANCE OF CYCLISTS



Research Director: Dr. Marc François PAYA
Director of Studies at the Faculty of Medicine
Paris XIII and Member of the New York Academy of Science

INTRODUCTION

The evaluation was done with a team of non professional cyclists who took QUINTON HYPERTONIC SEAWATER solution orally. The evaluation demonstrated that the natural sea water, physiologically compatible with the human organism containing the full spectrum of minerals in their natural ionic form, improves the subjective and objective parameters of a cyclist's performance.

The use of the rule of analogy as a method is a new strategy for this evaluation.

Objective of the evaluation:

To determine the effect of the oral use (drinkable) of QUINTON HYPERTONIC SEAWATER on the performance of cyclists of different ages during one month. The average dosage of the HYPERTONIC SEAWATER consumed daily by each cyclist was four (4) ampoules, a total of 40 ml. The cyclists covered a distance of 150 km each week.

METHODS

The evaluation was made for a group of 12 different cyclists of the same club, mostly experienced cyclists, as well as an older professional cyclist, who all had won prizes in past competitions.

At the start of the evaluation, the aims were discussed by the director with the cyclists. Two questionnaires were used, one for day 0 and one for day 30. The evaluation was on scale of 1-10.

Number 1 was equivalent to a very weak physical condition, and 10 for an excellent physical condition.

Each cyclist determined his own physical condition, based on the rule of analogy. This involved a subjective assessment the way pain is evaluated in hospital pain clinics. This subjective evaluation was objectively followed during the 30 day period by observing the subject's physical performance from day 0 to day 30.

The first questionnaire defined the physical condition of each cyclist at day zero; and the second on day thirty (30), after he had finished a course of QUINTON HYPERTONIC. All the cyclists agreed to complete the questionnaire and a parallel medical evaluation of each cyclist was done during the same period. After the first questionnaire, at day zero was completed, it was given to the doctor, and the cyclist was no longer able to review it until he had completed the second questionnaire at day thirty.

The second questionnaire at day thirty, was based on answers in real time. To the surprise of most of the cyclists, they saw an evident improvement of the measured parameters.

Several of the cyclists helped to review the observations, which underlined the importance of assessing certain parameters related to the analysis of behaviour of the cyclists during and after the races. This analysis was relevant to the individual cyclist as well as to the entire group.

RESULTS

Based on the answers of each questionnaire, all the parameters improved, except for two cyclists who experienced an increase in nervous tension. Only one cyclist withdrew from the study, due to severe high blood pressure, which he omitted to report prior to commencing the study.

1. There was an improvement in endurance, reduction in fatigue and recovery of energy after the race, for all the cyclists. All cyclists improved their overall potential.
2. The increased capacity to perform in pursuits and accelerate on hills, showed that the body was mobilizing a greater energy level.

STATISTICAL RESULTS

Question	Observed Parameters	Evaluation at		Différence from Day 0 to day 30 in %
		Day 0	Day 30	
1	Physical condition	35	53	51
2	Resistance to effort	40	55	37.5
3	Performance	30	52	73
4	Physical recuperation	33	53	60
5	Nervous tension	23	33	-43
6	Acceleration	29	53	36
7	Ability to follow	33	56	78
8	Ability to climb hills	28	49	75
9	Physical endurance	38	51	34

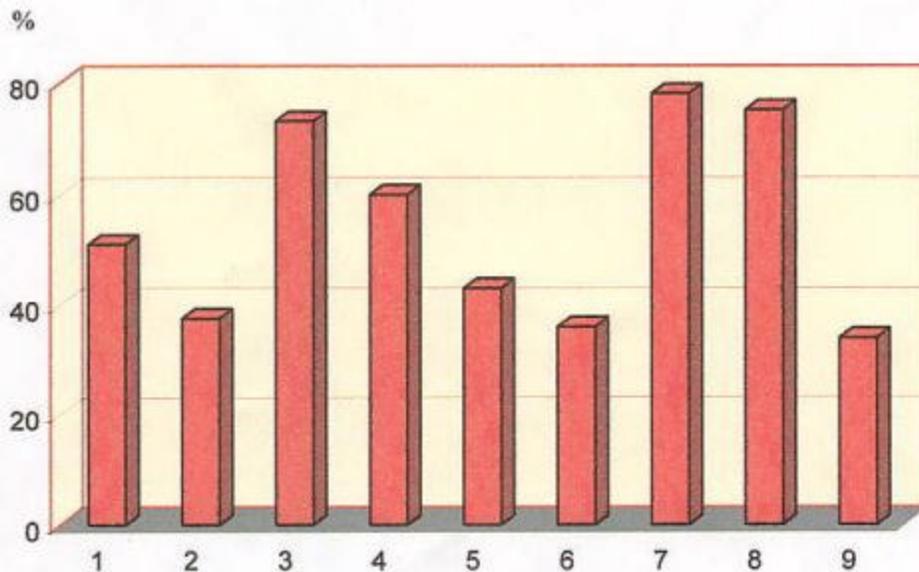


Fig.1 Relative changes in % of parameters studied for the group from day zero to day thirty

CONCLUSION

The consumption of the QUINTON HYPERTONIC, based on the prescribed dosages, produced an objective improvement in the physical performance of the athletes as shown by the statistics. The results are particularly significant for the improved level of performance. The capacity to sustain the physical effort on the cycling course and climbing hills as well as a speed in energy recovery after the cycling events improved substantially.

It is our belief, confirmed by the bibliographical references, that the cellular micro nutriment in mineral form, as infused by the QUINTON HYPERTONIC into the cyclists' organism, significantly influenced the parameters of this evaluation. These micro nutriment have the identical qualitative composition as the body's inner environment, but they were provided in higher quantities. Thus the use of a totally natural product like the QUINTON HYPERTONIC opens new avenues for athletes, and offers multiple possibilities without the inconveniences presented by substances considered as "doping", which are often used in the athletic community.

Dr. Marc-François Paya
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REFERENCES

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2. Dr. M.F. Paya, Pratique de l'utilisation de l'eau de mer en thérapeutique, 11ième symposium International sur la Médecine sportive, San Rémo, 1997.
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EVALUATION QUESTIONNAIRE

Name and first name:

Age:

Address:

Date:

Signature:

INSTRUCTIONS

Use numbers between 1 and 10 to answer the following questions:
(The number 1 is the worst situation, the number 10 is the best situation).

1. How is your physical condition?
1 - Very poor
10 - Very good
2. Are you resistant to effort?
1 - Very little resistant
10 - Very resistant
3. How is your sport performance?
1 - Very bad
10 - Very good
4. How is your physical recovery after effort?
1 - Poor
10 - Excellent
5. Do you feel nervous?
1 - Very nervous
10 - Very little nervous
6. What is your ability to accelerate during the course?
1 - Very limited
10 - Excellent
7. How is your ability to follow during the course?
1 - Very bad
10 - Excellent
8. How is your ability to climb hills?
1 - Very limited
10 - Excellent
9. How is your physical endurance?
1 - Very poor
10 - Excellent