
Subject: Re: American men swimmers ftw
Posted by [Blazer](#) on Mon, 18 Aug 2008 09:49:09 GMT
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Other legal "tricks" the atheletes are using:
<http://www.dailymail.co.uk/health/article-1045970/A-spoonful-baking-soda-DOES-speed-say-scientists.html>

For those who can't be bothered to read, basically by ingesting baking soda before strenuous exercise, it helps counter the buildup of lactic acid (Lactic acid is the stuff your muscles release when they are working - its the stuff that makes you feel fatigue and pain when you are exercising).
