
Subject: Re: American men swimmers ftw
Posted by [nikki6ixx](#) on Mon, 18 Aug 2008 20:07:24 GMT
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Blazer wrote on Mon, 18 August 2008 04:49 Other legal "tricks" the athletes are using:
<http://www.dailymail.co.uk/health/article-1045970/A-spoonful-baking-soda-DOES-speak-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).

What you didn't mention was this...

Quote:He says that only those who are very serious about sport should try the white powder, which may cause diarrhoea.

Finally, we will all be able to see people run really fast, and shit explosively.
