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Effect Of Vegetarian Diets On Performance In Strength SportsEffect, Meat Consumption May Induce A Placebo Effect. That Is, A Strength Athlete Who Believes That Eating Meat Improves Performance May Receive A Psychological Boost That Disappears If A Vegetarian Diet Is Adopted. Williamson (and Many Other Subscribers) Called For Controlled Studies On This Issue, Not More Anecdotal Evidence. Deborah Shulman 3th, 2024

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