

## **NANCY CLARK SPORTS NUTRITION GUIDEBOOK**



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### **Nancy Clark's Sports Nutrition Guidebook Helm Publishing**

Nancy Clark, MS, RD, CSSD, is an internationally known sports nutritionist and nutrition author, who specializes in nutrition for exercise, health, and the nutritional management of eating disorders. Nancy has been a consultant to members of the Boston Red Sox, Boston Celtics, and Boston Breakers, as well as a variety of Olympic athletes.

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