



What's New with Dr. Tanya Castro

Article featured in Uproar Magazine - Story by: Kaylee Noborikawa

When she's not writing her column for UPROAR magazine, Dr. Tanya Castro is busy helping athletes and active individuals reach their performance goals at Peak Performance Chiropractic, where she specializes in chiropractic care, injury rehabilitation, performance enhancement, and nutrition counseling.

Castro will be conducting evaluations and performing treatments for individuals, in addition to giving advice on exercise and nutrition, at the second annual Hawai'i Mixed Martial Arts Expo June 26 - 28 at the Neal Blaisdell Exhibition Hall in Honolulu.

"My hope is to inspire individuals to address the 'limiting factor' that is keeping them from achieving their health and fitness goals," said Castro. In many cases, nutrition proves to be the limiting factor.

Castro will be promoting Precision Nutrition, which she said is "a complete start-to-finish eating system designed to teach you everything you need to know that will allow you to achieve optimal health, body composition, and performance."

Precision Nutrition is not one of the fad diets that claim to help you lose 10 pounds in two days. Designed by Dr. John Berardi, one of the world's leading experts in human performance and nutrition, this program teaches you specific strategies designed specifically for your body type, size, shape, and lifestyle, which results in feeling better, looking better, and playing better.

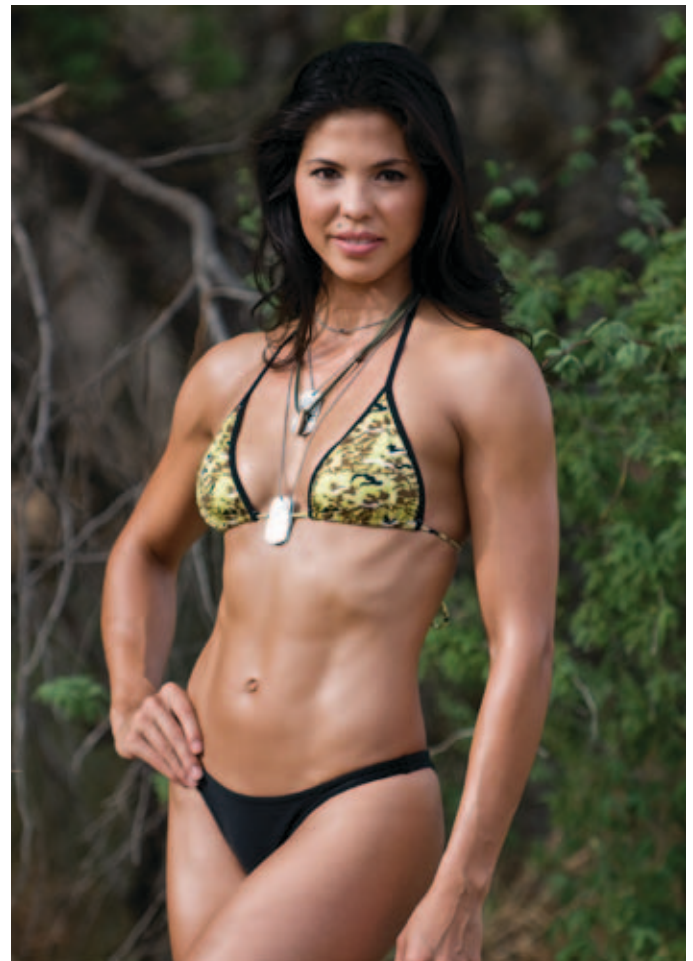
An advocate and devoted follower of the Precision Nutrition System, Castro will also be competing in the Figure Competition at the MMA Expo on Friday night, and may be competing in the Hawaiian Islands Figure Competition the following day.

"Although I've always been in relatively good shape, I've always wondered what it would take to take my physique to the next level," said Castro.

"I'll be a witness to my hard work come the weekend of June 26. Wish me luck!"

While she has always lived an active lifestyle, competing in marathons and enjoying outdoor and ocean activities, Castro said that she can get bored doing the same exercise routine. To revive her interest and stay in shape, Castro has recently taken up Muay Thai, a form of martial arts that originated from the Thai army. She trains twice a week with Ivan Flores of M-1 Martial Arts & Fitness and "loves it!"

"There's a certain rush I get making contact with the pads; it's exhilarating; it's a feeling of empowerment," said Castro. "It's a fantastic workout and a great addition to my cardio/endurance training."



Besides training in the gym, Castro maintains her physique by eating six small meals every two to three hours and each meal includes a source of lean protein and vegetables.

"Nutrition timing is a big part of the system, so I only consume starches after a workout, which is when your body can tolerate it best," said Castro. She said that the Precision Nutrition System helped her maintain her physique for two years with no exercise program. "The most important factor that can have the greatest effect on your health, your body composition, and your athletic performance is your nutrition. Good nutrition is what will get you the body you never thought you could have."

Castro has worked with a variety of professional athletes, including professional golfers, NFL players, beach volleyball players, and MMA fighters, such as BJ Penn, Wanderlei Silva, Kendall Grove, and Phil Baroni. Castro is the only female Certified Chiropractic Sports Practitioner in Hawai'i and just one of two doctors in the islands with that title. She is also certified by the National Academy of Sports Medicine in performance enhancement and corrective exercise. Castro received her Master's degree in Exercise Science and Health Promotion and her Doctorate from Southern California University.



Dr. Tanya Castro indulging a little after the hard work paid off.

She placed first in her category after only 12 weeks of training.

This was her first and hopefully not her last figure contest.

Congratulations Dr. Castro!