

# Performance Nutrition Expert KC Craichy to Reveal Recovery Secrets at the TPI World Golf Fitness Summit in New Orleans

*Craichy will discuss the importance of performance nutrition in play and workout recovery along with simple steps to maximize performance*

ORLANDO, FLORIDA, UNITED STATES, October 17, 2016 /EINPresswire.com/ -- KC Craichy, one of the world's foremost experts in the area of performance nutrition, and CEO of Living Fuel, the Leader in Superfood Nutrition, will be a featured speaker at the Titleist Performance Institute's (TPI) [World Golf Fitness Summit](#) in New Orleans, Oct. 18. The longtime nutrition advisor to TPI will be sharing proven techniques for improving golf performance in a session titled, The Secret to Boosting Your Game!



KC Craichy at PGA Golf Show

Craichy plans to discuss recovery, an often overlooked aspect of training, along with its importance in maximizing performance. “Due to the repetitive nature of training and competition, golf is one of the most demanding sports in terms of the overall requirements necessary to compete at the highest level,” Craichy says. “Performance enhancement and rapid recovery does not happen automatically and I will share specific techniques that aid in speeding up that process.”

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*KC Craichy*

The World Golf Fitness Summit runs Oct. 17-19 at the New Orleans Marriott and features some of the industry's leading minds in athletic performance discussing the latest in research and practical application. The theme of this year's Summit is The Importance of Multi-Sport Training for Golf and 600 attendees are expected.

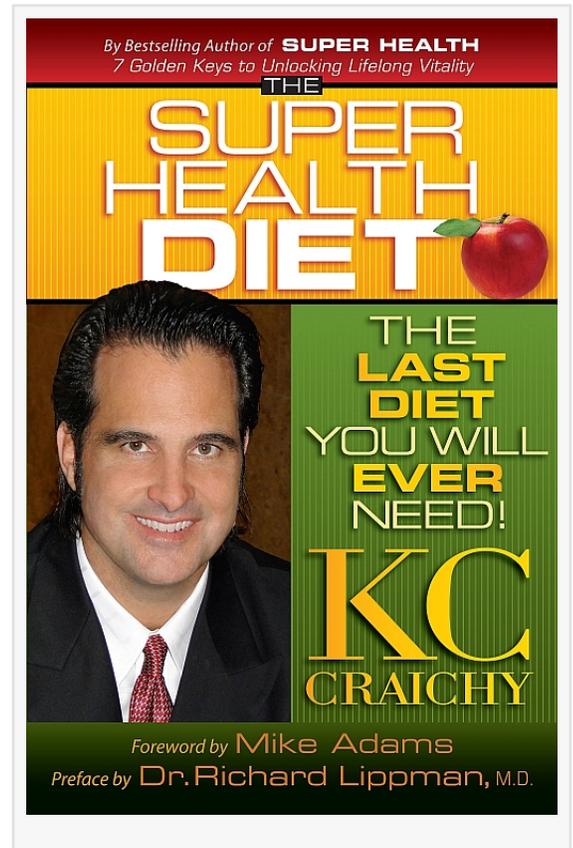
More about KC Craichy

KC Craichy is a [health advocate](#), researcher, and recognized expert on natural health and performance nutrition. His extensive study of leading-edge health research and collaborative work with top medical and nutritional practitioners and researchers to solve his wife Monica's health problems—*anxiety, depression, and suicidal thoughts*—led him to the answers for Monica's healing and to the founding of Living Fuel, Inc. As a result of overcoming this health crisis, KC and Monica

have helped numerous people become overcomers in their own health situations. Together they are now cohosts of the popular Internet TV program [LivingFuelTV](#).

KC is committed to changing lives through multimedia, super health lifestyle education combined with super healthy, high impact superfoods. He is a Performance Nutrition Specialist and serves on the Nutrition Advisory Board for Titleist Performance Institute. KC also served on the Clinical Nutrition Review Board (the certifying body of the International and American Association of Clinical Nutrition) for seven years. A frequent natural health and performance nutrition guest on various TV and radio programs as well as a frequent contributor to national magazines and blogs, KC has been featured recently on multiple episodes of The Truth About Cancer series and the Preventing and Reversing Diabetes World Summit. KC was also a featured speaker at the Comprehensive Treatment Plans for Chronic Conditions Innovative Conference with the University of Miami Miller School of Medicine. KC lives in Orlando, Florida, with his wife, Monica, and their five children.

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