

Performance Nutrition Expert KC Craichy to Reveal Nutrition Secrets for Golfers at the 2018 PGA Merchandise Show

Craichy will discuss the importance of superfood nutrition for golfers and how to use it to achieve sustained energy, maximum mental clarity and focus

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/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 Health and Wellness Pavilion on the floor of the PGA Merchandise Show in Orlando Jan. 24, at 3 p.m. Craichy is a longtime nutrition advisor to TPI and will be sharing proven techniques for improving golf performance in a session titled, One Shot Can Cost You: How Superfood Nutrition Can Provide Sustained Energy and Maximum Focus.

Whether playing for a major championship or in a Saturday morning skins game, a lapse in concentration can be costly. Craichy will talk about eating to maintain focus. He will discuss when and what to eat and drink to keep your blood sugar from spiking or dropping too low and will share practical tips to help golfers maintain their energy level from warm-up through a long competitive round.

“Nutrition is the missing component for some serious golfers because they don't see the relevance to their performance,” Craichy says. “But if you don't give thought to what you eat and drink before and during a round, a drop in energy or lapse in concentration could mean the hard work you did getting ready to play will go unrewarded.”

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KC Craichy

one of the most trafficked locations because of the growing popularity of golf fitness training. In addition to Craichy's presentation, the TPI area will also be home to live fitness and training



Nutrition and Natural Health Expert and Founder/CEO of Living Fuel

The PGA Merchandise Show is a tradeshow for industry professionals that runs Jan. 24-26, at the Orange County Convention Center and attendance annually tops 40,000.

TPI is the world's leading educational organization dedicated to the study of how the human body functions in relation to the golf swing. The TPI Health and Wellness Pavilion will be

demonstrations.

More about KC Craichy

KC Craichy is a health advocate, researcher, best-selling author 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 Craichy at PGA Golf Show

KC is committed to changing lives through multimedia, super health lifestyle education combined with high impact superfoods. He is a Performance Nutrition Specialist and serves on the Nutrition Advisory Board for the Titleist Performance Institute (TPI). 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 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 is the author of the best-selling books *SuperHealth - 7 Golden Keys to Unlock Lifelong Vitality* and *The Super Health Diet: The Last Diet You Will Ever Need!* and lives in Orlando, Florida, with his wife, Monica, and their five children.

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