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## Carmelo Finds His Spiritual Side

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Written by [kylestack](#) on 2/15/2011 12:22 AM

Carmelo Anthony has been put through the ringer this season—at his own doing. The Denver Nuggets star forward turned to the [Daniel Fast](#) in January in order to find a spiritual awakening in the midst of a season mired in trade rumors. I'm onboard with his desire to rejuvenate himself.

Last weekend, Anthony told reporters that he practiced an experiment by going on the Daniel Fast from January 9th-30th. "It was mental," Anthony said. "It was spiritual. It was emotional...it really helped me."

The fast is based on accounts of the Prophet Daniel's fasting experiences and Jewish fasting values. Perhaps he was digging hard to gain a new source of inspiration. If that's the case, then it's obviously what he needs to weather the chaos of trade speculation.

It's vital to note Anthony didn't actually go on a fast. His three-week spiritual cleansing stipulated that he drop meat, fish, bread sweets and soda; he still ate an appropriate amount of food to satisfy his caloric requirements while dealing with the stress of daily trade rumors.

Anthony's refusal to sign a three-year, \$65-million extension with the Nuggets has made the free-agent-to-be a primary trade target. It's been reported that if he was dealt in-season, he would sign an extension only with the Knicks. For as much as this diet helped Anthony spiritually, he explained the lack of animal protein left him feeling slightly physically weak.

Fruits, vegetables, protein shakes, raw juices and water are apparently all that he consumed. It's not clear if he ate legumes. I hope he did, since they're a good source of the protein needed for muscle building and repair.

I once attempted a similar eating pattern for 10 days—I avoided meat and dairy but ate whole-wheat bread and legumes—and I recall feeling weak during weight-lifting sessions. Yet my energy level was consistent throughout the day, unlike the peaks and valleys I had when I indulged in red meat, dairy and greasy food.

Anthony averaged a point and a rebound less per game while on the diet, but the spiritual cleansing likely made it all worthwhile. If that's what an athlete needs to get through a season, then I'm all for it. I wouldn't be surprised if Anthony returns to it at another stressful point in his career.

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