



# NATUROPATHIC APPROACHES TO OPTIMIZING MUSCULAR CAPACITY

## **HYDRATION & ELECTROLYTES**

- strive to consume 1/2 your body weight in fluid ounces of water daily (eg. 150 lbs person = 75 oz/day)
- replenish electrolytes (sodium, magnesium, potassium, calcium) to support muscle contraction/recovery
  - good sources of electrolytes include coconut water, electrolyte powders, pickle juice, bone broth
- limit diuretic intake (eg. coffee, alcohol) - diuretics increase water/electrolyte excretion from the kidneys

## **AVOID OVERTRAINING**

- listen to your body - muscle fatigue, soreness, and/or decreased performance may indicate overtraining
- incorporate rest days (or active recovery days) for increased muscle repair, growth, overall performance
- adequate sleep quantity (7-9 hours per night) and quality is essential for our body's rebuilding processes

## **NUTRITIONAL SUPPORT**

- dietary protein consumption is crucial for providing building blocks needed to repair/build muscle tissue
  - food sources include beef, chicken, salmon, tuna, eggs, legumes, nuts, seeds, greek yogurt, quinoa
  - eating ~30 grams of protein shortly after exercising enhances the muscle protein synthesis process
- minimizing the consumption of processed foods and refined sugars helps reduce blood sugar spikes
  - blood sugar dysregulation increases inflammation, causing muscle soreness and delayed recovery

## **HERBS, VITAMINS, SUPPLEMENTS**

- ashwagandha - its adaptogenic properties help lower cortisol, boost endurance, and improve recovery
- vitamin D3 - supports calcium regulation for muscle contraction and enhances muscle protein synthesis
- vitamin B12 - supports the formation of red blood cells responsible for carrying oxygen to our muscles
- magnesium - essential for ATP production, preventing muscle cramping, supporting energy metabolism
- creatine - enhances energy availability by replenishing phosphocreatine stores to quickly regenerate ATP
- CoQ10 - supports the conversion of nutrients into energy and functions to help reduce oxidative stress

## **CONTRAST HYDROTHERAPY**

- alternating hot & cold water improves circulation, flushes out metabolic waste, & reduces muscle soreness

- 3 minutes - hot water (submersion or compress) increases blood circulation by dilating blood vessels
- 30 seconds - cold water (submersion or compress) constricts blood vessels and lowers inflammation
- repeat this cycle to stimulate vasodilation and vasoconstriction 3x (always finishing with cold water)

*This information is for educational purposes only and is not intended to diagnose, treat, cure, or prevent any disease. Please consult your physician or healthcare provider before making any changes to your health regimen or for any medical concerns.*