

CLINICAL RECOVERY MATRIX

The Nutritional Science of Fascial & Muscle Restoration

Bodywork provides the mechanical reset, but **biological recovery** happens between sessions. To maintain the structural integrity of the "Human Engine," we must provide the specific chemical building blocks required for cellular repair and electrical signaling.

1. Collagen & Amino Acids: The Structural Steel

The **Fascia Matrix** is composed primarily of collagen. When we perform deep structural work, we create a "demand" for tissue remodeling. Amino acids are the raw lumber needed to rebuild the house.

The Power of Glycine & Proline

Collagen peptides are rich in Glycine and Proline, amino acids that are essential for the tensile strength of tendons, ligaments, and fascia. Supplementing helps "un-glue" old adhesions and supports the creation of smooth, gliding tissue.

Source: PubMed (PMID: 30681787) - "Vitamin C-enriched collagen supplementation and connective tissue repair."

Essential Amino Acids (EAAs)

EAAs, particularly Leucine, act as the signaling molecules that turn on **Muscle Protein Synthesis (MPS)**. Without adequate amino acids, the body remains in a "catabolic" (breakdown) state, delaying recovery and increasing soreness.

2. Magnesium: The "Chemical Softener"

In the body's mechanics, Calcium causes contraction while **Magnesium** allows for relaxation. A body deficient in Magnesium is a body that is "stuck" in a state of hyper-tonicity.

- **The Vagus Reset:** Magnesium is a cofactor for the nervous system, helping to regulate the Vagus Nerve and move the body out of "Survival Mode."
- **Fascial Softening:** By regulating the Ca^{2+} pumps, Magnesium prevents muscles from remaining in a permanent state of semi-contraction.

Source: PubMed (PMID: 28445426) - "Magnesium in Prevention and Therapy."

3. Potassium: The Electrical Conductor

Muscles move based on electrical signals. These signals are governed by the **Sodium-Potassium Pump**. If Potassium levels are low, the electrical "circuit" becomes noisy, leading to cramping, spasms, and poor neuromuscular control.

Proper Potassium levels ensure that the adjustments made on the table "stick" by stabilizing the resting membrane potential of the muscle fibers.

Source: PubMed (PMID: 18458133) - "Potassium and neuromuscular health."

Master V's Recovery Protocol

- **Hydration:** Water + Trace Minerals (The "Salt" Protocol) to ensure cellular conduction.
- **Rebuild:** 15-20g of high-quality Collagen daily to support fascial glide.
- **Relax:** Magnesium Glycinate before bed to support the Vagus Nerve and structural softening.

The Healing Garden of Destiny

"Be water like the wind — move with heart and honor your rhythm."

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