

How To Speed & Maximize Tissue Recovery

By Chris Melmoth, LMT, EMT

THE FOLLOWING INFORMATION IS NOT MEDICAL ADVICE, AND IS NOT MEANT TO DIAGNOSE, TREAT, OR REPLACE THE CARE OF A LICENSED MEDICAL DOCTOR. IT IS RECOMMENDED THAT YOU CONSULT YOUR PHYSICIAN BEFORE USING ANY OF THE INFORMATION PROVIDED HERE.

To maximize the recovery of various body tissues, including muscle, tendon, ligament, connective tissue, bone, and cartilage... The following approaches may be helpful.

[YOU MAY HAVE TO COPY & PASTE THE LINKS BELOW TO ACCESS THEM]

I. Optimize Healing Circulation

Hot/Cold Contrast Baths & Packs: Using hot/cold therapy, such as heat packs & ice packs, hot & cold immersion baths or buckets, and Russian Banya (very hot sauna, followed by very cold pool). These may be used any time to stimulate/speed up tissue healing, for deep tissue cleansing, immune-boosting, and disease prevention. But for injury treatment, use only during the sub-acute & chronic stages of healing. For contrast packs, baths, & buckets... Do 5 mins warm, then 3 mins cold, then 5 mins warm, then 3 mins cold, and end with 5 mins warm (5-3-5-3-5). For sauna/pool (Banya therapy) you will have to seek this out or build it in your own backyard... <https://russiable.com/russian-banya/>, <https://1859oregonmagazine.com/live/home-garden/outdoor-sauna/>

Medicinal Clay Packs: Clay packs & baths are used to speed up chronic injury recovery by increasing healing circulation to poorly circulated tissues or & organs. But they may also be used to simply increase circulation to any "stagnant" areas of the body.

Body Pack [https://www.amazon.com/Premier-Research-Labs-Medi-Body-Pack/dp/B003PQPC8Q/ref=sr_1_3?keywords=premier+medi-](https://www.amazon.com/Premier-Research-Labs-Medi-Body-Pack/dp/B003PQPC8Q/ref=sr_1_3?keywords=premier+medi-body&qid=1559504386&s=gateway&sr=8-3)

[body&qid=1559504386&s=gateway&sr=8-3](https://www.amazon.com/Premier-Research-Labs-Medi-Body-Pack/dp/B003PQPC8Q/ref=sr_1_3?keywords=premier+medi-body&qid=1559504386&s=gateway&sr=8-3): For sub-acute & chronic conditions involving muscles, joints, or organs... Mix 2 tablespoons of Medi-Magma in a nonmetallic bowl with about 1 tablespoon of purified water to make a thick, pudding-like paste. Apply the paste to a selected body area. Cover the area with plastic (plastic wrap or trash bag). Then wrap a towel around the entire area. Place a heat pack over the towel (do not use heat if the area is newly injured or inflamed). Let it remain for 15 minutes, then rinse off. For best results, sit in the sunlight (either during or after treatment) and gently stretch the area. The pack is best used before 8pm. Please note: wear old clothing when doing packs since this product may stain clothing. May be used every other day. Caution: Avoid contact with eyes or applying paste to genitals or open wounds.

Mud Bath [https://www.amazon.com/Medi-Body-Bath-Premier-Research-Labs/dp/B003HUJMEU/ref=sr_1_3?keywords=premier+medi-](https://www.amazon.com/Medi-Body-Bath-Premier-Research-Labs/dp/B003HUJMEU/ref=sr_1_3?keywords=premier+medi-body+bath&qid=1559504470&s=gateway&sr=8-3)

[body+bath&qid=1559504470&s=gateway&sr=8-3](https://www.amazon.com/Medi-Body-Bath-Premier-Research-Labs/dp/B003HUJMEU/ref=sr_1_3?keywords=premier+medi-body+bath&qid=1559504470&s=gateway&sr=8-3): Fill your bathtub with warm water. With your hand, mix 1/2 cup of Medi-Magma into the water (and into the skin, if desired). Relax in the bath for about 15 minutes. Then rinse off and drain the tub. Residual particulates in the bath water may be rinsed down the drain. For best effects, use this bath once per week.

Salt Bath: Use Dead Sea salt to soothe tension, help reduce pain, and indirectly increase systemic circulation... <https://www.amazon.com/Minera-Natural-Dead-Salt->

[5lbs/dp/B004GINGOY/ref=sr_1_3?keywords=dead+sea+salt&qid=1559504125&s=gateway&sr=8-3](https://www.amazon.com/5lbs/dp/B004GINGOY/ref=sr_1_3?keywords=dead+sea+salt&qid=1559504125&s=gateway&sr=8-3)

Deep Tissue/Circulatory Massage: Using Arnica or Castor oil, massage any non-acute areas deep enough to create a “good pain”. The use of IASTM tools, foam rollers, tennis balls, lacrosse balls, or golf balls may also be helpful.

Chinese Medicine: Cupping & Cupping Massage, Acupressure, Acupuncture, and Moxabustion by a qualified practitioner may help to control pain and stimulate and/or increase healing potential.

Electronic Devices: Electric Muscle Stimulation, Far-Infrared Light Therapy, Infrared Saunas, and Pulsed Electromagnetic Field Therapy (PEMF) can be very helpful...

<https://marcpro.com> Use discount code “VIBE” for 10% off.

Inversion Table or OmGym: Inversion tables can be highly effective in reducing back pain & stiffness, and in assisting with back & spinal healing. But rather than hanging upside down for extended periods of time, try this... 20 seconds inverted, followed by 20 seconds erect for 5-10 minutes, twice/day (morning and night). Begin at about 45-degree angle, and gradually progress to 90 degrees. This will pump the spinal fluid, which is what really stimulates the healing process. Add clay packs to the area for maximum results. <http://teeter.com>, <http://www.omgym.com>

BPC-157 (peptide injections):

<https://bengreenfieldfitness.com/article/supplements-articles/how-to-use-bpc-157/>

II. Add Nutritional Supplements

Vitamin C: It mineralizes the bone and stimulates bone forming cells to grow. Prevents too much degradation of bone by inhibiting bone absorbing cells. Dampens oxidative stress, and is vital in collagen synthesis. Use liposomal vitamin C, sodium ascorbate or ascorbic acid, NOT Ester-C or calcium ascorbate. [https://www.amazon.com/PREMIER-RESEARCH-LABS-Premier-](https://www.amazon.com/PREMIER-RESEARCH-LABS-Premier-Vitamin/dp/B0036L6MRU/ref=sr_1_3?keywords=vit+c+premier+labs&qid=1559503714&s=gateway&sr=8-3)

[Vitamin/dp/B0036L6MRU/ref=sr_1_3?keywords=vit+c+premier+labs&qid=1559503714&s=gateway&sr=8-3](https://www.amazon.com/PREMIER-RESEARCH-LABS-Premier-Vitamin/dp/B0036L6MRU/ref=sr_1_3?keywords=vit+c+premier+labs&qid=1559503714&s=gateway&sr=8-3)

Vitamin K2: Important in cardiovascular and bone health.

[https://www.amazon.com/OsteoVen-TM-Capsules-Nutraceutical-](https://www.amazon.com/OsteoVen-TM-Capsules-Nutraceutical-Comprehensive/dp/B0042CXFDG/ref=sr_1_fkmr1_1?keywords=vit+k2+premier+labs&qid=1559503795&s=gateway&sr=8-1-fkmr1)

[Comprehensive/dp/B0042CXFDG/ref=sr_1_fkmr1_1?keywords=vit+k2+premier+labs&qid=1559503795&s=gateway&sr=8-1-fkmr1](https://www.amazon.com/OsteoVen-TM-Capsules-Nutraceutical-Comprehensive/dp/B0042CXFDG/ref=sr_1_fkmr1_1?keywords=vit+k2+premier+labs&qid=1559503795&s=gateway&sr=8-1-fkmr1)

Vitamin D3: Is necessary for the body to absorb calcium. In winter months, use to help the immune system function well and improve bone strength. Use natural sunlight in summer.

[https://www.amazon.com/Premier-Research-Labs-Serum-43-](https://www.amazon.com/Premier-Research-Labs-Serum-43-Dropper/dp/B006PFBVAC/ref=sr_1_4?keywords=d3+premier+labs&qid=1559503572&s=gateway&sr=8-4)

[Dropper/dp/B006PFBVAC/ref=sr_1_4?keywords=d3+premier+labs&qid=1559503572&s=gateway&sr=8-4](https://www.amazon.com/Premier-Research-Labs-Serum-43-Dropper/dp/B006PFBVAC/ref=sr_1_4?keywords=d3+premier+labs&qid=1559503572&s=gateway&sr=8-4)

Calcium: The body doesn't produce calcium. We must get it from other sources, such as supplements and foods, including dairy products, dark green leafy vegetables, and fish with edible soft bones, like sardines and canned salmon. But calcium is not usually necessary to supplement. If the body is getting enough vit C, D3 and K2, it will utilize & direct the calcium ingested from food properly. However if you do decide to supplement with calcium, I would take one with a 2:1 calcium/magnesium ratio for better assimilation https://www.amazon.com/Coral-Legend-Plus-Capsules-Including/dp/B005ZM300Q/ref=sr_1_8?keywords=calcium+premier+labs&qid=1559503610&s=gateway&sr=8-8

Systemic Enzymes: Enzymes provide countless anti-inflammatory, metabolic, and immune-enhancing benefits to the body... <http://www.modernherbalist.com/wobenz.html>, Wobenzym N https://www.amazon.com/Garden-Life-Wobenzym-400-Tablet/dp/B0013CI020/ref=sr_1_8?crid=26T7EFY6MS0QD&keywords=wobenzym+n&qid=1558834932&s=gateway&sprefix=woben%2Caps%2C204&sr=8-8

Natural Anti-Inflammatories: If you want to reduce pain & stiffness in your body, and increase your healing potential, you may need to consume more foods & drinks that help to reduce inflammation throughout your body (systemic inflammation). A simple internet search will provide you lists of foods, drinks, herbs, spices, tonics, juices, smoothies, supplements, etc that can help you with this... bitter greens; sea greens; cereal grasses; pineapple; tart cherry juice; ginger; turmeric, etc... https://www.amazon.com/Premier-Greens-Powder-Product-Gluten-free/dp/B0049RKUSM/ref=sr_1_2?keywords=premier+labs+greens+mix&qid=1559505721&s=gateway&sr=8-2

Monitor Your pH: As you change your diet & lifestyle toward a more "aerobic metabolism", it may also be helpful to monitor your urine & saliva pH. Here's where you can purchase the strips... https://www.amazon.com/PH-Dispenser-Hydrion-Papers-Testing/dp/B002ZYVU40/ref=sr_sp-atf_title_1_3?ie=UTF8&qid=1402549042&sr=8-3&keywords=ph+paper. And here is an easy instruction booklet how, when, and why to use it... <https://www.morter.com/products/books/ph-your-potential-for-health/>, Or simply download this [article](https://www.amazon.com/Correlative-Urinalysis-Body-Knows-Best/dp/0944994008/ref=sr_1_1?ie=UTF8&qid=1509652928&sr=8-1&keywords=correlative+urinalysis). *Research:* https://www.amazon.com/Correlative-Urinalysis-Body-Knows-Best/dp/0944994008/ref=sr_1_1?ie=UTF8&qid=1509652928&sr=8-1&keywords=correlative+urinalysis

Adaptogenic Herbs: These are herbal supplements that tonify the neuro-endocrine system. This system is the main control center for every process in the body. Adaptogenic herbs support this system, helping to balance the nervous & endocrine systems, and improving energy levels & immune response. This can lead to better overall health, energy, and well-being. Some examples include Amla, Ashwagandha, Astragalus, Cat's Claw, Cordyceps, Eleuthero, Ginseng, Licorice, Maca, Reishi, Rhodiola, Schizandra, and Tulsi. These will effect different people in different ways, so it will be important to get the right herbs for your body type by experimenting and/or getting a proper assessment from an Herbologist or Naturopath... https://www.amazon.com/PREMIER-RESEARCH-LABS-Adaptogen-R3-Capsules/dp/B006GEWBHY/ref=sr_1_3?keywords=premier+labs+adaptogen&qid=1559505605&s=gateway&sr=8-3