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collagen and promote optimal muscle recovery sauna or hot tub
conclusion recovery is key for optimal performance optimizing
performance and recovery is about giving your body and cells what
they need to succeed from food and water to healthy light recovery
is a foundation of health and performance

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Home - Optimal Recovery

The proposed mechanisms for enhanced recovery of performance after ACT in comparison to water immersion strategies include the enhanced rate of lactate removal via quicker lactate distribution to the liver and increased heart and skeletal muscle lactate utilization and increased blood flow and accelerated recovery of interstitial creatine kinase levels .

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