

# Pain and Inflammation from Working Out? A Surprising Secret to Fast Relief and Better Results

One of the secrets to a really effective workout to build lean muscle and increase strength is to reduce recovery time. This allows an increase in effectiveness and optimum endurance. Turmeric can improve your recovery time and increase your peak performance by naturally reducing the pain and inflammation that a workout can cause.



Poor recovery after exercise can cause muscle and joint pain, fatigue, sleep disturbances, and even nausea. It typically lasts for 2-3 days and reduces athletes' ability for peak performance and obtaining a high-level condition.

A recent [study](#) in the *Journal of Strength and Conditioning Research* reveals that Turmeric can [improve muscle recovery after exertion leading to faster restoration](#) of the muscle tissue. This is due at least in part to Curcumin, one of the more than two dozen active constituents in Turmeric, which directly helps muscle cells to increase growth and function. The effects of Curcumin on muscle tissue show significant stimulation of muscle cell regeneration after just a few days.

This is due to the fact that at the molecular level, Turmeric stomps out inflammatory enzymes. Turmeric is a natural COX-2 inhibitor and stomps out the production of prostaglandins a

major culprit behind cellular inflammation.

Taken before a workout, the anti-inflammatory properties of Turmeric can also aid in reducing muscle soreness and pain from from injuries. You can also take it after a workout. Before bed or the next morning, a couple 500mg capsules can relieve that “day after” ache.

Plus, scientists have discovered that taking a Turmeric Curcumin supplement along with exercise has power benefits against the risk of sitting for long periods of time. Watch the video just below to find out more:

In clinical experience, the use of Turmeric in a treatment plan for peak performance, endurance and optimum recovery post-exercise has worked successfully in India for years. It may give regular exercisers relief, but it could give athletes the edge they need.

<< [Read more about the anti-inflammatory uses of Turmeric here](#)  
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