

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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[Secrets of a Superstar Herb](#)

Used for years in ayurvedic and traditional Chinese medicine because of it’s ability to help with many common illnesses and

conditions, the Turmeric rhizome contains the most powerful natural anti-inflammatory studied to date: curcumin. It acts similar to NSAID's in the body. Additionally, Turmeric contains at least two dozen other anti-inflammatories science has not yet studied on their own.



The anti-inflammatory properties found in Turmeric are [evaluated in so many scientific studies](#) because of the huge range of conditions that this amazing natural herbal can have an effect on. Because it is such a powerful agent against inflammation (as a natural COX2 Inhibitor) it has been studied and successfully used in Eastern medicine for thousands of years, and is growing in popularity in Western medicine.

Conditions it is used for include: digestive issues including IBS, liver cleansing, skin conditions including acne, urinary tract infections, arthritis, Fibromyalgia, Alzheimer's, heart and circulatory issues, stomach upset, blood sugar and blood pressure health, headaches, and much more. It also has a known antibiotic effect which can inhibit bacterial growth and speed healing in wounds.

There are countless ways Turmeric is beneficial to overall health, as well as how it is now being studied for treating more serious illnesses, including most famously: cancers.

<< [Read more about how it fights inflammation here](#) >>



Can You Guess Which Common Ingredient May Be As Effective as Several Drugs?



Turmeric, according to scientists, hundreds of [studies](#) and doctor advocates, is arguably the most powerful herb on the planet at fighting and potentially reversing disease. This puts Turmeric on top of the list as one of the most frequently mentioned medicinal herbs in all of science.

It has so many scientifically documented healing properties that there are thousands of articles published proving the benefits of Turmeric and one of its two dozen healing compounds, **Curcumin**. Of those studies referencing Curcumin, the most interesting finding is that when Turmeric is compared to conventional medicine it's benefits equal that of the pharmaceutical medications. In fact, a number of studies have even reported that using Curcumin is *more* advantageous than prescription drugs. Those medications include, Anticoagulants, Anti-inflammatories, Chemo therapies, Steroids, Cholesterol Regulators, Painkillers and more.

Read more about just one of the **major health benefits** is its [natural anti-inflammatory benefits](#):

>> <http://turmeric.purehealthorigins.com/benefits/anti-inflammatory/>

[<< Read more about Turmeric and its health benefits here>>](#)



[Video: The Anti-Inflammatory Benefits of Turmeric](#)

This video on the anti-inflammatory health benefits of Turmeric Curcumin reveals the natural way to control inflammation and pain...

This second video in our series highlights the incredible anti-inflammatory benefits contained in Turmeric. Did you know that hundreds of disease conditions have inflammation in common?

Even simply annoying conditions like acne, blotchy skin, upset stomach and the common headache?

However, millions of people Worldwide suffer from and chronic pain conditions caused by inflammation. Curcumin, a natural extract found in Turmeric is a natural, gentle anti-inflammatory. Many people can realize symptom relief taking just four to six (4 – 6) 500mg capsules per day.

Prostaglandins are one of the causes of inflammation at the cellular level. When certain enzymes are released it increases the production of prostaglandins resulting in pain and more inflammation. This is the body's normal and healthy response to injury. However, in disease conditions, the inflammation

becomes like a fire damaging tissues. Chronic inflammation is what concerns doctors.

Some doctors claim that against Turmeric, anti-inflammatory medicines including steroids and over-the-counter NSAID's are not as effective. Turmeric is GRAS (generally regarded as safe) and in fact has been used in Eastern medicine disciplines for thousand of years. Turmeric works against inflammation naturally at the molecular level by actively blocking the production of inflammation causing prostaglandins.

This natural root of the plant that comes in powdered form in 500mg capsules and contains an arsenal of inflammation fighting substances including more than two dozen more compounds that reduce swelling and inflammation. This is in addition to Curcumin. Clinical trials prove that taking Turmeric for inflammation is an extremely effective approach without the side effects of the man-made solutions.

Have you seen great results from taking turmeric for inflammation? We'd love to know! Please tell us in the comment section below.

<< [Read more about how Turmeric fights inflammation here](#) >>

