



It's all about blood flow!

When people ask what the most important thing about healing an injury, recovering from a recent surgery, or just staying healthy is; my answer is very often related to blood flow. Maintaining adequate blood flow to the tissues is so important for healing and health maintenance, yet many assume it is outside of their control. I beg to differ. Physical activity increases blood flow to the working tissues. Adequate nutrition and hydration keeps the body's blood supply generous and healthy.

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Aerobic activity enhances blood flow. Resistance training to a muscle not only helps to build up the muscle, but actually enhances vascular connections. As a muscle undergoes training, the first result of the training is the formation of new capillaries bringing in more blood to the working tissues. It's like the exercising of the muscle is the community building a new mall or business. The body is smart enough to lay down a network of roads... or capillaries to carry those shoppers/blood cells with oxygen to the new mall/working muscle. Improved blood flow not only supplies the muscle with FRESH blood and oxygen, it also effectively carries away the muscle's waste back to the kidneys. Better waste management leads to faster recovery times, less soreness after a workout, and overall improved tissue health. Furthermore, healthier tissues resist injury, heal faster when injured, and recover from surgery much more quickly.