

Pre Stretch Supplementation

Again this supplement protocol forms part of our 4 week pre-stretch preparation period.

These supplements all serve the purpose of repairing our body at the same time as reducing inflammation.

For this reason it's **VERY** likely you'll find after the 4 weeks of taking them combined with the amount you've been drinking that aches and pains you used to have simply disappear **before we even start doing the stretches!**

You'll suffer less the days after a hard day of exercise, you'll be more supple and resistant to injury and recover much faster when you are injured.

They also work with the water to prepare your Fascia for the stretches we're going to be doing, so you get even more benefit.

Again this is another reason to **START TODAY** you can see the brands I recommend in the Sam Recommends Section.

DHA (Algae or krill oil)

You've probably heard about the critical role of correct omega balance. Typically in the western world we have far too much omega 6 and not enough omega 3. Now following the diet we are we are going to be much closer to the balance we need but omega 3 is also hugely anti inflammatory. Now inflammation is one of the great causes of joint pain so anything we can do to get it down is going to be a good thing.

Take 500mg twice a day with food.

SYSTEMIC ENZYMES (Wobenzymes)

Enzymes are naturally occurring in the human body, but as we get older we naturally produce less and less of them. Systemic enzymes carry out a number of critical roles in the body. Mainly breaking old scar tissue on muscles and tendons and relieving joint pain but also play a huge role in reducing inflammation.

For the reasons mentioned above this is a HUGE deal for us at the moment. It's important these are taken well away from food (at least 1 hour, preferably more) otherwise rather than going to work in the body they aid in the digestion of food.

Now the recommended dosage of these is pretty wide I've sure you noticed and for good reason. If you're below 25 and free from joint pain I probably wouldn't bother with these at all. You should still have enzymes in your system for all your daily needs. For the rest of us keep reading.

For those free from joint or muscular pain start at the lower end of the scale for what I call a maintenance dose.

For those of you who suffer with joint or muscular pain start at the upper end of the scale. As you notice the pain drop over the course of the next 6 weeks, drop your levels until you find your maintenance dose.

Up the dose after a day of heavy exercise to avoid DOMS the following days. I will typically take 4 - 6 after a big day of kitesurfing.

Take 3 - 10 capsules once to twice a day away from food.

COLLAGEN (grass fed, grass finished or if you're in a pinch from seaweed)

Collagen contains many of the amino acids which act as the building blocks for the human body. Its also something which due to our focus on muscle meat we don't tend to get in the diet much.

Now part of what we are trying to do here is remove toxins and inflammatory agents to allow your body time to recover, rebuild and be more resilient.

As collagen provides the building blocks our body needs to build itself up it is the perfect supplement for us to be taking at this time to speed up the healing process or prevent us from getting injured in the future.

Take 1-2 teaspoons twice a day with or without food.