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reducing muscle and immune-system damage resulting from exercise stress rebuilding muscle protein to maintain muscle structure and function This remarkable nutritional regimen goes beyond sports drinks and energy bars, and shows how to consume the right nutrients in the right proportions to ensure muscle health and enhance performance.

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Optimal Muscle Performance and Recovery. Edmund R. Burke, Ph.D. Penguin, Apr 14, 2003 - Health & Fitness - 304 pages. 1 Review. Now in a revised, expanded second edition, Dr. Edmund Burke's landmark book will take any athlete—elite or recreational—to new peaks in physical performance. Based on the most recent sports science research, Dr ...

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Consider restorative exercises like yoga to keep your muscles limber and resilient, and don't underestimate the power of stretching. If you're feeling extra sore in specific spots, foam rolling is a great way to target and relieve trigger points.

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MYOS RENS Technology Inc. (MYOS), "The Muscle Health Company", is a Cedar Knolls, NJ-based advanced nutrition company that develops and markets products that improve muscle health and performance.

### **MYOS RENS Technology, Inc. Appoints The S3 Agency to Help ...**

CEDAR KNOLLS, N.J., Sept. 9, 2020 /PRNewswire/ -- MYOS RENS Technology, Inc. ("MYOS") (NASDAQ: MYOS), "The Muscle Health Company" and owner of the advanced nutrition supplement Fortetropin®, announced today that it has hired The S3 Agency (S3). The Boonton-based creative agency will be executing an integrated public relations-social media campaign designed to educate the public about ...

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