

# Build a Better Body

## Maximize Muscle Contractions To Get The Most Growth From Every Repetition

**Question:** I don't grow very well from my training. What adjustments can I make to get better results?

**Answer:** First, make sure you don't have a deficit in your nutrition program. If you're getting enough calories and protein to support muscle growth, then the problem may be with your training technique, suggests M & F Editorial Advisory Board member David Ryan, DC, medical director and chairman of the Arnold Fitness Weekend. "At this point, you have to ask yourself what you mean by 'don't grow very well,'" says Ryan. Most bodybuilders don't add muscle mass as quickly as they would like to, but that doesn't mean they don't grow well. If you're able to add 5-10 pounds or more of lean mass per year, then you are growing well.

Of course, your genetics are also a big factor. "If you have more red [slow-twitch] muscle fibers, then you're more likely to excel at endurance-oriented exercise. And if you have more white [fast-twitch] muscle fibers, you'll probably excel at strength- and muscle-building types of exercise," Ryan explains. "Understanding your genetics helps you determine your sets and reps and how much weight you should use when you train. Bodybuilders like Franco Columbo and Mike and Ray Mentzer were extremely strong and relied on heavy weights. Other body-builders, like Frank Zane, never had to use much weight and grew to amazingly symmetrical proportions."

Regardless of genetics, Ryan says that using a full flexing technique can help you make the most of every rep you perform. "While muscle fibers are important, you should also focus on the nerves that supply the impulse to make the contraction. Partial contractions don't stimulate the muscle as well, resulting in submaximal stimulation. In other words, you can lift really heavy weights and/or do lots of sets and reps and yet never get the muscle the stimulation it needs to grow until you learn to flex your target muscle while you lift."

**Question:** Could you give some tips or advice on losing the so-called love handles? This is what I need help on.

**Answer:** Eat right and train hard! Don't exercise specifically to muscularize the area. Depend on overall training and muscle growth and stimulation should do the trick to reduce bulk. Aerobics such as walking, wind sprints and cycling. Sorry there's no magic. This one's in the diet.

## 3 Most Legal and Affordable Bodybuilding Supplements

Are you thinking of building muscles from right now? Are you thinking of any legal bodybuilding supplements? Or Are you thinking of taking any of muscle building supplements available in the market? If yes! There are many people doing the same. Every time you visit the shop, there is always a new bodybuilding supplement that assures you of increasing muscle size inches upon inches in just few weeks.

If you want some affordable bodybuilding supplement or legal bodybuilding supplement, the three topmost supplements for you are Creatine, Glutamine and Capsule of Fish Oil.

### Creatine

Creatine is an affordable bodybuilding supplement that gains admiration from all the guys entering into the field of bodybuilding. Almost everyone with the intention of developing muscles feel the requirement of its intake. Though it is not going to make you Mr. Universe, but it will increase your body stamina to continue exercising for long and concentrate for greater time period. It results in increased endurance capability of the body.

The working of creatine is done by supplementing and replacing natural creatine that is stored in our body and seems to be used up during workouts. As soon as there is shortening of creatine in body, you will start feeling exhausted and shall be compelled to stop your work.

### Glutamine

After creatine, Glutamine forms the second legal bodybuilding supplement. It is a type of amino acid that helps in fast recovery of our body. Along with it, it prevents trivial aches and pains in the body. It is mainly effective in case of ligaments and joints.

### Fish Oil

The third legal and affordable bodybuilding supplement is the capsules of fish oil. There are fish oil tablet available that can help in improving anybody's health and increasing body's sensitivity for insulin. It means if there is more consumption than particular level of carbohydrate food, it is utilized in a proper way to develop new muscles in the body. It also helps in repairing of wear and tear in muscles.

If you are demanding to figure out, then you should supplement your hard earned money on legal bodybuilding supplements or affordable body building supplements. Never expect some astonishing muscle building supplements that do not take sufficient time or work to build the muscles.

## Five Surprising Benefits of Massage

The newest cure-all may be an ancient one: simple touch. The Chinese have been using massage for all kinds of medical conditions for centuries. Now, Western research is confirming that massage isn't just for muscle pain. One of the most surprising findings: massage may help premature babies gain weight. When Tiffany Field, a professor of pediatrics, became a new mother, she massaged her premature infant daughter and was so impressed with the results she later founded the Touch Research Institute (TRI) at the University of Miami School of Medicine. Massage, it turns out, may boost immunity and help people with a range of conditions from premenstrual syndrome to high blood pressure. It also seems to help soothe the pain from arthritis, burns and even surgery. Here are five surprising facts about massage from the research findings at TRI and elsewhere that you can put to use:

1. **Pick Your Spot:** If you're shy about letting a friend touch your aching lower back, for instance, she could help by massaging your shoulders instead. This is because massage creates chemical changes that reduce pain and stress throughout the body. One way it does this is by reducing a brain chemical called substance P that is related to pain. In a TRI study, for example, individuals with a form of muscle pain called fibromyalgia showed less substance P in their saliva (and they reported reduced pain) after a month of twice-weekly massages.
2. **De-Stress, Stay Healthy.** Massage may boost immunity. Several studies have measured the stress hormone called cortisol in subjects' saliva before and after massage sessions, and found dramatic decreases. Cortisol, which is produced when you are stressed, kills cells important for immunity, so when massage reduces your stress levels and hence the cortisol in your body, it may help you avoid getting a cold or another illness while under stress.
3. **Blood Pressure Benefits:** Massage reduces hypertension, suggests a good deal of research. This may be because it stimulates pressure receptors that prompt action from the vagus nerve, one of the nerves that emerges from the brain. The vagus nerve regulates blood pressure, as well as other functions. In a 2005 study at the University of South Florida, hypertension patients who received 10 massages of 10 minutes each over three weeks showed significant improvements in blood pressure compared to a control group who simply rested in the same environment without any massage.
4. **Technique Tactics:** There's little evidence to support one kind of massage over another, says Field, so don't worry about whether your therapist is schooled in Shiatsu, Swedish or some other technique. The key is pressure firm enough to make a temporary indentation in the skin. If you try massage with a partner, use massage oil, but test a little on your skin first to make sure you are not allergic.
5. **Self Help.** You can massage yourself. Although you don't have to massage the part of the body that hurts to relieve pain, targeting that area does tend to help more. One example is massaging the arms. If you're in danger of developing inflamed nerves in your hands or arms from repetitive movements (like typing on a keyboard, or even gripping a steering wheel for hours at a time) try massaging your arms for 15 minutes a day. Stroke from the wrist to the elbow and back down on both sides of the forearm.