

THE 8 MINUTE REVOLUTION

QUICK GUIDE TO

FAST HEALING

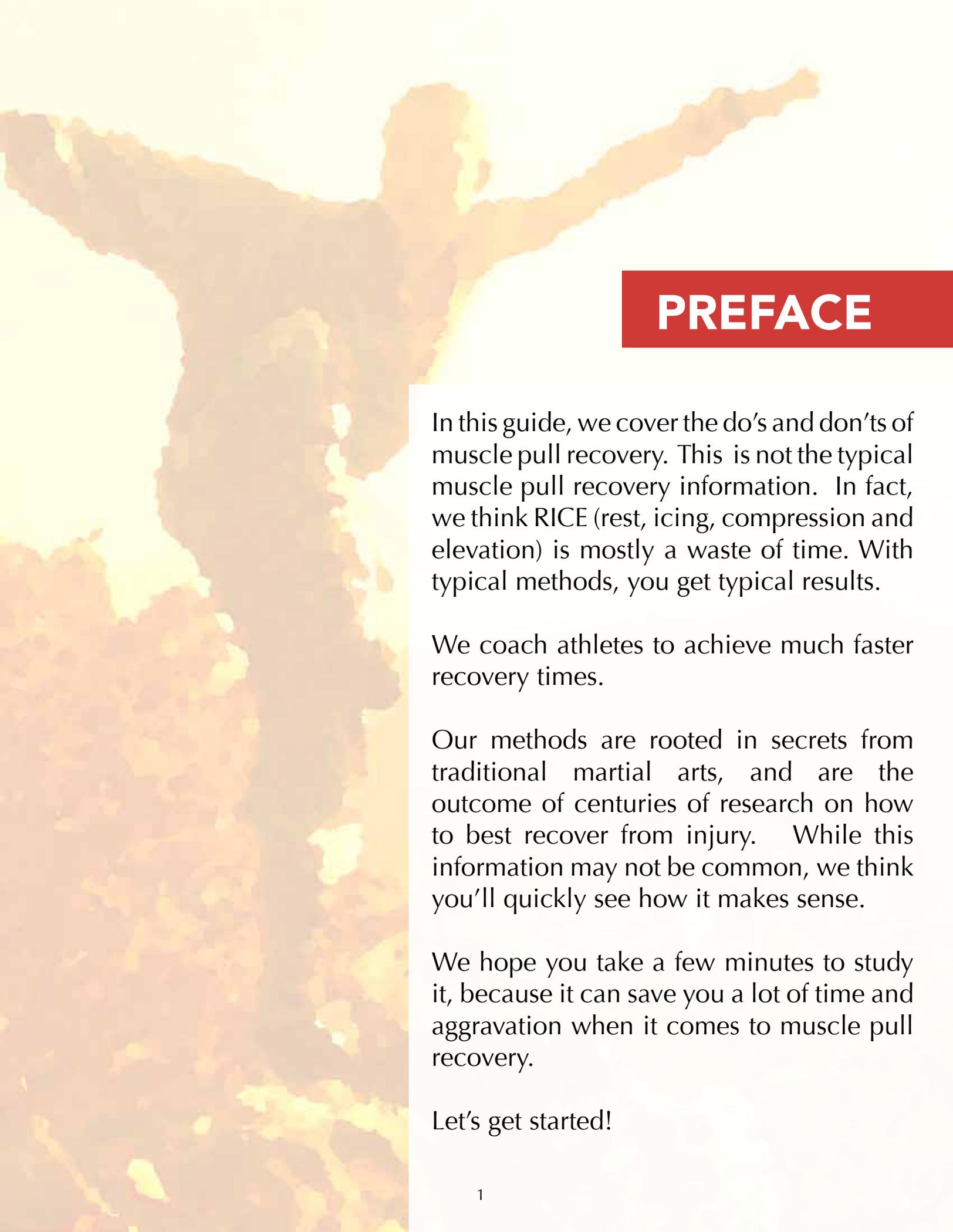
FROM ANY MUSCLE PULL

**Discover 2 Killer Mistakes 90% of all Athletes Make. Plus Learn
The 3 Simple Tricks That Can Cut Your Recovery Time In Half.**

**MUSCLE
PULL**

Rob Lucier and Brad Heilman of QiVantage





PREFACE

In this guide, we cover the do's and don'ts of muscle pull recovery. This is not the typical muscle pull recovery information. In fact, we think RICE (rest, icing, compression and elevation) is mostly a waste of time. With typical methods, you get typical results.

We coach athletes to achieve much faster recovery times.

Our methods are rooted in secrets from traditional martial arts, and are the outcome of centuries of research on how to best recover from injury. While this information may not be common, we think you'll quickly see how it makes sense.

We hope you take a few minutes to study it, because it can save you a lot of time and aggravation when it comes to muscle pull recovery.

Let's get started!

Quick Guide to Fast Healing

TABLE OF CONTENTS

2 Killer Mistakes	3
Mistake # 1 Too much icing makes your injury last longer	3
Mistake # 2 Toughing it out destroys your athletic ability	4
3 Keys to Healing	6
Key # 1 Kick-start your body's healing process	6
Key # 2 Rest, but only at the proper time	8
Key # 3 Exercise, but don't make a big mistake	9
Recap	10



About QiVantage®

QiVantage was founded by Rob Lucier and Brad Heilman to help athletes recover faster from injury using all natural formulas and recovery methods. Our solutions are based on remarkably effective Traditional Martial Arts techniques and formulas that have been handed down for centuries in East Asia.

In 2004, we acquired access to these formulas and techniques, and since that time we have helped over 20,000 athletes of all ages and skill levels, including players in the NFL, NBA, NHL, MLB, NCAA and Olympians. We look forward to assisting you in achieving a quick and complete recovery.



QiVantage in the PGA Guide. You can also see us on ESPN, OLN and more.

2 KILLER MISTAKES

90% OF ALL ATHLETES MAKE THAT DRAG OUT RECOVERY

MISTAKE #1

TOO MUCH ICING MAKES YOUR INJURY LAST LONGER

Ice has probably been a muscle pull treatment since caveman times – It's free, generally available and all natural. Icing an injury can be useful, but it also can be a big mistake.



Let's first discuss why ice is used, and when it's effective. When you initially pull a muscle, you have a localized train wreck. Active muscle tissue generally gets lots of blood flow, so when the muscle tears, you have ruptured cells and torn blood vessels.

This results in lots of fluids spilling into places they don't normally go, which in turn leads to swelling. In the train wreck analogy, the tracks are torn up and cars are jackknifed everywhere.

In a train accident, one of the first orders of business is to make sure no more trains are coming down the tracks to compound the problem. This is essentially the point of icing an early-stage muscle pull. When you ice, the body naturally slows circulation to the chilled area. With less blood flow to the damaged muscle, less fluid spills and less swelling occurs. With less swelling, you have less pressure on the local pain receptors, and things feel better than they might otherwise.

This is all good news. But it is short-lived.

After the initial traumatic stage, the body kicks into its recovery processes. We'll discuss this in more detail in a moment, but one of the most essential aspects of recovery is good circulation: blood flow to help bring in nutrients and get rid of damaged tissue and cells.

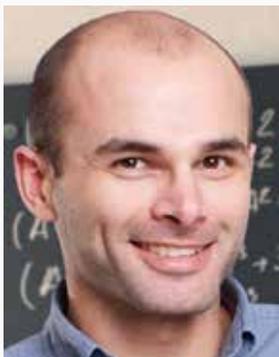
But ice slows circulation. So if you use it after the first 24-48 hours, it's helpful effect ends – it is no longer a treatment. Instead, ice slows down recovery.



TIP: You can use ice in the first 24-48 hours after an injury, but don't use it after that. It slows circulation, which in turn slows your overall recovery. At QiVantage, we never use ice in our recovery methods, but if it's all you have, use it only in the early stages.

Success Story #202

Doctor Gave Me No Relief... This Did The First Day!



"I had excruciating pain for over a week, my doctor told me to ice the area and take pain pills, which provided no relief. Saw your method advertised and decided to give it a try. After first application, pain seemed to decrease immediately, after second, pain hardly noticeable, could sleep nights and put on my socks and tie shoes, product is great and will use it again. Thanks for the relief and the great product. Therapy e-mails have been a great help also."

- Melvin Sturdahl, Hamstring Pull

MISTAKE #2

TOUGHING IT OUT DESTROYS YOUR ATHLETIC ABILITY

You get an injury but are "too busy" to take care of it. Instead you numb the pain with continued icing, mask the pain with aspirin or other pain killers, or ignore it altogether. Any such "wait it out" or "tough it out" approach is likely to cost you in the long run.

First, pain is the body's natural way of saying, "pay attention, there is a problem here." When you ice to numb you are ignoring the message. When you continually pop aspirin or NSAIDS, you are telling your brain to ignore the pain sensations. Basically, your mind is saying to your body that it knows better.

You don't treat it properly, and yes, eventually it goes away. But it takes 2-4x longer than it should.

Worse, the problem isn't really fixed.

Injuries which aren't treated properly don't heal correctly. This results in scar tissue and internal bruising. And this damage sticks with us causing two main outcomes:

- 1. Heightened chance for re-injury.** Scar tissue is inelastic, and internal bruising affects the quality of your circulation. Both of these factors make for suboptimal muscle performance and significantly increase your chances for re-injury.

Sometimes it's not a full re-injury, but instead the muscle feels "stuck." Something

is weaker, less flexible, less healthy. This is the result of improper recovery, and there are steps you can take to help correct the problem.

2. Quicker loss of athletic skill (and health).

A younger athlete gets injured and then recovers. In reality, the body still has an imprint of the damage, and often scar tissue and internal bruising persist. But the young athlete can mask these injury remnants with natural strength. However, as an athlete ages and natural strength diminishes, these past injuries start to resurface.

You can see this phenomena in professional athletes, especially in contact sports like football. At age 25, the athlete is invincible. Toughing it out and playing through pain. But by the relatively young age of 45 or 50, this same athlete is hobbling around. The scar tissue and internal bruising compound, and without proper recovery, aging takes place rapidly once the natural strength and energy of youth fades.

So “toughing it out” can be a dangerous philosophy. A little effort now can help you recover much more quickly, and reduce your chances of being plagued by an injury throughout your athletic career and beyond.



TIP: If the injury you’re suffering from now isn’t fixed properly, it has a high probability of becoming a chronic issue. Maybe not this year... or next... or even 5 years from now. But rest assured it will re-surface.

Success Story #315 Fixed My Pulled Calf!



“My wife purchased it for my pulled calf. I was skeptical but it was a great relaxer for the muscle. Feeling better already. Thanks.”

- Dwight Halliburton, Pulled Calf Muscle

Success Story #397 I have no pain now...



“Thank you so much for helping me accomplish my goal of the half marathon. I would very much recommend your products to others and use them again on myself or on my kids.”

- Jodi Ayers, Pulled Calf Muscle

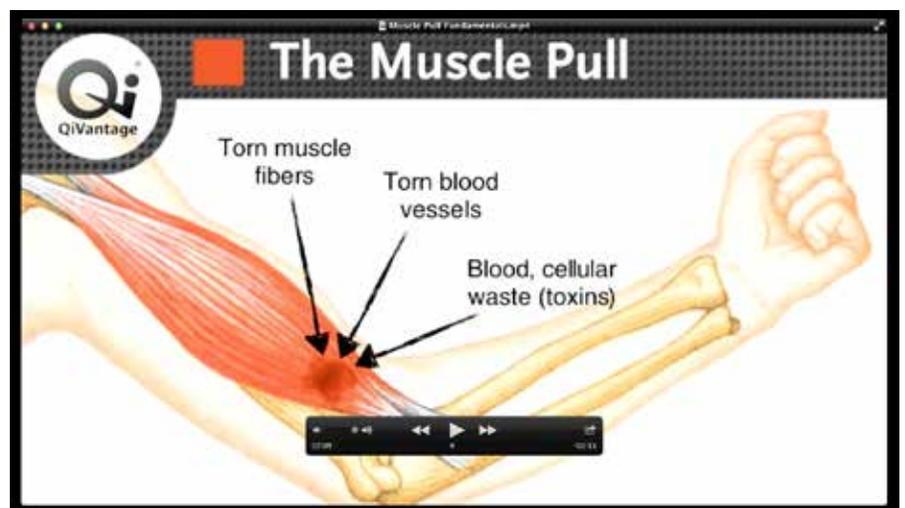
3 KEYS TO HEALING

YOUR INJURED MUSCLE WAY FASTER

We covered the biggest mistakes, and now we'll go over the what you should know to speed your recovery.

If you would like to learn more about what happens when you pull or tear a muscle, watch the muscle pull overview video.

It explains what has happened to your muscle, and some essentials to a healthy recovery. Watch it, then we'll cover the main points.



[Click here to watch this video >>](#)

KEY #1

“KICK START” YOUR BODY’S HEALING PROCESS

What you’re looking to do is kick start your body into “fast forward” healing.

And it’s pretty simple to do, if you have the right knowledge and tools.

We’ve discovered an easy 3-part formula. The result is a fast recovery, more permanent healing, and fewer future injuries.

Here’s how you do it.

Part 1: Reduce Inflammation And Swelling

When an area of the body is injured, it becomes inflamed due to the various chemicals and hormones sent to the site of



QiVantage does strength and flexibility coaching for athletes of all ages.

the injury. This is normal, for a short time. When the inflammation gets out of control it can cause severe pain, muscle loss (which reduces healing), and can lead to a host of other problems.

The vast majority of pain you feel after an injury is caused by excessive and chronic inflammation in the muscle tissue.

Part 2: Remove Toxins

Toxins are a natural bi-product of an injury.

When a muscle is pulled or torn, blood vessels are ripped also, causing blood to “spill out” and begin accumulating in the surrounding area. This spilled blood often contains toxins, and certainly becomes a toxin as it sits around.

What’s worse, any waste products from the natural recovery process aren’t all removed because the blood vessels are damaged. They also stagnate. Removing these toxins is crucial to the healing process.

Some of our professional grade recovery

products the act like a poultice, sucking toxins out of the body directly through the skin, in addition to improving circulation for toxin removal. This method has been used successfully for centuries in other countries but is just now gaining popularity in the United States. But even if you are not using such a product, you can improve toxin removal by working on the next step, restoring circulation.

Part 3: Restore Circulation

To speed up the healing process, you need more blood. This blood carries the oxygen and key nutrients necessary to heal the injured tissue. The more blood you can restore to the injury, the faster you’ll heal.

Don’t let the simplicity of this system seduce you into thinking it’s “too simple to work”. This is a time-tested, proven recipe for healing injuries faster... and more permanently.

QiVantage has several ways to accomplish parts A, B and C. We have key formulas that have been safe-guarded by martial arts masters for centuries that can lead to

dramatic results literally overnight. But one way to get started right now is through light massage and acupressure.

When you massage, you bring blood to the area. This is a basic, but effective way to start all three of these steps simultaneously. More circulation means more nutrients, more ability to remove toxins, and more of the body's natural healing ability.

Success Story #109
QiVantage did wonders!



“Hope you saw Drew on TV last Saturday Washington vs USC. He started at free safety, had 8 tackles, an interception and played very well. The QiVantage Recovery Kit did wonders for his hip flexor injury ... Thank you.”

- Kenny McAlister, Proud Dad

And you don't need to massage the injured tissue, which can be painful. Massaging the feet works well for lower body injuries, because blood has to move to the foot,

through the groin muscle, hamstring and quad, calf, etc. Massage the hands works well for upper body injuries. Here are some simple movements you can do right now.



[Click here to watch this video >>](#)

KEY #2

REST, BUT ONLY AT THE PROPER TIME

Methods have a proper order. When you're following a recipe to bake a cake, you mix the ingredients in order, and put the cake in the oven last. When you build a building, you spend a certain amount of time making a strong foundation, and then you can proceed to frame and finish.

There is a method to proper injury recovery. The real value of rest comes after decreasing swelling and toxin removal. It's at this time that resting results in increased healing, because internally the body's recovery systems are functioning.

Resting when there is still a lot of internal damage yields poor results. You can wait weeks to months and get essentially nowhere. Sometimes massage or a little passage of

time is all your body needs to reestablish circulation, lower the swelling and remove the toxins caused by the damage.

But sometimes kick-starting the body's recovery processes is a real issue. The muscle can feel "stuck" for weeks on end.

Historically, martial arts masters developed topical formulas - natural pastes, creams and sprays that are directly applied to the muscle - that quickly get things on the right track. At QiVantage, we have access to these formulas, and athletes swear by them. If rest does not feel like it's bringing real results quickly, consider using one of our kits (shown on the next page) to get the recovery process underway.

KEY #3

EXERCISE, BUT DON'T MAKE A BIG MISTAKE

Exercise will break down scar tissue, which naturally forms in the initial stage of recovery. Scar tissue is inelastic, and having it patch up a muscle is a problem in the making. (It's much easier to reinjure a muscle that's laced with scar tissue.) When you exercise, scar tissue is replaced by healthy, elastic muscle tissue, for a much more thorough recovery.

While exercise is good, we see one mistake made over and over again.

The pain subsides, you're happy to be feeling good... you're itching to move so you do a serious workout and BANG, you re-injure yourself.

Know this: Pain will subside before you are fully healed. This is a good thing, because who wants to be in pain. But it is important to rebuild lost strength, and the last phase of a good recovery requires a little bit of patience in doing this. Going full throttle too soon can set you back significantly.

As part of our kits, we provide specific movements that are very beneficial for muscle pull recovery, but one solution is to just ease back into your practice and activities gradually.

Here's a basic recipe:

1. Massage or rub the injured muscle directly before activity to warm it up and increase circulation.
2. Go through light activity, slowly increasing intensity over time – err on the side of caution.
3. Finish with some light stretching to elongate the muscle.

The Recap

So here's the quick recap:

1. Be cautious with ice - don't over use it.
2. Don't drive through pain - toughing it out causes damage that will come back to haunt you
3. You need three keys to kick start recovery: reduce swelling, remove toxins, and increase circulation. Massage is a good starting point.
4. Rest is good, but much less effective if all 3 points above are not in place.
5. Exercise is good - you really want to break down brittle scar tissue - but make sure you ease into it and spend time rebuilding strength in the injured muscle.

RECOVERY STARTER KIT

Looking for some added recovery help? The starter kit helps relieve pain and muscle tension to kickstart the healing process. Includes Therapeutic Recovery Cream, hand-selected stretching and strengthening videos, and more.

[Learn More](#) 



INJURY TREATMENT KIT

Suffering from a painful muscle pull or tear? Our pro-grade solution immediately relieves swelling, removes toxins, and enhances circulation so you can get back into action quickly. You get a Recovery Wrap, a 5-Pack of Muscle and Joint Therapeutic Patches, recovery videos, expert advice and more.

[Learn More](#) 



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