

# Resting muscle recovery and growth technique theory



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You probably haven't heard of the fattening huts in Uganda and Mauritania. There bride will get lots of massage and food, no training. The massage is there because they without educational facts about calories and how massage locally works, knows that the high calorie food and massage together will better shape the body bigger. They are gaining weight, and fast(4). I don't take sides considering cultural issues here with these women. Science approach with calories and massage did get my attention. From this I started forming this theory. Why not turn this fattening hut practice in favor to serve muscle recovery and growth from training.

But this theory isn't about high calories, and getting fatter. It's about timing and combining massage/dry pump (flexing without weights) after food/supplements for muscle growth and recovery from training. Combining known facts how massage works locally and anabolic insulin and nutrients after eating. Dry pump and massage(separately also) locally opens the blood vessels in the muscle and gets the calories and nutrients better in use for recovery and growth.

Why not help the insulin to get better in to your muscles thru these ways. After eating your insulin goes up, to take glucose and fatty acids to its place. The blood will also carry all the other hormones, vitamins, minerals and growth factors what are needed for growth and recovery. Massage as it is taken now by many has its place and reasons, nothing wrong there, but if your muscles gets also a few minutes of massage/dry pump after every meal/supplements, then we are closer to help that growth and recovery in muscle.

Example; massage/dry pump your biceps after every meal/supplement dosage, just a few minutes, you can do it yourself, and you can do it almost everywhere. It only takes a few minutes per muscle, but with the back muscles you need a little help. You can dry pump every muscle by yourself too. You don't have to massage all body at ones, just pic those favorite muscles or weak point muscles or those you will need for your goals in sport or in the gym. Or massage thru all muscles in a day to day rhythm. Same goes to dry pump.

#### DEEPER:

Muscle has white and red muscle cells. White uses mostly glycogen and red uses mostly fatty acids. We all have these cells, just in different distribution. That distribution takes place also differently in different muscles in the body. This is connected to main three body types; ectomorph, endomorph and mesomorph. Mesomorph is the naturally talented to muscle growth.

This theory will cover the only area which is also the most important one, helped recovery in resting period. When skeletal muscle is resting, only 20% to 25% of the capillaries are open, whereas during exercise 100% of the capillaries are open. In resting muscles white cells blood flow is 2-3 and in red cells 30-50ml/min/100 ml(5). Exercise blood flow in muscles white cells can grow to 40-60 and in red cells at least to 150 ml/min/ 100 ml(2). A massage/dry pump opens in the muscle many capillaries which are normally closed. In a square millimeter of a muscle cut there are 30 up to 300 capillaries open at rest. After the

massage/dry pump this number may go up to 1300 open capillaries(6).

How can you use this for muscle growth and recovery? Insulin goes up after you have eaten. Insulin is the one to deliver those eaten nutrients and supplements to muscle, open capillaries naturally is beneficial for that. The muscle growth takes place while in rest, gets sleep, food and recover time.

Muscle has approximately 1,4g/100g glycogen. This is in the white cells. Red cells have a much lesser amount, because they use mostly fatty acids. Muscle glycogen storage after use will recover 40% in five hours, but to recover fully it takes several days. In the white cells the recovery time is faster than in the red cells. Carbohydrate food will speed that recovery time 10 times to low carb diet. When carbohydrate is stored to muscle, 2,7g water to one gram carbohydrate is stored. It has calculated that from 100g carbohydrate 15g goes to muscles. In red cells the muscle blood flow regulates the amount fatty acids are used, the more blood flow, the more is used. Red cells use 10 times more fatty acids than white cells(3). Elevated blood flow can potentially influence skeletal muscle glucose uptake(7).

Muscle growth and recovery thereby needs attention for both muscle cell types and their needs. This theory could give new hope against doping, and more understanding of the body's capability for natural training and exercise.

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