

# Adding Vivazen to Your Post-Workout Routine

Vivazen is a powerful herbal blend of natural healing agents that have been used around the world for thousands of years. Their proprietary formula is based on ancient medicines that have been proven effective by modern science. By decreasing pain and increasing focus, Vivazen is a powerful supplement for post-workout recovery.

For bodybuilders, fighters, and fitness enthusiasts alike, [recovery is an essential step](#) to improving and meeting goals. The body doesn't get bigger, stronger, or faster while it's working out. It makes sports-specific gains during recovery, as the muscles and nervous system repair in preparation for future stress.

Recovery is not a passive chore of the body. Neither does it happen in a vacuum. Post-workout recovery is an active process where the body focuses its energies on preparing for the next set of stressors. This makes how we recover as crucial as the recovery itself.

## The Physiology of Post-Workout Recovery

When considering post-workout protocols and nutrition, it's important to understand the science behind what the body's doing during downtime. Doing so allows individuals to take the best measures to stimulate recovery.

For individuals who have heavy training loads, such as crossfitters, powerlifters, bodybuilders, and martial artists, recovery is essential. The post-workout recovery period marks the fine line between progress and overtraining. It allows hardworking individuals to make the most significant gains and see the best results.

Physiologically, [the three mechanisms](#) which drive post-exercise recovery are muscle damage, decreased substrates, and metabolites (such as lactic acid) building up.

If the body recovers efficiently, these mechanisms provide sport-specific gains to handle greater stress progressively. When overtraining occurs due to poor recovery habits, the body becomes at risk for injury, and gains are lost.

In this overview of post-workout physiology, each mechanism will be briefly covered.

### The Dreaded DOMS

Delayed onset muscle soreness, or DOMS, is the result of microtears across our muscles. The tears make the muscles temporarily weaker and issue a healing response, which repairs them

for greater stress. This soreness is a bane to those working out, making subsequent workouts much more difficult.

Muscles get bigger and stronger in response to muscle damage. Specificity is key here. Muscles that undergo lower tensions for more extended periods will trend towards hypertrophy. Muscles that experience higher tensions for shorter periods will stimulate strength.

## Sayonara Substrates

The second mechanism by which the body recovers is through replenishing substrates. The scientific word for "fuel," substrates equal the energy required to complete a bout of exercise. This almost always means carbs and fats, but in highly overtrained individuals it can lead to protein breakdown.

In response to substrate depletion, cellular mitochondria become better suited for burning fat as a fuel source. This decreases reliance on carbs and increases energy production overall.

## Lactic Acid Lethargy

The build-up of metabolic by-products, AKA waste, in the cells leads to decreases in performance. Basically, the cells become crowded with excess particles as a result of exercise. This hinders the muscles' ability to contract. This causes the phenomenon known as exercise "burn" and is typical in long-duration aerobic exercise.

The body recovers from metabolic build-up by creating more blood vessels to more efficiently transport metabolites to where they need to go. More blood vessels mean better oxygen transportation to the cells, and less fatigue.

## Benefits of Vivazen

Post-workout recovery is the most critical part of making progress as a hardworking individual. It is during recovery that gains are made, as the body prepares for future stress.

Poor recovery will lead to overtraining. Overtraining will stagnate and even reverse progress. Thus taking steps to ensure the best recovery is the cornerstone of training effectively.

Vivazen, through its restorative properties based on ancient traditions across the world, will boost recovery. Better recovery equals greater gains. Greater gains means you are able to work out harder and smarter in all of your fitness endeavors.

Here are four ways Vivazen benefits individuals during the post-workout recovery.

### Alleviates Minor Aches and Pains

The DOMS associated with intense workouts is one of the greatest limiting factors in achieving subsequent workouts. No one wants to be sore all the time. Vivazen's proprietary blend of herbs is fantastic at relieving minor aches and pains.

Alleviation for those who experience chronic pain is paramount in allowing those individuals to enjoy an active lifestyle.

## Increases Focus

A heavy workout or long day at the gym can be draining. For many who train before they even go into work, the mental fog post-workout is taxing on their whole schedule.

Not with Vivazen. By increasing focus naturally with kratom and other mild stimulants, the mind is sharp without the jitters from excessive caffeine.

## Restores Energy

Replenishing substrates post-workout is a must. During exercise, the body burns through precious glycogen stores, which can be fatiguing for the rest of the day. The typical post-exercise drinks and shakes are chock-full of simple carbs, which quickly spike blood sugar.

Not Vivazen; their flavorful shots come with 23 grams of all-natural sugars. Enough to replenish glycogen stores over a long period, and all without crashing the nervous system.

## Enhances Endurance

Because the ingredients in Vivazen are plant-based and all-natural, they take hours to be metabolized. The focus and energy from Vivazen shots are not as extreme as the standard post-workout syrup-cocktail. Further, the natural effects last much longer, allowing increased endurance long after a workout.

# Vivazen Ingredients and the Science Behind Them

The pain relief from Vivazen is due to many ingredients working as opioid agonists. In short, they numb pain and increase euphoria by acting on opioid receptors in the brain. Unlike synthetic laboratory-produced drugs, which have a specific and hyperbolic function, these plants work naturally and subtly.

Taken together, they produce a synergistic effect, easing pain while increasing focus. This is due to the thousands of micronutrients and chemicals working naturally within our bodies to bolster and support us.

Indigenous populations have used these ingredients and combinations of them for thousands of years due to their potency, efficacy, and reliability. Recently, they have been explored by science to evaluate the effectiveness of their positive effects.

## Kratom

The all-star in the Vivazen proprietary blend, kratom, has been noted for its [opioid-like and stimulating](#) effects. As a plant-based opioid agonist, kratom offers a [subtle yet statistically significant](#) decrease in pain. At the same time, kratom increases focus, making it one of the most [potent post-workout supplements](#) to take.

## Willow Bark

Widely used in Europe to treat lower back pain, [willow bark is an excellent analgesic](#) (pain-relieving) agent. Studies have noted its [effectiveness for musculoskeletal pain](#).

## Valerian Root

The species *Valeriana officinalis*, or Valerian root, has long been used in herbal teas as a sedative. Modern science has recently elucidated its abilities to [decrease fatigue](#) and [muscle pain](#) for those who take it.

## California Poppy

An ancient plant in North and South America, *Eschscholzia californica*, or the California Poppy, has also been consumed in tea for thousands of years. [This study](#) shows evidence for its power as an analgesic and anxiolytic (anxiety-reducer).

## Passion Flower

The *Passiflora incarnata* species is named for its exuberant appearance and powerful effects. Passionflower has been shown to decrease [muscle tenseness](#), [fatigue](#), and [anxiety](#).

# Empower Yourself Through Vivazen

Vivazen's proprietary blend of ancient and natural medicines is the solution for hardworking fitness enthusiasts. While these powerful plants have been in use for thousands of years, Vivazen is the first and only product available that synergizes their subtle effects into a potent alchemy of therapeutic potential.

By decreasing pain and fatigue while increasing energy and focus, Vivazen works to ensure individuals get the most out of their post-workout recovery. The ingredients are all-natural, plant-based, and organic, making it safe and effective for everyone.

The body doesn't get stronger when it's working; it makes gains during recovery. This makes recovery possibly the most critical step to making achievable progress towards fitness goals.

Hardworking individuals don't skimp out on their workouts, so they definitely shouldn't skimp out on recovery. Vivazen boosts recovery and empowers individuals to be their best possible selves through its remarkable restorative properties. [Order Vivazen](#) today to help with your gains!