

How I Restore My Muscles

Restaurant Means to Restore

The word “restaurant” originates from the French word *restaurer*, meaning “to restore.” In 18th-century Paris, restaurants served healing broths intended to revive strength. I apply this concept to my diet, focusing on choices that genuinely **restore and strengthen** my body.

Vietnamese Pho

Once a week, I enjoy a bowl of Vietnamese **beef pho**, a restorative dish rooted in tradition. The hot, collagen-rich bone broth rejuvenates me after workouts. Pho includes various cuts and organ meats, like tripe, packed with minerals, muscle tendons, and cuts like flank steak or brisket. Collagen in the broth helps **restore skin, joints, bones, and muscles**.

Bone Broth and Organ Meat

Bone broth and organ meats **fortify and repair the body**. After a tough day, a bowl of pho or bone broth is my go-to for recovery. Additionally, I eat **calf liver once a week**. Known as a superfood, liver provides essential vitamins and nutrients for **muscle repair and strength**. The liver I buy from Halteman’s farm at Reading Terminal Market is both affordable and potent.

Muscle Tendons and Beef Liver

Muscle tendons and beef liver are packed with quality nutrients. I prepare liver with **onions, garlic, salt, pepper, and olive oil**. This simple recipe preserves the liver’s nutrient density, aiding in **rebuilding and muscle restoration**.

Cold Showers and Hot Baths

Recovery isn't just food. On weekends, I begin with a **cold shower**, followed by an **extremely hot bath with Epsom salt**. A scorching bath for 30 minutes after training is pure bliss, significantly speeding up my recovery.

Yoga and Stretching

Every morning, I stretch for **10-15 minutes** in direct sunlight if possible. I focus on my legs, as they are the foundation of strength. This daily practice keeps me **flexible and powerful**.

The Medicine is in the Meat

Through **bone broths, organ meats, stretching, and recovery routines**, I find the medicine that restores my body is in these natural practices.

How I Restore My Muscles Recap:

- **Weekly beef pho** for collagen-rich bone broth and organ meats
- **Calf liver** once a week for a nutrient-packed superfood
- **Simple beef liver preparation** with garlic, onions, salt, pepper, and olive oil
- **Cold showers and hot Epsom salt baths** for effective muscle recovery
- **Daily stretching in sunlight** for flexibility and leg strength
- **Bone broths and organ meats** as the foundation for restoring the body's strength