

## Guillermou

The TB12 Method offers the principles of flexibility, with effective approaches for strength training, hydration, nutrition, supplementation, cognitive ability, reduction of the risk of injury, increasing performance and quality of life. Aspects also treated by Dr. Mercola. Tom Brandy in an interview says "Flexibility is not only for elite athletes, it is for anyone who wants to live an energetic life for as long as possible." It reflects the values of a global elite for whom human longevity is destiny. It's about achieving flexible joints and muscles.

At the Boston Convention Center, Tony Robbins, asks Brady why he created the TB12: respond that motivated by the decline of his idols. "Joe Montana was forced to retire because his body did not resist," "Steve Young had to retire because he still suffered from head injuries." The TB12 Method is intended to be responsible with our body, to prevent injuries occur when it is unable to absorb or disperse the force to which it is subjected.

The TB12 Method achieves maximum body hydration. Every day Brady gets up at six in the morning and immediately takes half a liter of purified water, enhanced with TB12 electrolytes, which contain the 72 trace elements. As a result. It says, it is so well hydrated that even with adequate exposure to the sun, it does not suffer from sunburn. He trains about four hours a day and, most days, makes "flexibility" with Guerrero, with hands capable of generating "50 newtons of force with a single finger" pressure applied to Brady's muscles. When Brady can not work with Guerrero, Brady applies a bottle of coconut oil, and a "vibrating sphere" of TB12. Eat moderately for a purpose: to maintain the alkalinity of your body. The dream has a therapeutic function, he sleeps at nine at night in a room not contaminated by technology, and uses recovery clothing made of bioceramic materials, which he considers as part of his flexibility scheme.

**ellivoc**

I'm struggling with pliability in my left hip after having stem cell regeneration in that hip following a bike crash and torn cartilage. I have new shiny cartilage but still pain and loss of range of movement due to "instrument damage" during surgery, to the surrounding muscles which had paralabral cysts cut out of them. Any advise on how to solve this would be appreciated.

Posted On 02/18/2018

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## Guillermou

Hi ellivoc, with my wishes, you recover very soon. It may be convenient to buy the TB12 method book, from Tom Brady, which offers the principles for flexibility, towards a more natural and healthy form of exercise, training, hydration, nutrition, supplementation, cognitive aptitude and recovery to improve your quality of life. The TB12 Method: How to Achieve a Lifetime of Sustained Peak Performance. [www.amazon.com/TB12-Method-Lifetime-Sustained-Performance/dp/150118073..](http://www.amazon.com/TB12-Method-Lifetime-Sustained-Performance/dp/150118073..)

In addition these links can be of your interest:

1. Want to Know How to Loosen Your Tight Hip Muscles?.

[fitness.mercola.com/sites/fitness/archive/2016/06/17/how-to-loosen-tig..](http://fitness.mercola.com/sites/fitness/archive/2016/06/17/how-to-loosen-tig..) .

Collagen, magnesium, boswellia, hyaluronic acid, chondroitin, glucosamine and astaxanthin are good resources to strengthen the joints. The egg shell is a good source of collagen, elastin, desmosin and isodesmosine, glycosaminoglycans, glucosamine, and hyaluronic acid, vital polysaccharides that are structural components of their connective tissue, interstitial fluids and skeletal structure. Broth of bones. Read the following information:

2. 6 Strategies to Help Promote Flexible and Healthy Joints. [products.mercola.com/joint-support](http://products.mercola.com/joint-support)

3. Do You Know How to Make Bone Broth and Why You Should?.

[articles.mercola.com/sites/articles/archive/2017/02/20/how-to-make-bon..](http://articles.mercola.com/sites/articles/archive/2017/02/20/how-to-make-bon..) .

4. Hips Don't Lie: Hip Exercises for Power and Mobility. <https://gmb.io/hips/> .

5. 8 Exercises to Improve Hip Mobility & Loosen Tight Hips. <https://gmb.io/hip-mobility/> .

6. A good article on the therapy of stem cells for the hip: (2017) Mesenchymal stem cell therapy in the treatment of hip osteoarthritis. [www.ncbi.nlm.nih.gov/.../PMC5467400](http://www.ncbi.nlm.nih.gov/.../PMC5467400)

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## TheOrage

Hey elivoc, I was diagnosed with osteoarthritis of the hip 3 years ago and was in agony. Pain 11/10 Couldn't walk, get into the car or even pull on a pair of pants. The doctor said I was too young to have a hip replacement (lucky me) and told me to put up with the pain for as long as I could. Today I am back playing golf and outpacing my friends when walking. The pain is now a 2 out of 10 and occasionally it completely disappears. I have used no drugs or pain killers but have used a range of health supplements. The things I have learnt is that exercise is vital to get the blood and energy flowing through the hip (sitting is the enemy) but I think you would need the advice of a qualified physio relating to your particular situation. The following is working for me 1. Qi Gong - a gentle way of moving energy which you can do to your limit 2. A good physio specialising in hips with a range of relevant exercises. I've realised that I need to strengthen all the muscles surrounding my hip to protect and support it but perhaps you would be wise to wait until your muscles are re-knitted. 3. Diet - I keep pretty much to a low carb high vegie and some fruit diet and my main supplements are curcumin and heaps of Vitamin C. Also try glucosamine and chondroitin but with MSM. My other Supports are - the Biomat which emits infrared rays. It feels very soothing and healing. The other thing I would suggest would be some kind of PEMF device that emits square and saw toothed waves. Federer is another athlete that other tennis players look at in wonder. They can't understand how his body is still going strong. I have read that he uses a PEMF machine. Well hope this helps and good healing. My attitude is "where there's a problem - there's always a solution." Oh and as Gui says heaps and heaps of water. I drop a few flakes of magnesium in my water.

Hi Gui, great links as usual. Thanks so much for the useful information. Blessings

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## iamblessediam

Hi ellivoc -- Beyond the sound suggestions from both Prof. G. and "TheOrage" examine your daily AMINO ACID [AA] intake profile. Tom Brady uses a lot of bone broth - bone broths contains "conditional" amino acids arginine, glycine, glutamine and proline. I haven't read Brady's book but what I do know is AA's are the building blocks of the proteins that build and maintain all the structural components of the body including the nervous system - the transporter of both pain and range of motion signals. A short read on AA's and pain in injury recovery: [[www.afpafitness.com/research-articles/dlpa-natural-relief-for-chronic-..](http://www.afpafitness.com/research-articles/dlpa-natural-relief-for-chronic-..)] and about the AA choline: [[www.ncbi.nlm.nih.gov/.../15780465](http://www.ncbi.nlm.nih.gov/.../15780465)] and this read on the overall role AA's play in one's nervous system: [[www.nap.edu/.../19](http://www.nap.edu/.../19)].

I broke my left femur in two places that required a pin with screws to repair. It wasn't until I began paying attention to my AA intake did I begin to fully recover from that injury. I started using bone broth but - admittedly - I got impatient and started to do 10 grams three times a day of a "blend" of pharmaceutical grade EAA's and BCAA's augmented with choline and glycine and R-fraction ALA. I was so impressed with the results I continue that regimen to this day. I also use molecular hydrogen via the structured water I make to support the peptide bonding AA's need - a short but technical read on that process: [[proteinstructures.com/.../amino-acids.html](http://proteinstructures.com/.../amino-acids.html)].

I follow through taking care of my kidneys by using beet powder in my fiber shake and drink a daily cup of dandelion tea for cleansing purposes in order to keep kidney functionality optimal. If you really want to take cellular function and recovery based on current anti-aging research - investigate NMN and NAD+ - the cell "signaling" molecules. Be well! Love, blessings and peace!

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## dividingcricker

Ellivoc I have had a few crashes years ago .....You could try baths in 1/4 cup of DMSO , 2cups of EPSOM salt and a few dropper full 2 tsps of lugols iodine .....I would do this once a day in the evening after dinner I started using Magnesium years ago ....Calm was a good one before bed .....Hylands Cell Salts Bio Plasma good for over all pain and replenishing these electrolytes....etc ...Willow Bark pills help with pain . Doing that bath will really help with pain and motion stretching ....Get walking .....You may not get back 100% but never give up. I started BORON long ago ...This seems to be one very overlook mineral .....Something to research The Borax Conspiracy.....good luck .....

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## stanleybecker

Alex Guerrero is a fitness trainer to one of the highest profile athletes in the USA - the term pliability is defined as - " the quality of being easily bent; flexibility. - synonyms = :flexibility, pliancy, elasticity, whippiness, suppleness, malleability, plasticity, springiness, ductility, bendability " = Alex differentiates between the synonymous qualities of "flexibility" and "pliability" in as much as flexibility implies a looseness of muscle/ connective tension [ligaments, joints] - while pliability retains muscle tension while still enjoying a full range of movement - so the aim or goal is to avoid reduced movement capacity in those that are finding it difficult to unrestrictedly move through their previously full range of movement potential - this can occur after a sports injury or work injury or aging loss of ligamentary extension - Guerrero has designed many complementary strategies that enhance movement in his clients - topics discussed with Dr Mercola in the video include hydration/ electrolytes/ trace minerals/ resistance bands/ near infra red photo light therapy/ stretch techniques - Guerrero demands that his clients set their goals and understand what it is that they wish to achieve - Dr Mercola supports Guerrero's protocols as losing mobility as you age is to be avoided if possible - Dr Mercola proposes full movement well into the 100s

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## **charlie wood**

I am 65 years old and have been a Tu Kong Mu Sool practitioner for more than 35 years.

We use a Technique call it TTT for " Temperature, Tension, and Time ".

Warm your body "TEMPERATURE" with soft warm-up exercises~Stretch WITHOUT Bouncing~and hold a "TENSION" on a muscle or tendon group for a fixed period of "TIME". TTT.

**NEVER NEVER NEVER** bounce during your Stretches !! **COLD** Stretching can cause more **HARM** than a Body, Even a Young Body, can recover from Slowly **IF EVER** !

**SOME** Combat Situations require **INSTANT** Reactions from your Body ! With **GOD's** Grace you will **Never** be put in those Situations.

Treat your Body Well and it Will **LAST** a **LIFETIME** !!

See you All in Heaven,

**AMEN**

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## **binghamton**

I've been doing my own vibrational training for the last month. While doing low speed treadmill with earphones I connect the mind with individual muscles. It creates muscle pulsing at a perceived high speed. I think it has benefited my mind more than my muscles. No shortages of exercising

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## relgis

Stretching every a.m., doing Dr Mercola's nitric oxide dump exercises, plus nutrient supplementation, has allowed my husband (82) and myself (79) to successfully play competitive tennis with the highest rated and top players at our racquet club. We keep up with all the great articles and have a great interest in healthy living. Neither one of us take any prescription drugs.

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## Jrinne

"As I started to ... watch them actually train, I realized that everything they were doing, all their biomechanical movements ... were all learned behavior. The brain was developing more neural pathways as it related to the way they were wanting to move. So, I thought our treatment principles should be based on the same thing"

Very interesting. This reminds me of The Feldenkrais Method developed by Moshe Feldenkrais.

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