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**Transforming Health  
Archives Available  
August 1st 2012: Optimal Recovery**

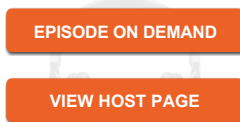
Recovery is a primary biological response and complex organic process that occurs after exposure to athletic training, exercise and sport. All athletes must fully recover from the stress of physical activity. Sports nutrition includes many excellent dietary supplements and natural health products that enhance recovery, reduce inflammation, minimize risk of tissue infection and improve functional wound healing. Recovery after stress of any kind, including physical, mental, emotional, financial, spiritual and metaphysical, is essential to individual survival, optimum health and personal wellness

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**Featured Guest**



**Dr. Cory Holly**

Dr. Cory Holly is the Founder & President of the Cory Holly Institute. As Canada's Ambassador of Sports Nutrition, Health & Fitness, and recipient of the 2003 CHFA Sports Nutrition Hall of Fame Award, Cory's objective is to strengthen sports nutrition awareness worldwide and bridge the enormous gap that exists between nutrition and fitness.

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