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# Spartan Health Podcast



## Train Hard, Recover Fast With These 5 Nutrients

However you choose to move your body, whether it's a daily run, yoga, team competition or a Spartan race of your choice, once you're done, it's time to recover. What

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## Extremes: Does an Ice Bath Work? The Sauna?

The Ice Bath and the Sauna. Healthy? Both mental and physical health are critical for athletic performance. Environmental conditions also play a crucial role. What happens to your body when

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## Are Adaptogens Too Good to Be True?

Adaptogens: Are They Truly Miracle Herbs? Adaptogens are a special class of herbs that have been used around the globe for centuries by many different cultures. These herbs support your

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## Good Night Sleep and Your Brain

Good Night Sleep: What Exactly is it? What is sleep? Why do we sleep? And what does sleep really do? What does "good night sleep" mean? Even though sleep is a

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## 2 Essential Oils For a Natural Workout Boost | Spartan Health #1

Essential Oils For Energy: A Natural Workout Boost Your five senses are your body's most direct connection to the outside world. They take in information 24/7 whether you know it

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