



Nutrition for Healing

Your body needs carbohydrates, protein, fat, vitamins, minerals and water (called “nutrients”) to support the repair process. A healthful diet is the best place to start for optimal healing.

Supplementation of the following nutrients may give your body the edge to recover from injury.

Bone

Vitamin D3 (up to 7000 IU per day), Calcium (greens and beans), Magnesium (almonds and spinach), Vitamin C

Avoid anti-inflammatory medications, alcohol, caffeine, smoking and fast food as these things inhibit protein synthesis.

Muscle

Creatine has recently been shown to improve muscle strength and mass following an injury or immobilization.

Coenzyme Q10-improves mitochondrial function which is the muscle cells power plant.

Nerve Healing

Vitamin B12

Acetyl-L- Carnatine (ALC)

Vitamin D3

Natural Anti-Inflammatories

POM Wonderful- Pomegranate Juice

Cherry Extract

Fish Oils- Omega 3,6,9

Glucosamine

Chondroitin

MSN

Activity- yes, being physically active releases your body’s natural anti-inflammatories.

Avoid:

- Fast Foods (high in trans-fat and saturated fats)
- Processed Meats
- High Sugar Products- soft drinks, pastries, sweetened cereals, and candy
- For some people “night shade vegetables” such as tomatoes, potatoes, eggplant, sweet and hot peppers can accentuate inflammation