

Nutrition for Healing

A healthful diet is the best place to start for optimal healing. However, supplementation of the following nutrients may give your body the extra edge to recover from injury.

Bone

Vitamin D3 (up to 7000iu per day), Calcium (greens and beans), Magnesium, Vitamin C
Avoid anti-inflammatory medications, alcohol, caffeine, smoking and fast food – inhibits 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.

Vitamin D3

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

MSM

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.