

Nutrition and Your Life

Let's face it, there is so much information out there on the internet about what to eat, what not to eat, supplements, cleanses, herbal this, antioxidant that, and anything else the imagination can conjure it can make your head spin! So in this series of publications, I would like to simply set the record straight and clear up any misnomers. In this two-part publication I will discuss Nutrition and Healing, and Exercise and Nutrition.

Part 1: Nutrition and Healing

Have you ever thought about how what you eat and drink can have an effect on how your body heals from an injury? Some people allow injuries to progress and get worse over time without any clue as to why their injury is not healing. Too many Americans get into a cataclysmic downward spiral of self medication to mask pain symptoms while the underlying problem persists and gets worse leading to more medication and medications for these medications and let's not even get into their side effects or monetary impact! So before you hit rock bottom, consider adding these nutritional tips to your diet to accelerate the innate healing process each and every body possesses.

1. Hydrate.

With clean, pure, refreshing WATER! Water lubricates cells, dilutes solutes, transports nutrients, excretes toxins, and its Anabolic. Drink until your urine is clear (not with beer, gentlemen).

2. Increase protein intake.

Protein is the building block of most soft tissues in the human body. When you are injured, your body requires essential amino acids to build up any broken tissues. During the acute and sub-acute healing phases I recommend consuming 1.6-1.8 grams of protein per kilogram of body weight. A 91kg (200lb) person needs 145-163 grams of protein daily to maintain a positive nitrogen balance. The RDA of protein is simply not enough to do this and your body will begin to atrophy (break down), and healing will be a slow ongoing process. See a list of Protein rich foods at www.drjallenchiropractic.com

3. Increase Vitamin C intake.

Take 10mg/lb/day of Vitamin C daily and your wound will heal faster. Vitamin C is a powerful antioxidant, antiinflammatory, and antihistamine. Its Immuno-stimulatory and antibacterial. It activates enzymes required for synthesis of cartilage, ligaments and tendons. Without vitamin C, defective collagen is formed.

- a. 1000 mg Vitamin C increased wound strength 3x - 6x in surgical patients (Barlett, Jones,Ryan. NEJM 1942).12, 2010
- b. Post surgical patients who used only 500 mg of Vitamin C a day had reduced serum levels between days 6-9 (Shulka. EXPERENTIA 1969).
- c. 1000 mg of vitamin C decreases wound disruption & reduced gingival surgical wound closure times in dental students from 18 to 10 days (Ringsdorf & Cheraskin. ORAL SURG 1982).
- d. See a list of Vitamin C rich foods at www.drjallenchiropractic.com

Nutrition and Your Life

4. Maintain your weight. Eat enough calories each day because a negative energy balance will slow tissue repair. Adding a zero to the end of your bodyweight in pounds is a good ballpark figure to your basal metabolic rate in daily caloric expenditure when healing. Example: a 200 lb person needs about 2000 calories for weight maintenance daily. Watch the scale to make sure you are not losing weight. Weight gain is also not necessary and will not help. Stressor foods such as soda, chips, candy, baked goods, fried foods, and processed meats are proinflammatory, so avoid them! Dietary ratios favoring saturated fat, refined carbohydrate, sodium & omega 6 oils can all extend inflammation.

5. Maintain adequate micronutrients. Foods rich in Zinc, Copper, Manganese, Bioflavonoids, for facilitating enzyme reactions for tissue repair and a B-complex for nerve function and repair. Next time you think about reaching for the medicine cabinet to pop-a-painpill for the nth time, reach for an orange and a glass of water and give your body the hydration, protein, vitamin C, calories and micronutrients it needs to heal itself.

Tune in for Part 2, Nutrition and Exercise in my next publication.

Dr. James E. Allen, DC

**If you have any questions, feel free to call for a free consultation:
(562) 433 2443**