

[IMAGE]

The Road to Recovery Is Paved with Nutrition

If you've recently suffered an injury, you're probably all too familiar with the physical rigors of rehabilitation. Regaining strength and endurance in injured muscles, joints or tissue is a complex process requiring consideration of physical, biological, physiological and nutritional factors.

Speaking of nutrition, a review paper in the *Journal of Sports Chiropractic & Rehabilitation* addresses the value of nutrition in returning patients to preinjury status. Various nutritional considerations are discussed, including:

- specific energy and nutrient requirements;
- ways of reducing inflammation (enzymes, amino acids, herbs/ botanicals);
- repairing/strengthening tissue (glucosamine sulfate, chondroitin sulfate); and
- avoiding potential food sensitivities (corn, wheat, milk products, red meat, etc.)

Whether you're recovering from injury or just trying to maximize health and wellness, proper nutrition is a good place to start. Consult with your chiropractor to develop nutritional and exercise guidelines appropriate to your needs.

Reference:

Simon JJ. Rehabilitative nutrition. *Journal of Sports Chiropractic & Rehabilitation*, Dec. 1999: Vol. 13, No. 4, pp145-49.

For additional information on nutrition, go to <http://www.chiroweb.com/tyh/nutrients.html>

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