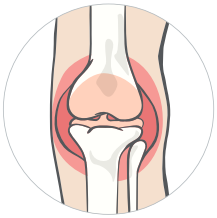
NUTRITION FOR INJURY RECOVERY

FOOD AND SUPPLEMENTS TO SPEED UP HEALING

Injured? Want to recover fast?
Hack the healing process with these powerful nutrition tips and tricks.

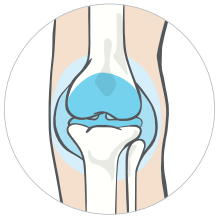
INJURY RECOVERY: HOW THE BODY WORKS

Tissue damage – whether from surgery or injury – kicks off a 3-stage recovery process.



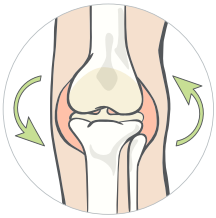
1ST STAGE: Inflammation

Pain, swelling, redness and heat; draws healing chemicals to the injured area.



2ND STAGE: Proliferation

Damaged tissues are removed; new blood supply and temporary tissue is built.



3RD STAGE: Remodeling

Stronger, more permanent tissue replaces temporary tissue.

Nutrition is extremely powerful in all three stages.

NUTRITION FOR INFLAMMATION STAGE

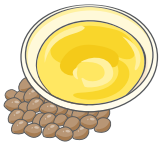
Inflammation is critical as it triggers the repair process. Too much, however, can cause additional damage. These strategies help produce the right amount.

EAT MORE ANTI-INFLAMMATORY FATS LIKE:

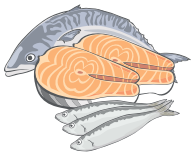
OLIVE OIL

AVOCADOS

FISH OIL



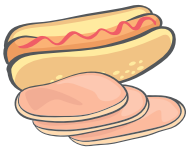
FLAX OIL OR GROUND FLAX



FISH LIKE MACKEREL, SALMON, SARDINES

MIXED NUTS AND SEEDS

EAT FEWER PRO-INFLAMMATORY THINGS LIKE:



PROCESSED FOODS HIGH IN SATURATED FATS

VEGETABLE OILS LIKE CORN, SUNFLOWER, SAFFLOWER, SOYBEAN

FOODS WITH TRANS FATS

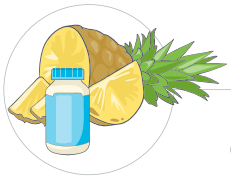
INCLUDE INFLAMMATION MANAGING HERBS AND SPICES:

CURCUMIN FROM TURMERIC/CURRY POWDER

7 tsp a day of powder or 400-600mg in supplement form.

GARLIC

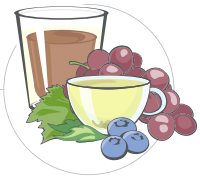
2-4 cloves a day or 600-1200mg of aged garlic extract.



BROMELAIN FROM PINEAPPLE

2 cups of pineapple a day or 500-1000mg in supplement form.

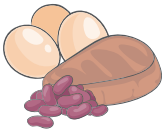
COCOA, TEA AND BERRIES



Eat daily or supplement with blueberry or grape extracts, green tea extracts, citrus extracts and bioflavonoid supplements.

NUTRITION FOR PROLIFERATION AND REMODELING STAGES

Energy intake is 1st priority:
Metabolism can increase from 15-50% so you'll need fewer calories than when training hard but more than when sedentary. With each meal:



EAT ADEQUATE PROTEIN

Minimally processed meats, legumes, eggs, plant-based proteins, protein supplements.

BALANCE DIETARY FAT

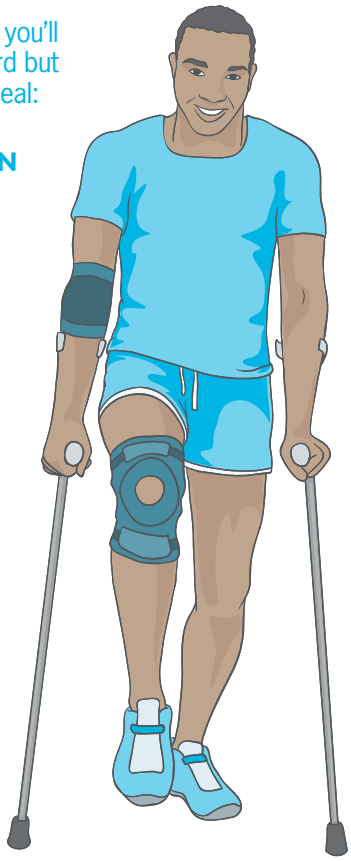
About 1/3 of fat intake from saturated, 1/3 from monounsaturated, and 1/3 from polyunsaturated.

EAT THE RAINBOW

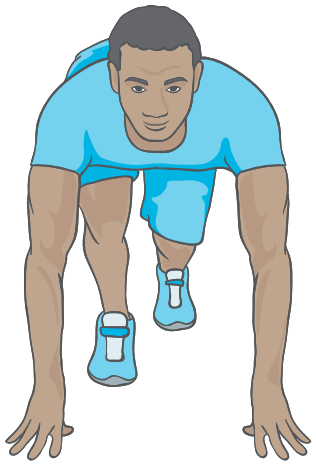
Include a diverse mix of fruits and veggies.

EAT ENOUGH CARBS

You'll need fewer carbs than when training but enough to support recovery; include minimally processed carbs like whole oats, whole grain rice, sprouted grain breads and quinoa.



USEFUL SUPPLEMENTS



Supplementing with the following for 2-4 weeks post-injury may be helpful.

VITAMIN A
10,000IU per day

COPPER
2-4mg per day

VITAMIN C
1g-2g per day

ZINC
15-30mg per day

A few other supplements have shown benefit, including:

- Arginine
- HMB
- Glutamine
- Proteolytic Enzymes

When working with athletes, only use supplements that are certified free of banned substances through testing like NSF or HFL.

For the full article explaining this infographic:
www.precisionnutrition.com/nutrition-for-injuries-infographic

PrecisionNutrition