

# 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.



**1<sup>st</sup> STAGE:**  
**Inflammation**  
Pain, swelling, redness  
and heat; draws healing  
chemicals to the  
injured area.



**2<sup>nd</sup> STAGE:**  
**Proliferation**  
Damaged tissues are  
removed; new blood  
supply and temporary  
tissue is built.



**3<sup>rd</sup> 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

24 cloves a day or 600-1,200mg 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

#### VITAMIN C

1g-2g per day

#### COPPER

2-4mg 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.