

WOUND HEALING



Improving Wound Healing with Nutrition

Effective wound healing is best achieved in a person who is well-nourished. The healing process is an intense cellular process that requires energy, nutrients and good vascular flow. Inadequacy in any of these areas will slow down the healing process. To help supply cellular energy and insure proper methylation, **Methylation Basics** is a good formulation to begin with. Protein intake is absolutely essential for wound healing. To rebuild damaged tissue, the body requires the amino acids found in protein. **Perfect Protein Powder** is a hypoallergenic, complete protein supplement that provides the amino acids found to be most helpful in restoring muscle mass and enhancing wound healing.

There are other additional nutritional agents which can help to facilitate wound healing. **Vitamin C** has been shown to encourage collagen formation and effective wound healing. **Vitamin A** and **Zinc** also help support the cross-linking of collagen for effective wound healing. And the plant enzyme bromelain helps to speed wound healing by digesting damaged tissue and reducing pain.

However, wound healing definitely will be jeopardized if there is impaired blood flow to the wound area. Nitric oxide (NO) is one of the most important cardiovascular regulators in the human body. By enhancing nitric oxide, blood flow and oxygen delivery can be increased throughout the body, which will improve wound healing. However, illness and disease can impair NO production, and ultimately, effective wound healing. **Nitric Oxide Formula**, which contains the amino acids L-arginine and L-citrulline, is helpful in supporting healthy NO levels and increasing blood flow and oxygenation into a wound.

Finally, using a nutritionally sound liquid supplement like **Fruits and Greens Energy Drink** can help insure that all of the nutrient components required for proper healing are in place. Effective wound healing can be a challenge. However, with proper nutrition and supplements to enhance the process, successful wound healing can be accomplished.



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