



SPORTS NUTRITION FOR:

Sports Injuries

It is vital to bear in mind that, in the technical sense, exercise does not build muscle, rather it is the act of tearing muscle down. Following the exercise (the tear down phase), it is through nutrition and rest that muscle repairs, rebuilds and becomes stronger. If exercise is not accompanied with proper nutrition and rest, wasting results from the wear and tear, and muscle tissue will rob organ reserves of nutrients to rebuild at the expense of the tissue.

OBJECTIVE: Promote the repair and healing of sports related injuries. Assist in strengthening areas of fragility.

PROTOCOL

1. **LIGAPLEX I** (4-6 per day): Connective tissue repair and toughening. Shorten and strengthen ligaments and tendons. (For long-term chronic injury, use LIGAPLEX II)
2. **CALCIUM LACTATE** (9-12 per day): Ionizable free calcium for tone, strengthening and repair of muscle and connective tissue.
3. **COLLAGEN C** (4-6 per day): Vitamin C Complex for repair and regeneration of collagen tissue.
4. **CALCIFOOD** (Powder- 2Tbs.) (Wafers-6 per day): Cold-processed raw veal bone. Mineral, trace mineral and amino acid rich complex, high in connective tissue and collagen.
5. **WHEAT GERM OIL PERLES (FORTIFIED)** (4-6 per day): Vitamin E Complex for repair of muscle strains or tears.

Sports injuries have increased exponentially over the past decade. This significant increase has occurred despite excellent advances in footwear, training techniques, chiropractic and medical care. Knee and ankle injuries, muscle strains and sprains, breaking down of cartilage and connective tissue all result as sophisticated training methods push increasingly stronger muscles beyond the capability of connective tissue (tendons, ligaments, cartilage, disks) to hold them securely to bone and other muscle. Clearly, exercise challenges the stress points of the body. Artificial surfaces (Astro-turf) further accentuate the points of limit. Any number of million-dollar pro careers have been terminated by 180 degree turns on unyielding artificial surfaces.

Several nutritional matters emphasize themselves: Vitamin C Complex for collagen repair, Calcium for tone, Trace Minerals for ligament strength, Vitamin E Complex for stress and repair. These factors are often conspicuously absent from the diet due to several reasons. Ascorbic Acid supplements used exclusively for Vitamin C, lacking the rutin or bioflavonoids for blood vessel integrity; processed dairy products rendering Calcium less available while relying on often insoluble and/or unusable forms of Calcium supplements; depleted soils yielding foods devoid of many Trace Minerals, and processed, canned, milled, and over-cooked foods lacking the Vitamin E Complex. While controversy about the importance of nutrition and athletics continue among the experts, two things continue; more sports injuries requiring expensive surgical procedures, and more pro-athletes taking nutritional supplements and consulting with nutritional-minded health professionals.

The sources of protein, which will contribute to development of lean muscle mass, are turkey, chicken, fish and lean cuts of beef and steak. Green leafy vegetables are a good source of vitamins and minerals. They should be incorporated with complex carbohydrates which are high in protein such as organic long grain brown rice, spelt pasta and sprouted bread. Organically grown foods, requiring soil conditions rather than chemical applications for growth should be emphasized on the training tables of serious athletes. Calcium-destroying counterfeit foods such as processed sugar-rich snacks and drinks should be eliminated.

For more information or to purchase supplements contact:



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