



## **Healing Foods & Treatment Info**

After working with several folks who had hip or knee replacement surgery, as well as other health issues, I have compiled some information on the topic and ways to help in the healing process. Here are some selected links and ideas, hope this is helpful to you!

### **General information:**

<http://www.webmd.com/osteoarthritis/guide/hip-osteoarthritis-degenerative-arthritis-hip>

### **Diet information (more info below):**

<http://www.livestrong.com/article/340321-nutrition-for-osteoarthritis/>  
[http://www.sparkpeople.com/resource/nutrition\\_articles.asp?id=862](http://www.sparkpeople.com/resource/nutrition_articles.asp?id=862)  
[http://www.lifescrypt.com/health/centers/osteoarthritis/articles/fight\\_arthritis\\_10\\_foods\\_that\\_help\\_and\\_hurt.aspx](http://www.lifescrypt.com/health/centers/osteoarthritis/articles/fight_arthritis_10_foods_that_help_and_hurt.aspx)

<http://www.webmd.com/osteoarthritis/guide/osteoarthritis-diet>  
<http://www.drfuhrman.com/disease/arthritis.aspx> - Dr. Fuhrman is an amazing doctor who focuses on using healthy food to treat diseases and live healthier.

### **Rejuvenation Programs**

<http://www.ishafoundation.org/Inner-Transformation/isha-rejuvenation.isa#ayurrasayana>  
<http://isha.sadhguru.org/offerings-celebrations/health/isha-rejuvenation/>  
<http://isha.sadhguru.org/offerings-celebrations/health/isha-arogya/>

The Isha Foundation is the organization I learned meditation and yoga from; these practices have been tremendously healing for me in many ways. They are now also offering rejuvenation programs in their center in Tennessee, which is very exciting!

<http://www.soukya.com/ayurveda.php>

This is another rejuvenation program site with an approach that looks promising. Here is their description of an arthritis treatment "ELLAKIZHI"

*"Elakizhi - Finely chopped herbal leaves and herbal powders are warmed in medicated oil and bundled in a poultice which is used for the fomentation massage. In cases of rheumatism and other diseases, fomentation in the affected area brings great relief. Ellakizhi promotes better circulation, relieves stress, and treats osteo-arthritis. It is also ministered to those with spondylosis and sports injuries resulting from soft tissue inflammations and joint pains."*



<https://www.drmcDougall.com/education/common-health-problems/arthritis/>

This organization has had tremendous success helping folks heal from inflammation and arthritis with a vegan, anti-inflammatory diet

### **Healing Foods (Pre & Post Surgery)**

I also looked up "vegan foods for healing after hip replacement surgery" on Google and found a few good articles / sites that you may want to look at. Hope it is helpful to you!

<http://www.rawfoodsupport.com/read.php?2,207560,207640> - has some great ideas for another person who went through a total hip replacement surgery - you might contact them for info  
- some of the posts on this site (John Rose is the author of these posts) talk about the benefits of a 100% juice fast (want to use freshly squeezed, raw, organic juice - i.e. homemade) for 3 months - you might check that out also - I have heard amazing benefits of juicing also for other conditions, though I am not an expert, but if nothing else, it will help you strengthen your immune system before surgery and heal better after surgery! Apparently grapes and grapefruit juice are both super good for arthritis

<http://www.theveganrd.com/2009/05/getting-enough-zinc-on-vegan-diets.html>  
<http://www.healthaliciousness.com/articles/zinc.php>  
<http://www.veganhealth.org/articles/zinc>  
<http://www.vegetariantimes.com/article/8-foods-every-vegetarian-should-eat/>

- info on zinc (tissue repair and healing), vitamin C, probiotics, & silica rich foods
- I know mung beans are high in zinc and vitamin C, potatoes are high in vitamin C also; zinc rich foods - nuts, seeds, beans (sprouted beans are even better!), grains (soak before cooking), dark leafy vegetables
- probiotics - organic cashew/coconut/soy yogurt good for probiotics, or raw nuts / seeds have a probiotic effect as they sit in the gut for a few days being digested



<http://www.theveganwoman.com/how-to-get-that-healthy-vegan-glow/> - good food info

<http://www.thebestofrawfood.com/calcium-deficiency-symptoms.html> - calcium info

[www.beautifulonraw.com/raw-food-blog/hot-yoga/how-to-avoid-hip-surgery%E2%80%94hot-yoga](http://www.beautifulonraw.com/raw-food-blog/hot-yoga/how-to-avoid-hip-surgery%E2%80%94hot-yoga) - interesting story about a lady who had multiple hip surgeries due to birth defect - talks about benefits of yoga and raw foods for her healing

[http://surgery.about.com/od/aftersurgery/ss/EatAfterSurgery\\_4.htm](http://surgery.about.com/od/aftersurgery/ss/EatAfterSurgery_4.htm) - more conventional site about post surgery healing

<https://hartfordhospital.org/health-wellness/health-resources/health-library/detail?id=abp9106> - very good guide for recovering from surgery

I know this is a lot of information, I have tried to sequence it in order of helpfulness - maybe just look at a couple sites at a time and glean what info you can.

Best,

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Go Veggie Girl, LLC