



Holistic Medical Centre

Dr Jackie Mills, Dr Glenn Twentyman, Dr Inga Schader. Dr Mike Foster.
Dr Kerry Lamb Nurses: Karin Milliken, Diana Hardwick-Smith
Naturopaths: Rebecca Jones & Nelly Graham-Stewart
www.holisticmedicalcentre.co.nz

103 Pt Chevalier Rd
Pt Chevalier
Ph 09 815 0567

November 2008

Wound healing

There are some nutritional things you can do to help yourself recover from injuries and surgery to speed up healing time and help reduce scarring. There are a number of **amino acids** required for tissue healing, so protein intake is very important. We recommend that good quality **protein** is consumed at every meal. If you want help with this, pick up a protein handout next time you are in. There is one for vegetarians and one for meat eaters. Zinc is one of the most important minerals for healing and preventing scars. In fact slow healing wounds is one of the cardinal signs of zinc deficiency. Oysters are the best source of zinc having 77mg in 6 medium oysters. The next best source is meat containing 9mg of zinc in 65 grams. As you can see, those who like oysters will find it easy to maintain healthy zinc status. For others, high dose supplementation for three months of the year appears to adequately do

away with zinc deficiency symptoms in most people. **Silicon** is a trace mineral involved in tissue repair and assists with strengthening of bones. Rich sources of silicon are millet and oats with a distant second being potato and barley. **Anthocyanisides** are another important class of nutrients and are rich in cherries, blueberries, blackberries, bilberries, grapes, (with the seeds), cranberries and red wine. Frozen blackberries and blueberries can be thawed for an after-dinner treat every day. **Vitamin C** is essential for the collagen production which provides strength and elasticity to tissues in the body including skin. The secret to great vitamin C levels is raw vegetables and fruit. Salads with all the meals, fresh vegetable and fruit juices, raw vegetables and fruit with dips for snacks. Try guacamole and hummus dips with cucumber, snow peas, capsicum, carrot sticks and broccoli. Adding parsley to any fresh vegetable juice as often as possible is a good

way to boost vitamin C. Remember many vegetables are rich in vitamin C, not just fruit. **Beta carotene** is also important for healing. Best foods include kumara, carrots, watercress, kale, spinach, parsley and rock melon. Small amounts of kale and parsley can be added to carrot juices. **Bromelain** is a name for a group of enzymes that promote healing and reduce scarring. FRESH pineapple is rich in these enzymes and you can eat it raw or juice fresh after chilling in the refrigerator. **Curcumin** is a substance found in turmeric and can be used liberally as a spice in all curried foods. Excess inflammation in tissue delays healing and promotes the formation of scar tissue. Curcumin and **omega 3 fish oil** promote healing and reduce the formation of scar tissue by reducing inflammation via many biochemical pathways. The degree of anti-inflammatory activity is indicated by the amount of EPA (eicosapentanoic acid) in each dose. The higher the EPA the stronger the anti-inflammatory activity.

Our favourite quote

All labor that uplifts humanity has dignity and importance and should be undertaken with painstaking excellence.

Martin Luther King, Jr 1929-1968

Health tips

The American Academy of Pediatrics has recommended that all infants, children and adolescents have 400IU of vitamin D per day beginning in the first few days of life to prevent rickets. Supplementation of 400IU/day is recommended for all breast-fed infants or infants and children consuming less than 1000ml/day of vitamin D in fortified formula or milk. New research supports the need for adequate vitamin D for healthy immune function. Children are found to have a reduced incidence of upper respiratory tract infections with adequate vitamin D levels.

Happy Patient File

Recently we had another patient with low adrenal function with very long term insomnia. She was still waking through the night despite high doses of melatonin. By treating the poor adrenal function this lovely lady had a dramatic improvement in her sleeping patterns and is very happy as a consequence. This is yet another example of the many and varied factors that can be involved with one condition.

More information

Comvita produce a sterile, high UMF (unique manuka factor) honey in a tube specifically for wound care. You may be surprised how well it works for topical use. There have been some good trials using sterile high UMF honey on non-healing diabetic leg and foot ulcers. It is useful

however for any wounds but should not be used on anyone who has a bee allergy.

Juice suggestions - carrot with small amounts of washed organic lettuce and a little parsley. Carrot and a small amount of kale. Apple, organic kiwifruit with the skin on and any stone fruit

that is too old to eat.

Easy guacamole - avocado, lemon juice, salt, fresh chopped coriander and garlic to taste. Make fresh and use as a dip with any raw vegetables.

Article nineteen from the United Nations Declaration of Human Rights. Article

XIX. Everyone has the right to freedom of opinion and expression; this includes freedom to hold opinions without interference and to seek, receive and impart information and ideas through any media and regardless of frontiers.