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## TIME HEALS ALL WOUNDS?

Maybe, but all wounds do not heal optimally.

An acute injury which should heal quickly often becomes a chronic injury due to patients disregard for rest, adequate nutrition, and rehabilitation. This newsletter is to inform you of the importance of proper nutrition.

### DID YOU KNOW?...

When an injury occurs the body's demand for nutrients dramatically increases. Nutrient intake following an injury needs to be higher than normal to provide the body with the materials needed to build and repair tissue.

Most people would agree that their normal diet is lacking in high quality foods, let alone during this important time of healing. In fact, our average American diet of fast foods, processed meats, and inflammatory carbohydrates is sadly inadequate and a contributing element to acute injuries becoming chronic injuries.

### WHAT CAN WE DO?

Obviously, we recommend a diet rich in lean proteins, fresh fruits and vegetables and plenty of water. Sounds so simple, right? We also understand that our schedules and food that is available to us make it impossible to always get the necessary nutrients we need to heal optimally. That is why we carry and provide high quality supplements to supplement your diet.

Dr. Montgomery recommends Nutra-Mend w/MSM for soft tissue injuries (sprains/strains). This supplement was formulated to provide the body the nutrients needed for proper healing and tissue repair. Our goal is to return you to pre-injury status as quickly as possible, and Nutra-Mend w/MSM is one of the tools we want to use to obtain that goal.

Ask us for an information sheet about Nutra-Mend w/MSM.

The Staff at Montgomery Chiropractic Center  
Part of Your Health Care Team

