

# BROKEN BONE

NUTRITION FOR BROKEN BONE RECOVERY



## Nutrition for Broken Bones

In this sport of riding and racing it is not IF you will break a bone, but when. Like all injuries, the sooner you address the situation, the better the healing process and the shorter the time it takes to heal. When in doubt, be sure to get an X-ray along with an MRI. The X-Ray will tell you if something is wrong with the bone and the MRI will tell you if something is wrong with the soft tissue that is located around the injured area.

The good news is that broken bones are natural healers, meaning the body will naturally make new cells and blood vessels at the break. To help speed up the healing process, proper nutrition is necessary.

Calcium and Vitamin D are the keystones to rebuilding and maintaining strong bones. Adequate amounts of calcium are necessary for bone remodeling, the continuous process the bones go through to break down old bone and redeposit calcium to build new bone - a process that is crucial to healing after a bone injury. Calcium is also vital to keeping strong bones and teeth, along with aiding muscle contractions and nerve signaling. Be sure to get enough Vitamin D - whether naturally through exposure to sunlight or through your foods. Vitamin D facilitates the absorption of Calcium which speeds up bone rejuvenation, along with strengthening bones and teeth. It can also help shorten the recovery time after surgery.

# Nutrition for Recovery

In addition to Calcium and Vitamin D mentioned on the previous page the following nutrients will facilitate the recovery process associated with a broken bone:

- **Arginine** - This amino acid is needed to produce a fracture healing compound known as nitric oxide.  
Sources: Free-range meat, organic dairy, seafood, raw nuts, oatmeal
- **Inositol** - Like Vitamin D, Inositol helps improve the absorption of calcium to strengthen bones and teeth.  
Sources: Cantaloupe, grapefruit, prunes
- **Boron** - This powerhouse helps increase both calcium and magnesium retention while increasing the effectiveness of Vitamin D.  
Sources: Raisins, prunes, Brazilian nuts, apples, bananas, celery, broccoli, chickpeas
- **Magnesium** - Facilitates bone strength and firmness.  
Sources: Almonds, cashews, potato skins, brown rice, kidney beans, black-eyed peas, organic milk
- **Silicon** - Critical element in the early stages of bone formation.  
Sources: Whole grains, carrots, green beans, red wine, beer, brown rice, barley, oats, raw nuts, seafood, organic meats
- **Vitamin K1 and K2** - Improves bone strength.  
Sources: Kale, spinach, broccoli, egg yolk, organic dairy, organic meats, prunes, kiwi, avocado, blackberry, blueberry, grapes, hard cheese, dark chicken meat, real butter
- **Vitamin C** - Crucial for producing collagen, the most abundant type of protein in the human body that forms 90 percent of the matrix of your bones, according to the University of Washington.  
Sources: Bell peppers, citrus fruits, broccoli, strawberries, Brussels sprouts

## RECOMMENDED SUPPLEMENTS



Coach Robb only recommends taking supplements when you are not getting enough of the necessary vitamins and minerals found in real food. Supplements for added recovery benefits include:

- [Broken Bones Nutritional Bundle](#)
- [Super Cal Plus](#)
- [Super K2 Plus](#)
- [Cal Mag Plus](#)
- [Pro Oranges](#)
- [Frontier Multivitamin](#)

