

The Record

SELF HELP

*Coping with
life's problems*

■ SUBJECT:

Vitamins that heal



Extra amounts of vitamins A, B, C, D, E, and K and the mineral zinc taken before and

after a surgical procedure can boost your body's natural healing process, says Dr. Richard T. Braver, a podiatric surgeon in Englewood. In addition to a nutritious diet, a multiple vitamin plus an additional 500 milligrams of vitamin C should be taken daily. Women past menopause should take a calcium-magnesium supplement.

Here's what you need to know about nutrients:

Vitamin A: This vitamin is found in dairy foods, yellow and green fruits and vegetables, and liver. Vitamin A can help your incision heal more quickly.

Vitamin B complex: This includes several B vitamins found in meats, fish, nuts, grains, leafy green vegetables, cheese, eggs, and milk. B complex vitamins offer an extra boost to your metabolism, which speeds up during the healing process.

Vitamin C: Citrus juice, tomatoes, and green vegetables are excellent sources of this vitamin, which can help your body resist infection during recovery.

Vitamin D: Sunlight, fortified milk, eggs, fish, and organ meats are good sources of this fat soluble vitamin, which helps form bones and maintain the nervous system.

Vitamin E: Found in eggs, green vegetables, and organ meats, vitamin E helps the immune system and enhances the healing process.

Vitamin K: A lack of vitamin K can delay healing. Eat plenty of meat and green vegetables, and drink skim milk to maintain an adequate supply of K.

Zinc: As with vitamin K, a zinc deficiency can impede healing. To get the zinc you need, drink plenty of skim milk, and eat eggs, meat, and a variety of seafood.

Besides adding nutrients to your diet, don't forget to drink lots of water before and after your surgery. Water is essential to maintaining your body's good health and increasing your chances for a quick recovery.

— JANET GEMIGNANI

Dr. Richard T. Braver
Reconstructive Foot & Ankle Surgery
Podiatrist/Orthotic Specialist

140 Grand Avenue Englewood, NJ 07631 Fax (201) 569-3536 (201) 569-7672	4-14 Saddle River Road Suite 103 Fair Lawn, NJ 07410 (201) 791-1881	51 Route 23 South Riverdale South Bldg. Riverdale, NJ 07457 (973) 833-1774
---------------------------------------------------------------------------------	------------------------------------------------------------------------------	-------------------------------------------------------------------------------------

Please forward all correspondence to the Englewood Address.
E-mail: DrRun@aol.com WEBSITE: WWW.DRRUS.COM