FREEDOM
WELLNESS CENTERS

FREEDOM WELLNESS LIBRARY · BOOKLET 08

NUTRITION

Nutrition for Healing

Fuel Your Recovery

Anti-inflammatory foods and nutrients that support musculoskeletal recovery.

A free patient education guide from our doctors
(630) 289-2225 · freedomwellness.llc · Hoffman Estates, IL

Welcome

Adjustments, exercise, and rest all help your body heal. But every repair your body makes, from rebuilding a strained muscle to maintaining healthy cartilage, is built from the raw materials you eat.

This guide shows how to use food to support recovery, manage inflammation, and give your body what it needs to stay strong.

Inflammation: Friend and Foe

Short-term inflammation is a normal part of healing; it brings repair cells to an injured area. The problem is low-grade inflammation that lingers, which is associated with persistent pain and slower recovery. Diet is one of the factors that can influence it.

Foods to Emphasize

- **Colorful vegetables and fruits:** leafy greens, berries, peppers, and cruciferous vegetables
- **Omega-3 rich fish:** salmon, sardines, mackerel, and trout two to three times a week
- **Healthy fats:** extra-virgin olive oil, avocados, nuts, and seeds
- **Quality protein:** fish, poultry, eggs, beans, lentils, Greek yogurt
- **Whole grains and legumes:** for steady energy and fiber
- **Herbs and spices:** turmeric, ginger, garlic, and cinnamon

Foods to Limit

- Sugary drinks and sweets
- Highly processed snack foods
- Refined white flour products
- Processed meats
- Excess alcohol
- Fried foods cooked in reused oils

Key Nutrients for Musculoskeletal Health

- **Protein:** the building block for muscle, tendon, and ligament repair
- **Vitamin C:** essential for collagen formation
- **Vitamin D and calcium:** support bone health
- **Magnesium:** supports muscle and nerve function

- **Omega-3 fatty acids:** support a healthy inflammatory response
- **Water:** keeps tissues and discs hydrated

Food first is always the goal. If you are considering supplements, talk with our team and your medical provider, especially if you take prescription medications.

Building a Healing Plate

Keep it simple: fill half your plate with vegetables and fruit, a quarter with lean protein, and a quarter with whole grains or starchy vegetables. Add a drizzle of olive oil or a handful of nuts, and drink water with every meal.

Start With One Change

You do not have to overhaul your diet overnight. Swap one sugary drink for water or add one extra serving of vegetables a day. Consistency beats perfection.

Healing Nutrition Checklist

- ☐ Vegetables at two or more meals
- ☐ Protein at every meal
- ☐ Fish twice a week
- ☐ Water bottle with you all day
- ☐ Fewer processed snacks
- ☐ Limit alcohol during recovery

Common Questions

Do I need supplements?

Many people can meet their needs through food. We can discuss whether specific supplements make sense for you.

Is a fully anti-inflammatory diet hard?

It is mostly whole, familiar foods. Small, steady swaps add up.

FREEDOM
WELLNESS CENTERS

YOUR NEXT STEP

Let's get you feeling your best again.

Ask about our wellness consultations and health products. Call (630) 289-2225.

Book Now: (630) 289-2225

freedomwellness.llc/book

VISIT US

1732 West Algonquin Road
Hoffman Estates, IL 60192

OFFICE HOURS

Tue & Thu: 8am-12pm, 3pm-6pm
Wed: 3pm-6pm
Sat: 8am-12pm
Fri: By appointment only
Mon & Sun: Closed

CONTACT

(630) 289-2225
info@freedomwellness.llc
freedomwellness.llc

This booklet is for general educational purposes only and is not a substitute for a personal examination, diagnosis, or treatment by a qualified healthcare provider. Individual results vary. If you are experiencing a medical emergency, call 911. © 2026 Freedom Wellness Centers LLC. All rights reserved.