

Knee Injury

Diet

- A good diet should always be followed but especially when you are in need of immediate healing.
- Meals should be whole foods, as much raw food as possible, all raw is wonderful.
- When eating cooked food, they could be small portions of whole grains, beans, potatoes, steamed vegetables, etc.
- Simple meals, go easy on spices, gravies, and no animal products.
- No coffee, chocolate, teas, sugar, or white flour products.
- Enjoy the wonderful wholesomeness of whole foods. If you choose to eat some meat be sure it is organic meats.

Supplements

Multiple Digestive Enzymes: 200 capsules or 150 scoops of powder a day (divided up in doses during the day on an empty stomach). This is in addition to your regular intake of enzymes, such as with meals.

Protease: 20 capsules a day (can be divided up and taken with Multiple Digestive Enzymes).

Magnesium/Calcium just for a time of healing.

Nancy's Smoothie: You can mix the following together in water, fresh juice, milk substitute or your favorite fruit smoothie. Take twice a day (can be used as a meal replacement).

Nutritional Essentials: 6 Tablespoons a day

Barleylife or Whole Foods: 3 Teaspoons a day

Mega Omega: 2 Tablespoons a day Green Product (Whole Food of Barleylife): 1 tablespoon