

SPINAL CORD INJURY



PATIENT DIET



▶ DIET TIPS FOR SPINAL CORD INJURY PATIENT

To control body movement and functions, including managing your reflexes, the spinal cord plays an essential role. This cylindrical structure runs through the center of your spine, from your brainstem to your low back. One of the main parts of the nervous system is the spinal cord. There are three main parts of the spinal cord: Cervical (neck), Thoracic (chest), and Lumbar (lower back).

If you face any symptoms of spinal cord injury like breathing issues, leg and arms weakness, loss of bladder or bowel control, etc then you can contact “Stem Cell Care India”. We are running a stem cell clinic in Delhi and our healthcare consultants will guide you better on what food is better to eat and what food to avoid.

◆ FOODS THAT ARE BETTER FOR SPINAL CORD INJURY PATIENTS

● Orange Vegetables

You should eat orange vegetables that are a popular source of Vitamin A. Eat sweet potatoes, pumpkins, carrots, etc. Not everyone knows that their vibrant orange color comes from beta-carotene. The body will enable you to convert beta-carotene into vitamin A. How is it beneficial for spinal cord injury patients? It will keep your skin, eyes, and immune system healthy. It is now easy to maintain the integrity of your skin by adding orange vegetables to your diet list.

● Oily Fish

Do you know what are the great sources of calcium? A patient with spinal cord injury should try Dairy products like milk, yogurt, and cheese. For building and maintaining healthy bones, both Calcium and vitamin D are outstanding.

Intake of omega-3 fatty acids will help to protect nerves from injury and help promote regeneration. You can even add Fatty fish that contains selenium and is a better food source of Vitamin D. It would be beneficial because it protects bone health. Without any doubt, it is also a great source of protein that helps in maintaining muscle mass and promoting healing.

◆ Dairy

Do you know what are the great sources of calcium? A patient with spinal cord injury should try Dairy products like milk, yogurt, and cheese. For building and maintaining healthy bones, both Calcium and vitamin D are outstanding. If a person doesn't consume enough calcium, then chances are very high of increasing the risk of developing osteoporosis after spinal cord injury. Another effective role of calcium is signaling between cells in the nervous system and regulating muscle contractions. But you should also be aware of the fact the lack of calcium can cause spasms and cramping.

If you choose some dairy products in your diet then let us inform you that it has a high amount of Vitamin B12 and that it will produce myelin. Myelin is a common fatty substance that protects nerve cells.

◆ Water

The top role of water is to purify the body of toxins and promote bowel movements. This will help the patient with spinal cord injury regarding digestion complications. If you drink a lot of water then it will help your body absorb important minerals and nutrients for optimal functioning. If you keep yourself hydrated then it eliminates the risk of developing pressure sores. A person with a dehydration problem can cause an adverse change in productivity, mood, and motor skills. Therefore, drinking a lot of water should always be on your list of better food diets.

◆ Citrus Fruits

There are multiple citrus fruits like oranges, lemons, and grapefruits that are great sources of vitamin C. When you intake Vitamin C it will help in the healing process by promoting the formation of scar tissue. Do you know more about its effective role in your health? It plays the best role in collagen formation. Expect healthy skin, bones, and connective tissues now. So many patients contact our healthcare consultants regarding the best diet to follow, so we always recommend not forgetting citrus fruits in your diet plan.

◆ Nuts

It is common that if you are a spinal cord patient then make sure to add nuts in your diet like almonds and walnuts. Many professional doctors recommend almonds because they are excellent sources of calcium, vitamin E, and magnesium. Also, the fact is they contain phosphorus which is essential in forming and strengthening the bones. In addition to this, walnuts are better compared to other nuts because they contain significant amounts of essential omega-3s.

The benefit to the patient would be a reduction in inflammation in the body and maintain healthy blood vessels. They are plenty of nuts that are great plant-based sources of protein, healthy fats, and fiber.

◆ Dark Leafy Greens

You must entail spinach, kale, and collard greens because all these are top dark leafy greens with the best nutrients. These foods help in promoting recovery after spinal cord injury. Moreover, these sources are rich in magnesium which helps the patient for regulating nerve and muscle function. If the patient will add more magnesium to their diet then it enables patients in promoting muscle relaxation and better-quality sleep. Research says these dark leafy greens also contain folate (vitamin B9) that can promote bone and neurological health. For the development of the brain and spinal cord, folate is excellent.

These foods also added essential vitamins like A, C, E, and K. Moreover, dark leafy greens are better at providing antioxidants.

◆ Berries

How can we not tell you about berries that are excellent sources of antioxidants? Do you know which berries should be added to your diet? Blueberries, strawberries, and raspberries should be in your spinal cord injury diet. If you intake Antioxidants it will easily remove toxins from the body and protect cells. Research says berries even contain more than 85% water which will help to purify the blood and improve circulation.

Sugary drinks like soda, fruit juices, and sports drinks should be avoided if you are a spinal cord injury patient. Also, the consumption of alcohol should be limited. For more details about food diet, you can contact “Stem Cell Care India”, a top stem cell therapy hospital India that makes sure you follow the right diet and recover promptly.



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