BONE HEALING SUPPORT

FRACTURES, BREAKS & CONNECTIVE TISSUE

Giving your body the building blocks and tools it needs to repair

Providing the ingredients and tools for your body to repair is critical.

Bone is living tissue, constantly rebuilding itself. After a break, your body launches an intense repair project that can last months. Like any construction project, it needs a steady supply of raw materials: protein, minerals, vitamins, and healthy fats. This guide covers the supplements, foods, and daily habits that help your body heal as strongly and efficiently as possible.

This plan works alongside your orthopedic care, not instead of it. Always follow your surgeon's or orthopedist's instructions for casting, weight-bearing, and activity.

HOW BONES HEAL

Bone repair happens in overlapping stages. Timelines vary with your age, health, and the type of break.

1. Inflammation

First 1–2 weeks

A blood clot forms at the break and immune cells clean up damaged tissue. Swelling and pain are part of this normal first step.

2. Soft Callus

About weeks 2–4

Your body lays down a soft bridge of collagen and cartilage across the break. Protein and vitamin C are in high demand.

3. Hard Callus

About weeks 4–12

Minerals like calcium and phosphorus harden the bridge into new bone. This is when the break becomes stable.

4. Remodeling

Months to a year or more

Bone is gradually reshaped and strengthened to handle everyday stress. Gentle, guided movement helps.

YOUR SUPPLEMENT PROTOCOL

Use these doses unless your provider gives you different instructions.

Supplement	Dose	Why & notes
Pro Bono (AM & PM packets)	As directed on the packets	Complete bone-support formula. **Bone Up** will also work. If neither is available, use **MitoCore multivitamin, 2 capsules 2× daily**.
Vitamin D3	Based on your blood level	Helps you absorb calcium and build new bone. We'll set your dose from your lab results.
Vitamin C with bioflavonoids	1,000 mg, 3–4× daily while healing	Essential for making collagen, the framework of new bone. **Maintenance dose:** 500 mg, 2× daily. Lower the dose if stools get loose.
PerfectAmino	5 tablets or 1 scoop daily, away from food	Essential amino acids for tissue repair. 5 tablets equal the protein of about one meal.
Collagen protein	1–2 scoops daily	Supplies the building blocks for bone's collagen framework.
MonoPure 1300 omega-3 fish oil	2 capsules daily	Supports a healthy inflammatory response during healing.

HOMEOPATHIC SUPPORT

Symphytum comfrey

30C or 200M: 5 pellets, 2× daily

Traditionally used to support bone knitting.

For a severe break or slow healing: alternate with Calcarea phosphorica 6X and Ferrum phosphoricum 6X.

Calc Phos Cell Salts

5 pellets, 3× daily

A mineral cell salt traditionally used to support bone formation.

How to take homeopathics: Let pellets dissolve under the tongue. Take them **30 minutes away from food and strong flavors or odors**, such as coffee, mint, and toothpaste. Avoid touching the pellets with your hands; tip them into the cap first.

TOPICAL SUPPORT

Traumeel cream
homeopathic

Apply near the injury or around the cast, **3× daily**.

ARCH oil herbal blend

Apply near the injury or around the cast, **3× daily**.

Peat Pack for difficult cases

For slow or difficult healing. Ask us for instructions.

Choose **either** Traumeel **or** ARCH oil, not both. Don't apply topicals to broken skin or open wounds, or under a cast.

Ask us about: in-office therapies, such as IV nutrient support or peptide therapy, that may support recovery from a difficult break or surgery.

EAT TO HEAL

Healing bone raises your body's need for protein, calories, and minerals. This isn't the time to cut back on food or crash diet.

Protein at Every Meal

Protein makes up about half of bone's volume and forms the framework that minerals attach to.

- Include a palm-size portion of quality protein at each meal: grass-fed meat, organic poultry, wild fish, pastured eggs
- Bone broth and collagen add extra repair building blocks
- Many people heal better with more protein than usual. We'll help you find your target.

Bone-Building Foods

Minerals & greens

Kale, collards, turnip greens, okra, celery

Seeds, nuts & grains

Sesame seeds (or tahini), almonds (organic), millet, barley

Broths & dairy

Bone broth, raw goat's milk (if tolerated)

Key Bone-Healing Nutrients

Nutrient	What it does for healing	Food sources
Protein	Forms the collagen framework of new bone	Meat, poultry, fish, eggs, bone broth
Calcium	The main mineral that hardens bone	Leafy greens, sesame seeds, almonds, sardines with bones, goat's milk
Vitamin D	Helps absorb calcium and build bone	Sunlight, fatty fish, egg yolks (most people need a supplement)
Vitamin C	Required to make collagen	Citrus, bell peppers, berries, kiwi, broccoli
Vitamin K	Helps direct calcium into bone	Kale, collards, leafy greens; K2 in egg yolks and fermented foods
Magnesium	Works with calcium and vitamin D	Leafy greens, pumpkin seeds, almonds, millet

Nutrient	What it does for healing	Food sources
Zinc	Supports bone-building cells and tissue repair	Beef, lamb, oysters, pumpkin seeds
Omega-3 fats	Supports a healthy inflammatory response	Wild salmon, sardines, fish oil

WHAT CAN SLOW HEALING

Smoking & Nicotine

Reduces blood flow to the bone and is strongly linked to slower healing and non-union. This includes vaping and nicotine gum or patches. If you smoke, this is the single most powerful change you can make.

Alcohol

Interferes with bone-building cells and raises fall risk. Avoid or keep to a minimum while healing.

Sugar & Soda

High sugar intake drives inflammation, and colas contain phosphoric acid, which can disrupt mineral balance.

Certain Medications

Steroids and some other medications can affect bone repair. Some research suggests NSAIDs (ibuprofen, naproxen) may slow healing. Ask your provider which pain relief is best for you, and don't stop any prescribed medication on your own.

Poor Sleep

Much of your body's repair work happens during deep sleep. Aim for 7–9 hours.

Other Health Factors

Low vitamin D, poorly controlled blood sugar, thyroid imbalance, and low protein intake can all slow healing. We may check labs to rule these out.

DAILY HABITS THAT HELP

Rest & Protect

Follow your orthopedist's guidance on weight-bearing. Healing bone needs protection, especially in the early weeks.

Move What You Can

Gentle movement of uninjured areas keeps circulation flowing. When you're cleared, guided loading helps bone remodel stronger.

Hydrate

Water supports circulation and nutrient delivery to the healing site.

Get Some Sun

A little daily sunlight supports vitamin D, while avoiding burns.

Elevate & Ice Early

In the first days, elevating the injured limb can ease swelling, as directed by your care team.

Be Patient

Bone keeps strengthening for months after it feels better. Keep supporting it after the cast comes off.

WHEN TO CALL

Contact your orthopedist or seek urgent care right away for:

- Pain that is getting worse instead of better, or isn't controlled
- Numbness, tingling, or burning in the fingers or toes
- Fingers or toes that look pale, blue, or feel cold
- A cast that feels too tight, or swelling that keeps increasing
- Fever, or redness, drainage, or a bad smell from a wound or cast
- Calf pain or swelling, chest pain, or shortness of breath (possible blood clot): **call 911**

This handout is for educational purposes and is not a substitute for individualized medical advice. Please tell us about all medications, supplements, allergies, and health conditions, and if you are pregnant or breastfeeding, before starting.

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