



Support Your Healing

Your body consists of interconnected bio-chemical organs which depend on each other to function. Hence, it is important to view your body and wound healing in a holistic perspective.



Your habits make or break you. Use Hiperpatch consistently and optimize your healing by following these lifestyle guidelines consistently – to support your body's healing processes.

1. Smoking

Please stop. Smoking adversely affects your lungs reducing their ability to oxygenate your organs. With sub-optimal oxygen levels, your tissue can't function or heal optimally.



Read more:
<https://pubmed.ncbi.nlm.nih.gov/1323208/>

2. Alcohol

Drop alcohol. Clinical evidence show that alcohol decreases blood oxygen saturation, impairs wound healing and increases the incidence of infection.

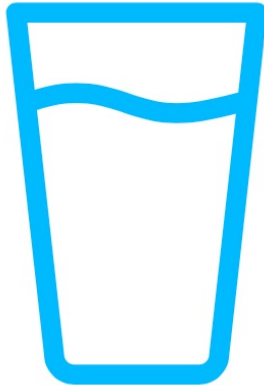


Read more:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2903966/#!po=24.7253>

Ad 3. Water

You need to hydrate with clean water throughout the day/ evening. It assists your body in cleansing itself, distributing nutrients and balancing appetite. Calculate your intake [here](#)



Read more::

<https://advancedtissue.com/2014/06/hydration-impacts-wound-healing/>

4. Exercise

Move. Be as active as you can. Strain/ sweat min. 30 minutes pr. day. Even light walking makes a difference by increasing your blood flow which support wound healing.



Read more::

<https://www.woundsource.com/blog/keeping-them-moving-how-activity-benefits-healing-patient>

5. Diet

Rid your pantry of junk food / snacks and shop consciously. Eat more organic leafy greens. Avoid inflammatory foods like sugar, fried foods, sodas, red meats etc.



Read more::

www.health.harvard.edu/staying-healthy/foods-that-fight-inflammation

6. Meditation

Meditation is scientifically proven to reduce stress and energizing the body leaving more energy for healing.
15 min. meditation in the morning + 15 min. in the evening.



NOTE: No need sit cross-legged. Guided meditations [here](#)

Read more:

www.researchgate.net/profile/Tarik-Sammour/publication/51479113_A_brief_relaxation_intervention_reduces_stress_and_improves_surgical_wound_healing_response_A_randomised_trial/links/59e5f44b458515250250bf35/A-brief-relaxation-intervention-reduces-stress-and-improves-surgical-wound-healing-response-A-randomised-trial.pdf

7. Sleep

Sleep is the body's repair time. It is important to support healing by getting enough sleep. Go to bed at 22.30. Avoid screens one hour before for quality sleep. 8 hours. Is ideal



Read more::

<https://advancedtissue.com/2017/04/sleep-deprivation-negatively-impacts-wound-healinghow-sleep-deprivation-negatively-impacts-wound-healing/>

8. Socialize

Feel good to heal good. Spend time with family and friends to increase your oxytocin levels which relax your system. Chat, laugh, hang-out – whatever makes you happy.

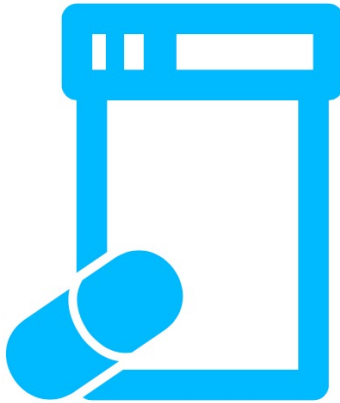


Read more::

<http://citeseerx.ist.psu.edu/viewdoc/download?doi=10.1.1.463.2909&rep=rep1&type=pdf>

9. Vitamins

Take a quality multivitamin tablet daily to prevent deficiencies and get support from vitamin C. (at least 1,000 mg a day) to promote connective tissue repair.



Read more here:

<https://pubmed.ncbi.nlm.nih.gov/24796079/>

10. Supplements

Take 500 milligrams of bromelain a day (protein digesting enzyme) to reduce swelling and support wound healing in the weeks following surgery or an injury.



Read more:

<http://citeseerx.ist.psu.edu/viewdoc/download;jsessionid=31BA89D43C785B89EF204D22D4E7F2D4?doi=10.11490.5266&rep=rep1&type=pdf>