

Eating the right foods can help your bones heal faster and stronger. Here are some delicious and nutritious options:

1. Mutton Paya Soup

Rich in collagen, gelatin, amino acids, and calcium – all essential for rebuilding bone and speeding up healing.

2. Eggs

Packed with high-quality protein, Vitamin D, and B-complex vitamins, which help form new bone tissue.

3. Haldi Doodh (Turmeric Milk)

Contains curcumin, a natural ingredient that reduces inflammation and supports recovery.

4. Methi Saag (Fenugreek Leaves)

Loaded with Vitamin K and calcium to build a stronger bone structure.

5. Bajra Roti with Ghee

A high-energy meal with calcium, phosphorus, and healthy fats that aid healing.

Superfoods to Strengthen Your Spine and Support Healing

At Alpha Ortho, we know that recovery is more than medicine—it's about eating right too. These superfoods provide your spine with important minerals, reduce inflammation, and help your bones stay strong:

- Moringa

A rich source of calcium, magnesium, and antioxidants that speed up bone repair.

- Ragi (Finger Millet)

One of the best natural sources of calcium, it strengthens spine bones and improves overall bone density.

- Sesame Seeds

High in calcium and zinc, they support rebuilding bones after injury.

- Dates

Help improve bone mineralization and provide clean energy during recovery.

- Turmeric with Black Pepper

Curcumin reduces inflammation around the spine; black pepper's piperine boosts absorption for better healing.

- Almonds and Walnuts

Provide Vitamin E and healthy fats that nourish spinal nerves and reduce muscle inflammation.

- Flaxseeds and Chia Seeds

Contain Omega-3 fatty acids that lower joint and disc inflammation.

- Paneer and Greek Yogurt

Offer high-quality protein and calcium to rebuild bones and keep spinal muscles strong.

- Broccoli

Rich in Vitamin K, calcium, and antioxidants that protect spine cartilage and support good structural health.

- Amla (Indian Gooseberry)

Full of Vitamin C, which helps produce collagen — important for healthy ligaments and bones.