

# Download Heal With Amino Acids

Amino acids are the building blocks of proteins. There are 8 essential amino acids for adults that must be supplied with the diet: Isoleucine, Leucine, Lysine, Methionine, Phenylalanine, Threonine, Tryptophan and Valine. Two others, Arginine and Histidine are in addition essential in the first year of life. Amino acids play a role in building and repairing body tissues. As a result, health care professionals are increasingly using supplementation to support the healing of chronic wounds. Dr. Nancy Collins discusses the role of nutrition in wound care and identifies three key amino acids for healing. "Essential amino acids are amino acids that cannot be synthesized by the body, and must be consumed through a healthy diet or supplementation. AminoHeal provides the body what it needs to properly heal." -Dr. Jim Fishbach Ph.D. You Can Experience Success in Healing Pain. The way it works is simple. Amino acids are the building blocks of proteins in your body. When supplied in correct proportions and adequate amounts together with essential cofactors, your body produces enough enzymes to enable proper nutrient absorption from your diet.