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REGISTERED NUTRITIONIST & REGISTERED NURSE

Healthy Food for Muscular Dystrophy

1. Avoid potential food allergens, including dairy, wheat (gluten), corn, soy, food preservatives, artificial colorings and other additives.
2. Avoid coffee and other stimulants, as well as alcohol, and tobacco.
3. Drink six to eight glasses of water daily.

The following supplements can be helpful:

- If you are not eating cold-water, oily fish at least twice a week, take supplemental fish oil, in capsule or liquid form, at least one to two grams a day of DHA and EPA combined. Look for molecularly distilled products certified to be free of heavy metals and other contaminants.
- Calcium, magnesium and additional vitamin D may be beneficial for support of muscle and skeletal weakness.
- Coenzyme Q (coQ10) is a natural compound made by the body and found in most foods. It improves the use of oxygen at the cellular level, particularly in muscle tissue, and is being studied as a treatment for a number of disorders including muscular dystrophy. Regular doses begin at 100 - 200 milligrams a day

For muscular relaxation, regular massage to helps reduce spasm and involuntary muscle contractions. There are also centuries old, traditional forms of exercise from Asia that employ slow, flowing motions, such as tai chi and yoga, that help improve flexibility and help prevent falls. Several forms can be tailored for people of any age or physical condition.

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