

Faster Wound Healing

By Robert Ferguson

Robert's Note: Whether it's a burn injury or simply the desire to optimize skin health, this article will help you understand a **scientific approach to wound healing**. What I share in this article is **not an opinion piece**, but **scientific clarity** on how to optimize and rejuvenate skin.

Wound healing is an essential biological process that allows the body to repair and restore damaged tissue. However, for many people, wound healing can be **slow and inefficient**, leading to complications such as infection, chronic wounds, and excessive scarring. Factors like **poor nutrition, high inflammation, and low collagen production** all contribute to **delayed tissue repair**.

With the growing demand for effective wound healing solutions, it is more important than ever to understand how nutrition and lifestyle factors influence recovery. The increasing population of elderly individuals, who naturally experience slower tissue regeneration and reduced collagen production, **is at higher risk for** chronic wounds, pressure ulcers, and delayed surgical recovery. **Additionally**, burn injuries, surgical wounds, and chronic conditions like diabetes **further highlight the need for** enhanced wound care strategies.

The Growing Profession of Wound Healing Specialists

As the demand for wound care continues to rise, there is a growing profession dedicated to **advanced wound healing solutions**. Medical professionals specializing in wound care management, regenerative medicine, and post-surgical recovery are becoming increasingly important. Wound care specialists, physical therapists, and dermatologists are all integrating **nutrition-based protocols** to enhance patient recovery. Additionally, **cosmetic surgeons** are turning to **optimized healing strategies** to improve patient outcomes following surgical procedures. Many cosmetic surgeons consult with me to develop personalized wound healing protocols, ensuring that patients experience **faster recovery, reduced scarring, and improved skin regeneration**.

Fortunately, **scientific advancements in test-based nutrition** provide new solutions for optimizing wound healing. By assessing key biomarkers with a DBS (Dried Blood Spot) test, supplementing with **BalanceOil+ for omega-3 and polyphenols**, incorporating **Collagen BOOZT for increased collagen synthesis**, and ensuring **adequate protein intake**, individuals can enhance their body's natural repair mechanisms and promote faster, healthier healing.

Why Wound Healing Can Be Delayed

Wound healing is a complex process that involves several phases: **clot formation, inflammation, new tissue generation, and remodeling**. Several factors can slow down this process, including:

- **Chronic inflammation** – Excessive omega-6 fatty acids and poor omega-3 intake create an inflammatory environment that hinders tissue repair.
- **Poor collagen production** – Collagen is essential for rebuilding skin, connective tissue, and blood vessels, but natural production declines with age and poor nutrition.
- **Nutritional deficiencies** – Lack of essential nutrients, such as **omega-3s, protein, vitamin C, polyphenols, and amino acids**, can impair wound healing.
- **Imbalanced omega-6 to omega-3 ratio** – High levels of **arachidonic acid (AA)** relative to **eicosapentaenoic acid (EPA)** create a pro-inflammatory state, making wound healing slower and less effective.

Step 1: Get a DBS Test to Identify Key Deficiencies

A **Dried Blood Spot (DBS) test** is a simple and effective way to assess omega-3 and omega-6 levels, AA percentage, cell membrane fluidity, and other key health markers that influence wound healing.

By analyzing the **omega-6 to omega-3 ratio**, a DBS test provides insights into your **inflammatory state**. Since high inflammation directly slows tissue repair and increases scar formation, balancing these fatty acids is critical for accelerating recovery.

Step 2: Balance Your Omega-3s with BalanceOil+

Once you know your omega-6 to omega-3 ratio, the next step is correcting imbalances with a scientifically backed supplement. BalanceOil+ provides a unique blend of high-quality omega-3 fatty acids (EPA & DHA) infused with polyphenols from unripe olives, which act as **antioxidants to protect and enhance omega-3 absorption**.

How BalanceOil+ Enhances Wound Healing

- **Reduces Inflammation** – Omega-3s lower excessive inflammatory responses, allowing the body to focus on healing.
- **Supports Blood Flow & Oxygenation** – Omega-3s improve vascular function, ensuring that oxygen and nutrients efficiently reach the wound site.
- **Enhances Cell Membrane Fluidity** – A well-balanced **omega-3 to omega-6 ratio** improves cellular communication, allowing immune and repair cells to function optimally.
- **Polyphenol Protection** – The polyphenols in BalanceOil+ shield omega-3s from oxidation, preserving their potency and maximizing their benefits.

Step 3: Boost Collagen Production with Collagen BOOZT

Collagen is **the primary structural protein** in skin, tendons, ligaments, and connective tissue. Collagen BOOZT is a scientifically formulated liquid collagen supplement that contains hydrolyzed marine collagen, hyaluronic acid, vitamin C, and amino acids to accelerate tissue regeneration.

How Collagen BOOZT Improves Wound Healing

- **Stimulates Fibroblast Activity** – Fibroblasts are responsible for producing new collagen. Hydrolyzed collagen peptides in **Collagen BOOZT stimulate fibroblast activity**, increasing collagen synthesis at the wound site.
- **Supports Skin & Connective Tissue Repair** – Marine collagen provides the amino acids glycine, proline, and hydroxyproline, which are critical for rebuilding strong, elastic tissue.
- **Enhances Hydration & Elasticity** – **Hyaluronic acid and vitamin C** help keep skin hydrated and improve collagen cross-linking, ensuring proper wound closure with minimal scarring.
- **Speeds Up Recovery Time** – Studies show that taking collagen supplements reduces healing time by strengthening newly formed tissue and supporting cell regeneration.

Step 4: Prioritize Protein Intake for Faster Recovery

Adequate protein intake is **essential** for wound healing, as it provides the amino acids necessary for tissue repair, immune function, and collagen synthesis.

How Protein Supports Wound Healing

- **Collagen Production** – Proteins rich in **glycine, proline, and hydroxyproline** are crucial for synthesizing new collagen.
- **Cellular Repair & Regeneration** – Protein fuels the production of keratinocytes, fibroblasts, and immune cells, which help wounds close and heal properly.
- **Immune System Support** – **Amino acids like glutamine and arginine** enhance immune response and control inflammation, reducing infection risks.
- **Muscle & Tissue Preservation** – Without adequate protein, the body may break down muscle tissue to obtain amino acids, delaying wound healing.

Conclusion: A Synergistic Approach to Wound Healing

Healing wounds efficiently requires a proactive approach that optimizes nutrition and reduces inflammation. By using DBS testing to assess key biomarkers, BalanceOil+ to improve omega-3 levels and reduce inflammation, Collagen BOOZT to enhance collagen synthesis, and adequate protein intake to fuel tissue repair, individuals can significantly accelerate wound healing and improve overall skin and connective tissue health.

Take Action Today

- **Get a DBS Test** to check your omega-3 index and inflammatory markers.
- **Start Taking BalanceOil+** to restore a healthy omega-6 to omega-3 ratio and reduce inflammation.
- **Incorporate Collagen BOOZT** to support fibroblast activity and boost collagen production.
- **Ensure Sufficient Protein Intake** to supply the body with the necessary building blocks for healing.

To learn more about the DBS test and the wound-healing protocol, schedule a free consultation with me, or speak with the person who shared this article with you. By addressing the **root causes of slow wound healing**, this **scientific, test-based approach** ensures faster recovery and better long-term health. Don't wait—take control of your healing process today!

References

- Baum, C. L., & Arpey, C. J. (2005). Normal cutaneous wound healing: Clinical correlation with cellular and molecular events. *Dermatologic Surgery*, 31(6), 674-686.
- Li, J., Chen, J., & Kirsner, R. (2007). Pathophysiology of acute wound healing. *Clinics in Dermatology*, 25(1), 9-18.
- Zague, V. (2008). A new view concerning the effects of collagen hydrolysate intake on skin properties. *Archives of Dermatological Research*, 300(9), 479-483.
- Calder, P. C. (2017). Omega-3 fatty acids and inflammatory processes: From molecules to man. *Biochemical Society Transactions*, 45(5), 1105-1115.

Robert Ferguson is a California- and Florida-based single father of two daughters, nutritionist, researcher, best-selling author, speaker, podcast and television host, health advisor, NAACP Image Award Nominee, creator of the **Diet Free Life** methodology, and **Chief Nutrition Officer for iCoura Health**. He also serves on the **Presidential Task Force on Obesity** for the National Medical Association and the **Health and Product Advisory Board** for Zinzino, Inc.

Email Robert at Robert@dietfreelife.com