



Surgical Recommendations

For two weeks prior to surgery take:

- Good quality multivitamin and mineral such as Multiplex with out iron by Tyler
- Vitamin C: 500mg three times daily
- Grape seed extract: 150 mg twice a day
- Arnica Montana 3 pellets 3 times a day
- Probiotic 5- 10 billion live organisms daily

For seven days before surgery:

- Increase protein by adding Whey protein: 25-50 grams per day
- Modified citrus pectin 6 grams in water or juice

Before surgery avoid: garlic, Ginkgo, Ginseng, Kava, Proteolytic enzymes, St John's wort and Valerian. Keep vitamin E doses below 200 IU per day

For at least two weeks after surgery:

- Continue multi vitamin/mineral
- Vitamin C 500mg three times daily
- Grape seed extract 150mg twice daily
- Proteolytic enzymes
- Arnica Montana 3 pellets 3 times a day
- Probiotic 10-20 billion live organisms daily
- Whey protein: 25-50 grams per day
- Modified citrus pectin 6 grams daily

Limit all dairy products as they contain inflammatory mediators which slow healing and recovery. This includes yogurt, milk, ice cream, cottage cheese etc.

Drink at least 8-10 glasses of pure, filtered water each day.

If nauseated during recovery try powdered ginger root capsules or tea.

After some procedures you may need to eat soft food for a few days. Here are a few nutritious ideas:

Applesauce

Scrambled eggs

Soy yogurt

Soup

Mashed sweet potatoes or yams