



SURGERY NUTRITIONAL SUPPORT PROTOCOL

(Phase One/Pre-Surgery)

We use a three phase healing program to help you recover more quickly and with less downtime. We have you start this a week or so ahead of time to ensure that you are boosting your body's immune system and removing anything that could interfere with anesthesia or increasing bleeding time. Immediately following surgery we give you nutrients that help reduce pain and inflammation and detoxify the anesthesia and other meds. The third phase has additional healing nutrients to support your recovery.

Lifestyle Recommendations:

1. Practice good sleep habits and get between 8-9 hours of sleep a night.
2. Avoid or reduce stress and extra obligations.
3. Exercise only if recommended by your doctor.
4. Ask your doctor which medications should and should not be taken prior to surgery.

Dietary Recommendations:

1. Avoid: potatoes, tomatoes, eggplant, flaxseed, garlic, green tea, ginkgo and ginger; which can negatively effect how one reacts to anesthesia and/or bleeding time.
2. Avoid all high sugar foods and also avoid foods where sugar is listed as one of the first three ingredients, because sugar suppresses the immune system.
3. Eat plenty of protein, including whey protein (raises glutathione levels), meat, eggs and fish.
4. Balance intake of fish (contains omega 3's which thin the blood) and red meat (contains arachidonic acid which acts in an opposite manner).
5. It is important to consume adequate amounts of antioxidants which can be obtained daily through 5-9 servings of vegetables/fruit. If you are unable to get-in the recommended servings of vegetables/ fruit, you can add 1-2 tablespoons of PaleoGreens daily.
6. Drink at least 64 ounces of filtered, bottled or non-chlorinated water every day.
7. Avoid or limit caffeine, alcohol and other potentially neurotoxic compounds like aspartame and MSG.

Supplement Recommendations:

Important: Stop all vitamin E, vitamin C, B vitamins, fish oils and all herbs 1 week prior to surgery.

Glutamine Powder:	1 teaspoon twice a day
Zinc Challenge:	1 tablespoon twice a day
Q Avail 30mg Softgels:	1 softgel twice a day

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