



SURGERY NUTRITIONAL SUPPORT PROTOCOL

(Phase Two/1-14 Days Post-Surgery)

Lifestyle Recommendations:

1. Practice good sleep habits and get between 8-9 hours of sleep a night.
2. Ask your doctor which medications should and should not be taken after surgery.
3. Do not exercise without permission from your physician.
4. Avoid or reduce stress and extra obligations.

Dietary Recommendations:

1. 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.
2. 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 in purified water daily.
3. Balance intake of fish (contains omega 3's which thin the blood) and red meat (contains arachidonic acid which acts in an opposite manner).
4. Drink at least 64 ounces of filtered, bottled or non-chlorinated water every day.
5. Avoid or limit caffeine, alcohol and other potentially neurotoxic compounds like aspartame and MSG.
6. In case of GI surgery, ease fiber back into your diet slowly but consistently.

Supplement Recommendations:

Probiotic supplementation is recommended after antibiotic treatment ends (Probiotic Synergy capsules - 3 daily, or Probiotic Synergy powder - 1 teaspoon).

PaleoMeal:	1 to 3 scoops daily, make into shake, drink when desired
Q Avail 30mg Softgels:	1 softgel after breakfast and dinner, 2 per day
Glutamine Powder:	1 tsp. in any liquid with breakfast and dinner, 2 tsp. daily
Zinc Challenge Liquid:	1 tablespoon with each meal, 3 T per day
*Arginine:	1 capsule with each meal, 3 per day
Grape Seed Supreme:	1 capsule with each meal, 3 per day
ArthroSoothe:	2 capsules with breakfast and dinner, 4 per day
MSM:	2 capsules with each meal, 6 per day (or more as needed for pain)

*If susceptible to herpes outbreaks, take 1 Lysine three times a day or your prescribed medication.

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