



SURGERY NUTRITIONAL SUPPORT PROTOCOL

(Phase Three/14 Days Post-Surgery)

Lifestyle Recommendations:

1. Practice good sleep habits and get between 8-9 hours of sleep a night.
2. Exercise only if recommendation by your doctor.
3. Avoid or reduce stress and extra obligations.
4. Vitamin and mineral supplements are required for life.
5. Avoid alcohol consumption.

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:

The following supplements are in addition to **Twice Daily Essential Packets** to supply your core vitamins, minerals, antioxidants and essential fatty acids.

Grape Seed Supreme:	1 capsule three times a day until bottle is gone
Inflammatone:	2 capsules twice per day (on an empty stomach)
MSM Raspberry Powder:	2 capsules twice a day
ArthroSoothe:	2 capsules with breakfast and dinner, 4 per day
Zinc Supreme:	1 capsule twice a day
Aloe/200x:	1 capsule with each meal, 3 per day

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