



## **SURGERY SUPPORT PROTOCOL**

Individuals who follow this program typically heal much faster than normal, with less pain and swelling, and with fewer complications. Nutrients that promote healing of connective tissue include vitamins A, C, the B-complex, zinc and copper. Vitamin E reduces scar formation and accelerates wound healing when taken with vitamin A, but can decrease clotting so it should be taken after surgery. Anti-inflammatory enzymes and homeopathic arnica reduce inflammation and swelling at the surgical site, decreasing pain.

### **Begin 2 weeks prior to surgery and continue for 4 weeks afterward.**

1. **A high potency, food source multivitamin** that your body can absorb, containing all the B-vitamins, zinc and copper you need. Take with food, because the B-vitamins will give you a prickling hot flash of sorts and nausea if they absorb too fast. Pick one:
  - Spectrum 2C (NF Formulas): 2 capsules daily, with food.
  - Women's Symmetry (Vitanica): 3 capsules daily, with food.(Note: most "store-brand multivitamins" do not absorb.)
2. **Vitamin C.** 1,000mg 2-3 times a day. Spread this out through the day, as your body can only absorb so much of this water-soluble vitamin at a time.
  - Vital Mixed Ascorbates (Vital Nutrients): ½-1 scoop, 2-3 times daily
3. **Vitamin A.** 25,000 IU each day.
  - Vitamin A (Thorne Research): 1 capsule daily

### **Begin as soon as possible after surgery and continue for 2 weeks.**

1. **Anti-inflammatory enzymes.** Enzymes are what the body uses itself to break down food and inflammatory proteins. If taken with a meal, they will digest your food. If taken on an empty stomach, they will enter the bloodstream and lower your inflammation and pain. Pick one:
  - Enflam (Priority One): 3 capsules, 3 times a day away from food.
  - BCQ (Vital Nutrients): 3 capsules, 3 times a day away from food.
2. **Vitamin E.** 800 IU daily.
  - Natural Vitamin E (Pure Encapsulations): 1 gelcap, twice daily.
3. **Homeopathic Arnica.**
  - 30C Arnica (Boiron): 3 pellets, dissolved under the tongue every 1-3 hours for pain. Take away from food.