



## **Complementary Protocol for Surgery**

Any surgery is a stress for your body and it takes time for healing to occur. The following protocol is based upon core nutritional intake to assure there are no deficiencies that might slow healing or nutrients that are associated with reduced infections and post-surgery complications.

1) Get as much rest as possible before the surgery and allow yourself plenty of time to rest afterward; initially, you can't "rush" the healing process.

2) Develop a positive attitude toward the surgery, this is often done through having a full explanation and discussion with the surgeon.

## **Nutritional Support**

*TO BE TAKEN ONLY UNDER SUPERVISION OF A DOCTOR*

Take these doses for at least a few days before the surgery if possible, until you are told to eat no food (12-24 hours prior to admission), at which time you should discontinue all supplements as well. Resume supplementation with food.

### **A comprehensive multiple vitamin-mineral:**

- **Adults: MultiNutrients (CODE MUL47) or Maxxum (MAXX 3 or 4):**  
1 - 3 x /day or 2 - 2x/day - you must total 3 or 4 capsules daily in divided dose.
- **Children: take Chewable Pioneer Multiple Vit & Min. (Code: CHEW4):**  
1-2 tablets 1-2 x/day

### **Essential Fatty Acids:**

- **Nordic Natural's or Carlson's Cod Liver Oil (Code: CODL3):** Adults should total about 1 tsp - 1 TBS daily.

### **Additional Anti-Inflammatory Support:**

Bromelain is a plant-based enzyme that acts to "clean-up" excess inflammation. It is best taken away from food. High strength Bromelain can be taken alone for anti-inflammatory effect or in conjunction with NSAIDS.

- **Bromelain 24/36 (Code BROM8):** Take 1-2 capsules two to four times daily between meals to control inflammation OR take one bromelain with an anti-inflammatory such as ibuprofen as needed for pain.