

Surgery Protocol

ONE MONTH BEFORE ELECTIVE SURGERY

1. Multiple vitamin/mineral at full amount—Pure Encapsulations, 6/day.
2. Essential Fatty Acids—Flax or Fish Oils.
3. Extra Vitamin C
4. Extra Zinc.
5. Probiotics to prepare one for the hospital environment and to decrease your risk of diarrhea
6. Immune stimulants: Goldenseal, mushrooms, garlic. Bio-vegetarian by Priority One, or an immune tincture.

STOP 5 DAYS BEFORE SURGERY

1. Essential Fatty acids
2. Vitamin E
3. Gingko, Crategus (Hawthorne), Garlic
4. Multiple vitamin/mineral

THE DAY OF SURGERY:

1. Take Arnica 200C, even if told cannot take food or pills. It's okay, don't worry!

IMMEDIATELY AFTER SURGERY:

1. Arnica and Staphysagria homeopathically—perhaps Phosphorous if you have a hard time with anesthesia. A 200c potency is preferred, but 30C is okay. Rotate each remedy hourly for the first couple of days, and then decrease to 2-3 times a day each.
2. Vitamin E—this is very helpful in preventing clot formation.
3. Essential fatty acids. Perhaps short chain fatty acids like butter, to help with absorption and easy increase in calories.
4. Multiple vitamin/mineral—at a maximum dose a day.
5. Extra C, Extra Zinc
6. Natural antibiotic like Bio-vegetarian, or just garlic, hydrastis or goldenseal. Take until you are out of the hospital and home healing well.
7. Glutamine reserves muscle atrophy in the gut, improves immunity, and prevents inflammation.
8. Eat lightly! Soups, brown rice, light protein like white fishes, veggies for several days. Don't eat hospital food! If possible, have food brought in from outside by friends, relatives.

Other therapeutics

1. Hydrotherapy—constitutional or local applications
2. Castor Oil Packs—to cleanse the liver and/or relieve inflammation
3. Massage
4. Charcoal or clay to enhance excretion of drugs from gut
5. Calendula oil, Vit E/A oil, Herbal Ed's salve, to prevent scarring.