

PRESURGERY	SURGERY	POSTSURGERY
<u>INFECTION CONTROL</u>		
Oregano or Golden Seal 300-500 mg 3/day for 3 days	1/day	4/day for 14 days
Colostrum capsules 3/day for 4 days	6/day	5/day for 14 days
<u>DRUG DETOX</u>		
Alpha Lipoic Acid 200mg 2/day for 2 days	1/day	2/day for 14 days
Grape Seed Extract or Pycnogenol (100 mg) 3/day for 7 days	3/day	3/day for 14 days
<u>TISSUE REPAIR</u>		
Vitamin C 1,000mg 2/day for 7 days	2/day	4/day for 30 days
Aminogen for Amino Sport 2/day for 7 days	2/day	3/day for 21 days
Vitamin E 250-400IU NONE	NONE	3/day for 21 days
<u>PAIN CONTROL</u>		
Inflavonoid Intensive Care or Inflammblox 2/day for 1 day	3/day	4/day for as long as needed
Protease Enzymes 4/day for 1 day	10/day	10/day for 5 days, 5/day for 10 days
Rescue Remedy (homeop.) None Prior	Hourly	Topical and Oral as needed

AVOID ALL NIGHTSHADE FOODS

(Potato, Tomato, Peppers, Eggplant, Paprika, and Tobacco) for 5 - 7 days prior to surgery.

This ensures an adequate ability to clear the anesthesia from your system.