

Preparing for Surgery

Avoid for one week prior to surgery:

Aspirin, nonsteroidal anti-inflammatories like Motrin and Advil, Vitamin E, CoQ10, Garlic, Hawthorn, Turmeric and Selenium

Because these substances decrease the clumping of platelets, (i.e.; They lessen blood clotting capabilities).

One Week Before surgery and during healing process (not during surgery):

Take 1000-5000 mgs (to bowel tolerance) of Vitamin C with bio-flavenoids or rosehips daily, and continue to take for one month after the surgery.

The day of surgery (after the surgery) take Arnica Montana 6x-30x homeopathic every hour for the first waking day then take four x's daily for the next week.

After surgery take 25,000 IU, (less if pregnant,) of Vitamin A daily to improve immune response. Vitamin A also helps to heal tendon, muscle, and fractured bone.

After surgery take 1,000 mg of Bromelain and 500 mg of Quercetin daily. Helps with bruising and swelling caused by surgery. These are great anti-inflammatories.

After surgery take 500 mg of Glutamine daily. Store it in a cool place.

A Few Days After Surgery:

Visualize yourself in perfect health

Take 400-800 Iu's Vitamin E internally, and use it externally after the wound is healed. Vitamin E and Aloe Vera will keep the scar tissue supple.

After surgery you can eat garlic all you want!

If you create lots of scar tissue use Vatalzyme which breaks down fibrous tissues. Take 4 capsules between meals and at bedtime for 2 to 3 months.

Open Heart Surgery:

Prior to open heart surgery be sure to see a massage therapist who can stretch the chest and back muscles in preparation for the position your body will be in during surgery and to speed healing afterward.

Heart patients should take St. John's Wort tincture for at least 3 months after surgery.