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Peri-Operative Protocol

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Peri-operative Protocol

Before surgery:

1. Stop **all** herbs one week prior except those specifically indicated by your physician.
2. Stop **all** vitamin E supplements one week prior.
3. Zinc. 20-40 mg daily.
4. Vitamin A: 10,000 IU daily.
5. Vitamin C. 500 mg twice daily.
6. Grapeseed Phytosome. 1-2 daily.
7. Anthroposophical medicines
 - Arnica 30x or Arnica / Stibium / Pyrite. 10 drops: 4 times daily. One week prior and one week after surgery.
 - Cardiodoron: 10 drops: 4 times daily. One week prior and one week after surgery.
8. Mind-Body Preparation. Practitioner Referral: _____

After surgery:

- A. Continue items zinc, vitamin A, vitamin C or switch to high potency multivitamin that contains these.
- B. Continue grapeseed phytosome.
- C. Bromelain (Inflazyme). 500 mg 2x daily.
- D. Acupuncture
- E. Massage