

2 weeks prior to surgery:

- 1.) Avoid blood thinners and agents that may promote excessive detoxification (all botanical medicines and fish oil- I'm sure your doctor already instructed you to do this)
- 2.) Anti-inflammatory diet
- 3.) 8-10 glasses filtered water daily
- 4.) Beta Carotene 25,000 iu/day- for wound healing
- 5.) Vitamin A 5,000/day- for wound healing
- 6.) Vitamin C 2,000/day- for wound healing
- 7.) Rescue Remedy 10 drops in water daily
- 8.) Arnica 30 c- 3 pellets under tongue daily starting 5 days prior until 5 days after procedure to limit tissue trauma
- 9.) Phosphorous 30 c- 3 pellets under tongue day before surgery to limit bleeding
- 10) Guided visualization night before (Can find surgery prep meditation CD at New Renaissance Books)

Post surgical Plan:

- 1.) Arnica 30 c - 3 pellets under tongue daily for 5 days
- 2.) Opti Recovery- 2 capsules 2x/day x 2 bottles
- 3.) Liver Detoxifiers (there are several you could choose from- if you have used one already that you like and tolerate well go with that- some other ideas are Milk Thistle, S.A.T by thorne, [N.A.C.by](#) Vital Nutrients)
- 4.) Other detox/cleansing techniques- Dry skin brushing, castor oil packs, deep breathing
- 5.) Possibility of constipation from pain meds- consider having Magnesium 400-500mg, Vitamin C, Smooth Move tea
- 6.) Weekly Acupuncture