

Preparation For Surgery

As per Dr. Thom

Two weeks before surgery:

- DIET: anti-inflammatory diet
- Maxum Multi Vite 2 capsules 3 times per day
- Liquid B Complex 1 tsp. 2 times per day
- C1000 1 capsule 2 times per day
- Super Flavonoids 1 capsule 2 times per day
- Selenium + E 1 capsule 2 times per day
- Zinc Picolinate 1 capsule per day

One week before surgery:

- DIET: continue anti-inflammatory diet
- Maxum Multi vite 2 capsules 3 times per day
- Liquid B Complex 1 tbsp. 2 times per day
- C1000 1 capsule 3 times per day
- Super Flavonoids 2 capsules 2 times per day
- Selenium + E 1 capsule 3 times per day
- Zinc Picolinate 1 capsule 2 times per day

Two days before surgery:

- Medulloseinum Plex 10 drops 3 times a day

Day of Surgery:

No supplements 12 hours before surgery

Arnica 200K 1 dose just before surgery

Use a **relaxation** tape during the surgery

After the surgery:

Arnica 200K 1 dose ASAP after surgery, and then 3 times per day

Day 1 after the surgery: (or as soon as possible)

Light diet – Fresh vegetable juice, steamed vegetables, brown rice, chicken, fish
Pro Lite

Day 1 after the surgery: (or as soon as possible)

- Maxum Multi Vite 1 capsule per day
- Liquid B Complex 1 tsp per day
- C1000 1 capsule per day
- Super Flavonoids 1 capsule per day
- Selenium + E 1 capsule 3 times per day
- Zinc Picolinate 1 capsule per day
- Bromelain Papain+ 1 tablet 2 times per day
- Medulloseinum Plex 10 drops 3 times per day
- UNDA # (specific to the surgery)

Two days after the surgery:

Simple diet, add foods as per appetite.

Start to increase supplements gradually until at pre-surgery levels (usually 3-4 days)
Increase Bromelain Papain+ to 2 capsules 3 times per day.

Individual homeopathic remedy based on specific case.

Follow up within one week to review.