

Sande

That belongs in the PSG archives. Send it to Steve, please?

Wow! Now I am really impressed with Isabella's fortitude. She definitely lives up to her name. I will hope that he has a cancellation quickly!

When her antibiotic is done, consider putting her on Echinacea Goldenseal before her surgery to build up her immune system. I'll email you with an excellent surgical protocol for humans. You might want to consider giving her some of this prior to and after her surgery. I've had friends follow it even for major plastic surgery and have very little bruising or swelling afterward and I'm on it now prior to my surgery. The only other thing that I do prior to surgery that is not on this list is Arnica Montana taken as directed on the bottle. (It's the only sweet thing that I get these days!
LOL!!!)

Anyone else who wants it, email me privately please. I've been OT on this list (PSG) enough for one day!

Sande ;o)))

Below is Surgery Protocol
by Alan R. Gaby, M.D.

Surgery Protocol

by Alan R. Gaby, M.D.

Purpose: To increase the rate of healing following surgery and to minimize scar and adhesion formation.

Nutrients that promote healing include vitamin C, zinc, copper, vitamin A, and B-complex vitamins. Nutrients that reduce scar formation or adhesions include vitamin E and flavonoids. Vitamin E alone inhibited wound healing in one study, but that effect was reversed by addition of vitamin A. In another study, vitamin E alone accelerated wound healing.

Individuals who follow this program typically heal much faster than normal, with less pain and swelling and fewer complications.

Suggested Program (begin 2-4 weeks prior to surgery and continue for 4-6 weeks after surgery):

1. High-potency multiple vitamin and mineral formula.

Additional supplements: Note: The dosages of the following may be reduced, according to the amounts present in the multiple vitamin and mineral formula.

2. Vitamin C, 1,000 mg, 2-3 times a day.

3. Vitamin E, 400 IU/day.

4. Vitamin A, 25,000 IU/day.

5. Zinc (picolinate or citrate), 30-50 mg/day.

6. Copper, 2-3 mg/day.

7. Flavonoids (choose one):

- a) Citrus bioflavonoids, 500-1,000 mg, 2-3 times a day.
- b) "Herbal Flavonoids" (Enzymatic Therapy; contains flavonoids from various fruit skins), 2-3 capsules per day.
- c) *Centella asiatica* (standardized to contain 40% asiaticoside), 30 mg, 1-2 capsules twice daily.

8. Proteolytic enzymes are recommended to reduce inflammation and swelling at the surgical site and to promote resorption of fibrin and other tissue debris. Choices include (choose one):

- a) Pancreatin, 1,400 mg, 2-3 capsules, 3 times a day.
- b) Bromelain (2,000 mcu/g), 250 mg, 2-3 capsules, 3 times a day.

Proteolytic enzymes may be started 1-2 days before surgery or immediately after surgery and should be continued for 4-7 days after surgery. The dosage may be reduced by half after the third postoperative day.

Enzymes work best when taken on an empty stomach. The rest of the supplements should be taken with food.