



SURGERY (Phase Two/1-14 Days Post-Surgery)

Nutritional Support Protocol

Lifestyle Recommendations:

1. Practice good sleep habits and get between 8-9 hours of sleep a night. Take the "Are You Getting Enough Sleep?" questionnaire and follow the Insomnia Nutritional Support Protocol if needed.
2. Ask your doctor which medications should and should not be taken after surgery.
3. Do not exercise without permission from your physician.
4. Avoid or reduce stress and extra obligations.

Dietary Recommendations:

1. Avoid all high sugar foods and also avoid foods where sugar is listed as one of the first three ingredients, because sugar suppresses the immune system. Replace sugar with the polyol sugar xylitol.
2. It is important to consume adequate amounts of antioxidants which can be obtained daily through 5-9 servings of vegetables/fruit. If you are unable to get in the recommended servings of vegetables/ fruit, you can add 1-2 tablespoons of PaleoGreens and PaleoReds in purified water daily.
3. Balance intake of fish (contains omega 3's which thin the blood) and red meat (contains arachidonic acid which acts in an opposite manner).
4. Drink at least 64 ounces of filtered, bottled or non-chlorinated water every day.
5. Avoid or limit caffeine, alcohol and other potentially neurotoxic compounds like aspartame and MSG.
6. In case of GI surgery, ease fiber back into your diet slowly but consistently.

Supplement Recommendations:

Probiotic supplementation is recommended after antibiotic treatment ends (Probiotic Synergy capsules - 3 daily, or Probiotic Synergy powder - 1 teaspoon).

PaleoMeal:	1 to 3 scoops daily, make into shake, drink when desired
L-Glutamine Powder:	1 tsp. in any liquid with breakfast and dinner, 2 tsp. daily
Zinc Challenge:	1 tablespoon with each meal, 3 tbs per day
*Arginine:	1 capsule with each meal, 3 per day
Grape Seed Supreme:	1 capsule with each meal, 3 per day
ArthroSoothe:	2 capsules with breakfast and dinner, 4 per day
MSM Capsules:	2 capsules with each meal, 6 per day (or more as needed for pain)

*If susceptible to herpes outbreaks, take 1 L-Lysine three times a day or your prescribed medication.

THIS INFORMATION IS PROVIDED FOR THE USE OF PHYSICIANS AND OTHER LICENSED HEALTH CARE PRACTITIONERS ONLY. THIS INFORMATION IS INTENDED FOR PHYSICIANS AND OTHER LICENSED HEALTH CARE PROVIDERS TO USE AS A BASIS FOR DETERMINING WHETHER OR NOT TO RECOMMEND THESE PRODUCTS TO THEIR PATIENTS. THIS MEDICAL AND SCIENTIFIC INFORMATION IS NOT FOR USE BY CONSUMERS. THE DIETARY SUPPLEMENT PRODUCTS OFFERED BY DESIGNS FOR HEALTH ARE NOT INTENDED FOR USE BY CONSUMERS AS A MEANS TO CURE, TREAT, PREVENT, DIAGNOSE, OR MITIGATE ANY DISEASE OR OTHER MEDICAL CONDITION.