



SURGERY (Phase Three/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. Exercise only if recommendation by your doctor.
3. Avoid or reduce stress and extra obligations.
4. Avoid alcohol consumption.

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:

In addition to the core nutrient program recommended by your Health Care Professional and/or from the results of your most recent Designs for Health Metabolic Profile:

Grape Seed Supreme:	1 capsule three times a day until bottle is gone
Inflammatone:	2 capsules twice per day (on an empty stomach)
MSM Capsules:	2 capsules twice a day
ArthroSoothe Capsules:	2 capsules with breakfast and dinner, 4 per day
Zinc Supreme:	1 capsule twice a day
Aloe/200x:	1 capsule with each meal, 3 per day

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