

PRESURGICAL NUTRITIONAL SUPPLEMENT PROTOCOL

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1. THREE WEEKS PRIOR TO SURGERY TAKE THE FOLLOWING SUPPLEMENTS
 - Vitamin A (fish oil): 20,000 IU daily
 - Zinc Picolinate: 30 mg daily per 100 pounds of body weight
 - Vitamin E: 500 IU daily
 - Vitamin C: 1000 mg 2X daily
 - Iron Asaparatate: 45 mg daily, and if there is a history of anemia take 65 mg

2. STOP ALL VITAMINS THREE DAYS BEFORE SURGERY

3. IMMEDIATELY AFTER SURGERY YOU MAY TAKE HOMEOPATHIC ARNICA 6-12X TABLETS (1-3 tablets or pellets) OR DROPS (10 drops) SUBLINGUALLY EVERY HOUR

4. THREE DAYS AFTER SURGERY START THE SAME REGIME OUTLINED ABOVE, PLUS THE ADDITIONAL SUPPLEMENTS LISTED BELOW. TAKE FOR THREE WEEKS.
 - Calcium, Magnesium, and Trace Minerals: 500-750 mg of calcium daily
 - Protein Powder: 15 mg of supplemental protein as soy or whey amino acid mixture, 2X daily

IMPORTANT NOTE: DO NOT APPLY VITAMIN E OR TEA TREE OIL TO THE SCAR