



NUTRITIONAL THERAPY

HEALIO RECOVERY SYSTEM™ (powder and capsules) 2 or 4 week Protocol

Start 1 week (7 days) before surgery

Directions: take 1 capsule by mouth twice a day and mix one pouch of the powder in 8-12 ounces of water or your favorite beverage and mix; if there is some residual mix at the bottom of your cup add an additional 1-2 ounces of water, stir and bottoms up!

COMPONENTS:

Kosher Collagen Bovine powder

Why should I take this supplement? Building blocks for new collagen formation; your body will require 8-10 grams a day for optimal wound healing

HMP™(HEALio Muscle Protect Complex) – Glycine / N-Acetylscysteine/ HMB

After surgery muscle loss is most rapid the first 7-14 days, this complex is designed to minimize lean muscle loss while supporting the lungs and the liver during the postoperative period

Glutamine + Arginine

These are essential amino acids that regulate inflammation, metabolic and sugar control, immune function, cellular energy and new collagen production.

Why should I take this supplement? Basically Glutamine and Arginine are essential amino-acids which help with wound healing.

Vitamins and Minerals

Why should I take these? The vitamins and minerals in the HEALio Recovery system capsules help wound healing. After surgery the body goes into a nutritional shock that increases the amount that you need. **HEALio capsules** provide the right combination and dosing to improve wound healing – early healing avoids infections and typically results in better looking and softer scars from incisions.

Vitamin A

Vitamin C

Vitamin D3

B Complex Vitamins (B1, B6, B12)

Methylfolate (Folic Acid)

Selenium

Zinc

Probiotics

HEALio powder contains a specific probiotic that helps with reestablishing your natural flora as well as helping with bloating and gas.

Why should I take this supplement? Your body's natural intestinal flora serves a wide range of functions including immunity, healing, and nutrition. Surgery and especially antibiotics can alter the normal function of your intestines leading to poor healing, immunity, nutrition, and motility problems.

Additional Dietary and Recommended Homeopathic Therapies

ARNIKA-FORTE

Arnica-extracted from *Arnica montana*, a plant that grows in the Swiss Alps

Why should I take this supplement? This supplement can decrease bruising and swelling. **Along with Bromelain should be started the day before surgery**

Side effects: None known

Bromelain-an enzyme found in pineapples

Why should I take this supplement? This supplement can decrease bruising, swelling, and sometimes pain.

Omega-3 fatty acids (DE-3)

Why should I take this supplement? Omega 3 fatty acids can help with wound healing, inflammation and preventing infection (nurture the eyes, the brain and the heart). **Start the day after surgery (3 capsules daily)**

Curcumin-a natural compound found in turmeric, a spice

Why should I take this supplement? This supplement is an anti-oxidant that can help wound healing and prevent infection. **You can start this supplement the day after surgery.**

Quercetin – a flavonoid abundantly found in berries, broccoli and green tea.

Why should I take this supplement? This supplement acts as an anti-oxidant, anti-inflammatory and anti-allergic. It also can reduce blood pressure and improve the lining in your blood vessels (improve blood flow). **You can start this supplement the day after surgery.**