

# Surgery Preparation

## Dietary recommendations:

PRE SURGERY: For the weeks leading up to surgery, eat whole foods as much as possible, including a variety of vegetables and fruits.

Avoid sugar, alcohol, trans fats/deep fat fried foods, and processed foods as much as possible.

POST-SURGERY: Follow indications for pre-surgery diet. Eat lightly the days following surgery; include plenty of wholesome broths - bone broth, Bieler Broth.

## Bieler Broth - daily:

### Supplies needed:

- 1 + cup daily
- 3 stalks of celery
- 3 whole zucchini
- 2 cups of string beans
- 1 cup of (Italian) parsley

### Instructions:

- Chop coarsely and cover with water.
- Bring to a simmer and heat until vegetables are soft - 20 minutes or so.
- Use an immersion blender.
- Add sea salt to taste.

**Supplements:** *Can purchase most of these through Fullscript/Wellevate.*

PRE & POST SURGERY: **Great Lakes Gelatin: Collagen hydrolysate** - 2 Tbsp 2x daily. Can stir into water, smoothie, etc. Will not gel. *Can purchase through the front desk only.*

PRE & POST SURGERY: **Zinc picolinate** 30 mg: Take with FOOD 2x daily.

PRE & POST SURGERY: **Cod liver oil:** 2 tsp daily (the Vitamin A will help with tissue healing and immune support); Stop this a week prior to surgery.

PRE & POST SURGERY: **Vitamin C:** 1000 mg 2x daily.

POST SURGERY: **Magnesium:** 500 mg daily (Triple Mag or Natural Calm are good types) - this will help prevent constipation and support liver detox.

**Homeopathic medicines:** *Can purchase most of these through Fullscript/Wellevate.*

PRE & POST SURGERY: **Arnica 30c:** 3 pellets under tongue 3x day 3 days before and after surgery, and as often as needed for pain and swelling. Can use Arnica gel or cream topically (away from excision site) on affected areas.

PRE SURGERY: **Phosphorus 30c:** 3 pellets under tongue 3x day 3 days prior to surgery.

PRE SURGERY: **Gelsemium 30c:** 3 pellets under tongue the night before or some hours prior to surgery for anxiety.

POST SURGERY: **Staphysagria 30c:** 3 pellets under tongue 2x day for 2 weeks following surgery.

POST SURGERY: **Calendula succus:** 10 drops in 1/3 cup of boiled/cooled water - can apply to the incision site after initial bandages have been removed.

## Other recommendations:

Consider downloading the book/tapes from Peggy Huddleston's site: <https://healfaster.com/> OR from Belleruth Naparstek: <https://www.healthjourneys.com/>