

 <p>WHERE BEAUTY IS MUCH MORE THAN SKIN DEEP.™</p>	<p align="center">Panorama of Plastic Surgery</p> <p align="center">Plastikos Plastic & Reconstructive Surgery Millennium Healthcare</p> <p align="center">4370 Georgetown Square Atlanta, GA 30338 (770) 457-4677 www.plastikos.com www.millennium-healthcare.com</p>	 <p>MILLENNIUM HEALTHCARE</p> <p>The Next Great Step In The Evolution Of Modern Medicine®</p>
---	--	---

Immune Protocol

By Susan E. Kolb, M.D., FACS

DIET

- 1) Avoid land animal protein (red meat, pork, and eggs) and dairy products. Deep-sea fish are allowed –cod, salmon, mackerel, herring. Avoid fish high in mercury. If you have joint pain, avoid wheat as well. Some chicken and turkey are allowed.
- 2) Emphasize fresh fruits, vegetables and whole grain.
 - A. Eat 50% raw food.
 - B. Avoid nightshade plants (Idaho potato, tomato, bell pepper, eggplant).
 - C. Clean the fruits and vegetables in a lemon and saltwater solution before eating.
 - D. No sweets, no candies, no pastries.
 - E. No bananas and limit the citrus fruits.
- 3) Drink 8 glasses of either filtered or distilled water a day. Water that is microclustered such as Penta water or Crystal Energy is of benefit.

EXERCISE

- 4) Recommend a weekly program of walking followed by stretching. Recommend mini-trampoline for lymphatic cleansing.

<u>Program</u>	<u>Schedule</u>
5 min warm up	3 days on
30 min walk	one day off
10 min stretch	2 days on
5 min warm down	one day off

NUTRIENTS

- 5)
 - A. Multivitamin with minerals, as directed. (Doc G or Daily Energy Enfusion and Daily Energy B complex as directed). Not needed if you are already taking Thymate.
 - B. Thymic factors 3 twice a day to 6 twice a day, depending on severity of immune/autoimmune problems. Thymate has thymic factors, vitamins, minerals and herbs.

	<p>Panorama of Plastic Surgery</p> <p>Plastikos Plastic & Reconstructive Surgery Millennium Healthcare</p> <p>4370 Georgetown Square Atlanta, GA 30338 (770) 457-4677 www.plastikos.com www.millennium-healthcare.com</p>	
--	---	--

INFLAMMATION

- 6) Omega 3 fatty acids

Fish oil

Flax seed oil or **hemp seed oil**; one tablespoon/100 pounds of weight a day.

Flax oil capsules 1000 mg, two three times a day with food. Decrease to one a day one-week prior to surgery.

- 7) **Bromelain** 300 mg 3 times a day or eat 1/3 pineapple a day.
(Note: Phytopharmica makes a supplement called CurcuMax that contains Curcuma Root Extract and Bromelain, which are natural anti-inflammatory agents)
- 8) **Boswellia serrata**, an anti-inflammatory Ayurvedic herb
- 9) Grape seed extract
- 10) **Pycnogenol**.
- 11) **Kaprex (a combination of olive leaf and rosemary), a natural COX II inhibitor.**
- 12) **Celadrin**, decreases inflammation and lubricates joints
- 13) For patients with chronic inflammation and elevated C reactive protein, oral enzyme therapy may be effective. We recommend **Carozyme** or **Complete Nutrients for Digestion** taken between meals rather than with meals. For patients with digestion problems, take these enzymes with meals.
- 14) Ultra InflammX
- 15) Mirac – For inflammatory arthritis, (blocks the channel that stops proliferation of cells that cause arthritis).
- 16) Zyflamend – natural anti-inflammatory.
- 17) CTR Support – natural anti-inflammatory.

IMMUNE FUNCTION

- 18) **EpiCor** – immune supplement to increase natural killer T cells.
- 19) **Transfer Factor Plus** contains transfer factors, thymic factors, and glyconutrients (IP6, Cordyceps, Maitake, and Shitake mushrooms, Beta Glucans, and Aloe). This supplement is critical for immune support.
- 20) **Beta 1.3 D Glucan (Beta Max)** may also be effective as an immune system enhancer.
- 21) **AHCC** 2-4 capsules/day.
- 22) **Cellular Forte** with IP6 also helps enhance the immune system.
- 23) **Aloe vera juice** 3 oz 3 times per day or Veraloe Gold as concentrated supplement with Manapol.
- 24) Glyconutrients.
- 25) Saventaro (Cat's claw) herbal immune supplement.

	<p>Panorama of Plastic Surgery</p> <p>Plastikos Plastic & Reconstructive Surgery Millennium Healthcare</p> <p>4370 Georgetown Square Atlanta, GA 30338 (770) 457-4677 www.plastikos.com www.millennium-healthcare.com</p>	
--	--	--

26) ImuPlus to increase IgA levels.

DETOXIFICATION

27) Liver detox

- A. **Milk thistle** (Super Thistle X) is also an herb that aids in liver detoxification. If liver function tests are elevated, take 900 mg of milk thistle a day.
- B. **Turmeric** 600 mg 3 times a day or eat curry powder (cooked) 40 gm a day.
- C. **Vitamin C with flavinoid** 500 mg 4 times a day.
- D. **Immunocal** one packet (10gm) twice a day is recommended to rebuild intracellular stores of glutathione. **Colostrum** or **BioPure protein** (Metagenics) may be substituted
- E. Coffee enema (see 21e)

28) Heavy metal detox We strongly advise testing for heavy metals with a hair analysis.

- A. **PCA-Rx** Peptide Clathration Agent as directed for heavy metal detoxification.
- B. **Cilantro** extract for mercury detoxification.
- C. **Magnetic clay baths** Environmental, Clear-out, or Aluminum Detox as directed (especially effective for mental clouding).
- D. Chelation Therapy: Recommended especially if testing shows heavy metals that chelate with EDTA. Combined with ozone. (Alternate days ozone, chelation) or HBO (hyperbaric oxygen) depending on availability.
- E. Oral Chelation/Longevity Plus for heavy metal detoxification with mineral replacement.
- F. Buffer pH 3 to 6 a day to alkalinize urine in order to increase urinary toxin elimination
- G. Chlorophyllin for chemical detoxification
- H. With elevated platinum levels, see Platinum Detoxification Program.
- I. Ionic Foot Baths for chemical and heavy metal detoxification. Supplement with Lyte solution or Colloidal Minerals if doing series.

Also see fasting, colon cleansing, and detoxification programs.

29) General Detoxification

- A. **Brainpower** – herbal detoxification for chemicals

	<p>Panorama of Plastic Surgery</p> <p>Plastikos Plastic & Reconstructive Surgery Millennium Healthcare</p> <p>4370 Georgetown Square Atlanta, GA 30338 (770) 457-4677 www.plastikos.com www.millennium-healthcare.com</p>	
--	--	--

- B. **Alpha lipoic acid** (Ultra Lipoic Forte by Douglas labs) 1000 to 2000 mg a day is recommended as an antioxidant which aides in intracellular detoxification, and helps functioning of the immune system.
- C. Recancostat – Stabilized reduced glutathione for chemical detoxification.
- D. Chloro-Clear – Chlorophyllin for chemical detoxification.
- E. For maximizing Phase II of intracellular detoxification, we recommend NAC (**Nacety-L-alanyl**), a dl-**Methionine** vitamin & mineral supplement (i.e. Redoxal-HMF) as well as **glycine** either as a supplement or in food (gelatin is 25% glycine), **glutamine, Ellagic Acid and Green Tea Extract**.
- F. For maximizing Phase III of detoxification, we recommend Buffer pH 3 to 6 times a day with pH test strips to achieve an alkaline urine.
- G. Lymph-Tone II and Lymph-Tone III – aids in lymphatic drainage.
- H. **Modified fasting**: A fast lasting one to three days using vegetable broth and organic diluted apple juice combined with oral aloe vera gel (1/2 cup per day) to cleanse the colon. Master cleanser fast consists of one gallon of distilled water with ½ cup of fresh lemon juice, ½ cup of maple syrup, and 1/8 teaspoon of cayenne pepper. We recommend one to two gallons of Master cleanser a day for 3 to 7 days then a colon cleanse or saline enema to cleanse the colon after three days of fasting.
- I. **Colon Cleansing**: Used as an adjunct to fasting to cleanse the lower colon of toxins. Colon therapists are available or normal saline enemas until clear. Coffee enemas to assist the liver detoxification. (raises intracellular levels of glutathione).
- J. Detoxification programs such as Metagenics **Ultra Clear Plus**. (Fibromyalgia) , Ultraclear Sustain (Leaky Gut Syndrome).
- K. **Saunas and/or hot baths** with Epsom salts for mild hyperthermia. 15-20 minutes 3 times per week. Add Liquid Needle Body Soaks to hot baths as directed
- L. Homeopathic preparations prescribed for cellular detoxification. If no silicone or saline implants are present, may use Silica 6 X, 3 granules sublingual a week for 6 weeks.
- M. Ionic Foot Baths for chemical and heavy metal detoxification. Supplement with Lyte solution or Colloidal Minerals if doing series.

30) Estrogen Metabolism

- A. Indoplex – 120 mg. orally twice a day.
- B. Calcium D-Gluconate – Ultracaps. Three caps orally, three times a day to enhance estrogen metabolism through inhibition of beta-glucuronidase.

PAIN

- 31) **MSM** ¼ teaspoon per 30 lbs body weight dissolved in liquid orally once per day. Capsules are available. Begin with 1000 mg twice a day and increase gradually to 8-10 grams a day. MSM lotion for sore muscles.

	<p>Panorama of Plastic Surgery</p> <p>Plastikos Plastic & Reconstructive Surgery Millennium Healthcare</p> <p>4370 Georgetown Square Atlanta, GA 30338 (770) 457-4677 www.plastikos.com www.millennium-healthcare.com</p>	
--	--	--

- 32) For patients with joint problems, **Joint Connection**, which contains glucosamine sulfate, chondroitin sulfate and MSM is recommended.
- 33) Additional joint therapies include **Cetylmyristoleate** 500 mg orally four times a day for one month, then twice a day, gelatin (10 gm/day) and **SAMe** 200 mg three to four times a day if not already on MSM.
- 34) Therapies for fibromyalgia:
- A. CORValen M (ribose, malic acid and magnesium) one scoop three times a day
 - B. **Super Malic** (malic acid and magnesium) 8-12 per day is helpful as 94% of fibromyalgia patients are magnesium deficient or Magnesium Oligo Element – liquid magnesium. Not needed if on COR Valen M.
 - C. Relaxin hormone replacement therapy (Vitalaxin 20).
 - D. To raise serotonin levels only if you are not on a prescription antidepressant, take 5-HTP, 100mg three times a day.
 - E. Joint Connection and 800mg a day of SAMe, 800mg a day may be beneficial.
 - F. For low energy levels, take **Coenzyme Q10** 100-200 mg/day and **NADH**, which helps provide energy to muscle cells.
 - G. Supplemental digestive enzymes (Carozyme or Complete Nutrients for Digestion) are recommended if the patient has problems digesting food and/or absorbing nutrients.
 - H. The guaifenesin protocol for fibromyalgia may benefit some patients.
 - I. T3 supplementation has also been shown to benefit some patients with fibromyalgia.
 - J. Other glandular or hormonal support including adrenal and thyroid may be needed.
 - K. Magnetic clay baths and Super Malic if aluminum levels are high on hair analysis.
 - L. Craniosacral and mild chiropractic spinal manipulation.
 - M. Pain Relief (Complete Nutrients)
 - N. NAC (N-Acetyl Cysteine) with selenium and Molybdenum.
- 35) Inflammation Force – for pain associated with inflammation.
- 36) Zyflamend – promotes healthy joint function.
- 37) Kaprex – a natural Cox II inhibitor
- 38) Celedrin – a natural Cox II inhibitor

INFECTION

- 39) Bacterial & Viral
- A. **Olive leaf extract** one 500mg capsule twice a day for three days then two 500mg capsules twice per day. Olive leaf extract liquid is also available by Enerגיע.
 - B. **Sea Silver or colloidal silver** (Argentyn 23) may help with viral and bacterial infections.
 - C. Colloidal Silver Salve – for lesions.

<p>Panorama of Plastic Surgery</p> <p>Plastikos Plastic & Reconstructive Surgery Millennium Healthcare</p> <p>4370 Georgetown Square Atlanta, GA 30338 (770) 457-4677 www.plastikos.com www.millennium-healthcare.com</p>

- D. **Monolaurin** is an antiviral supplement effective against EBV, CMV, herpes, and many other viruses. Take 3 to 6 twice a day for active infections and two a day for prevention.
- E. **Virexin** – for acute viral infections.
- F. **Para Max** – two part intestinal cleanse system.
- G. **Esberitox** – immune system support, antiviral
- H. **Immune Protectors** – for healthy immune system
- I. **Clear Tract** – for urinary tract infection

40) YEAST OVERGROWTH

Symptoms of candidiasis (fatigue, muscle aches, diarrhea, abdominal cramps, memory loss, vaginal yeast infections)

- A. Anti-candida diet (see the *Yeast Connection* or other popular books)
- B. Probiotics to replace the friendly gut bacteria that suppress yeast. E.g. Probiotic Pearls, Flora Synergy, Primal Defense
- C. Natural Antifungals eg. Garlic, (Garlitrin 4000) ADP oregano oil and enteric-coated caprylic acid
- D. Prescription Antifungals:
 - e.g. **Nystatin** 5 cc three times/day .
 - **Diflucan** 200 mg a day for 10-30 days (if liver function tests are normal and you are not on any medicines which should not be taken with Diflucan, i.e. Seldane, Propulsid, some diabetic medications, some anti-cholesterol medications and some anti-hypertensives)
 - **Sporanox** 100 mg 2 each day with food for 3-6 weeks may be needed if stool yeast tests show yeast is resistant to Diflucan.
 - Add Lipoic acid 1000-2000 mg p.o. q.d. while on Diflucan or Sporanox
 - Stay on Super Thistle X two or three times a day while on Sporanox or Diflucan.
- E. **Molbydenum** 100 mcg three times a day may help adverse symptoms caused by the yeast's production of aldehyde
- F. Digestive enzymes like **Candex** (Pure Essence) or **Candizyme** (Renew Life) break do **Garlitrin 4000** wn the yeast cell wall which eases die off symptoms.
- G. Pregnenolone helps with memory and mental clouding.
- H. IV therapies and Pleo Alb rectal suppositories are also available for candidiasis.
- I. Yeast Max – two part natural Candida Clearance System.
- J. **Fungisode** – homeopathic treatment for fungal allergies

NERVE PAIN

- 41) **B-12 sublingual** (B-Active by Phytopharmica– better absorbed than oral) or B-12 shots may help neurological symptoms.

	<p>Panorama of Plastic Surgery</p> <p>Plastikos Plastic & Reconstructive Surgery Millennium Healthcare</p> <p>4370 Georgetown Square Atlanta, GA 30338 (770) 457-4677 www.plastikos.com www.millennium-healthcare.com</p>	
--	---	--

- 42) **Alpha lipoic acid** is also recommended for neurological symptoms at 1000 mg to 2000 mg a day.
- 43) **Neuro Chord** – homeopathic for neurological symptoms.

FATIGUE

We strongly recommend testing adrenal and thyroid levels before recommending specific treatments.

- 44) **DHEA** supplementation if deficient in DHEA.
- 45) For patients with adrenal insufficiency Adrenal Stress End or Adrenal Cortex by Phytopharmica, Adrenopath or Adreset for adrenal support. Adreset by Metagenics and supplements containing phosphatidylserine, such as Complete
- 46) Nutrients for Memory are useful.
- 47) Taurox SB™ 7x Enhanced as directed then Taurox SB™ 6x Enhanced – homeopathic for fatigue.
- 48) Thyrosine or Thyro-Chord to help thyroid function.

INSOMNIA

- 49) Revitalizing Sleep Formula by PhytoPharmica
- 50) GABA 750 mg before bedtime
- 51) Melatonin 1 to 3 mg before bedtime
- 52) Supplemental magnesium like Oligo-Magnesium, Liquid Cal-Mag,

MISCELLANEOUS

- 53) Visual blurring: Super Zeaxantin with Lutein – anti-oxidant for eyes.
- 54) Migraine therapy including magnesium replacement (Super Malic), feverfew, butterbur, 5-HTP and MigreLief (feverfew, magnesium & riboflavin).
- 55) Essential oils: Immunopower, Pane Away, Thieves, black cumin, and lavender for the immune system. Thieves for infection. Please refer to an essential oil manual for precautions using these oils. These are usually applied topically.
- 56) Stress management like Relaxation exercises and Meditation.
- 57) If having problems with clotting or positive cardiolipin antibody, use Ginkgo biloba 40 mg 3 times a day. (Avoid two weeks prior to surgery).

Please note that there is an individuality as to presentation as well as biochemistry of each silicone-intoxicated patient. Not necessarily all of the above is necessary and that for some individuals only part or an addition to this protocol may be important.