



Plastikos Plastic & Reconstructive Surgery
Plastikos Surgery Center - Millennium Healthcare
4370 Georgetown Square - Atlanta, GA 30338
(770) 457-4677 (Tel) - (770) 457-4428 (Fax)
www.plastikos.com
www.thenakedtruthaboutbreastimplants.com
www.templeofhealth.ws



SILICONE IMMUNE PROTOCOL SUPPLEMENT DIRECTIONS & REFERENCE GUIDE

- 1) **Relief Tone** – use as directed prior and after surgery.
- 2) **Probiotic** – one capsule three times daily - Probiotic Pearls, Orthobiotics, Bifilon or Flora Synergy as directed. Take 2 to 3 hours before or after antibiotics.
- 3) **Endopath-F** – as directed for dry mouth, endocrine balance.
- 4) **Adrenal Stress End** – two capsules a day with food or **Adrenal Cortex Fractions** with high blood pressure. Start immediately and continue until energy returns.
- 5) **Adrenopath** – homeopathic adrenal support. Start immediately and continue until energy returns.
- 6) **Cortisol Manager** – one tablet prior to bed or twice a day.
- 7) **MitoCore** – as directed for energy.
- 8) **Panethetic Acid** – as directed for energy.
- 9) **B-12 (B-Active)** – sublingual once daily or **B12 injections** (1000 to 3000 mcg IM every 1 – 3 weeks). Take if there has been a long term silicone leakage and continue indefinitely for B12 deficiency. Use methyl B12 from compounding pharmacy if indicated.
- 10) **Simplex-F** – one tablet three times a day.
- 11) **Paraplex** – one tablet, three times a day.
- 12) **Myotropin PMG** – one capsule, three times a day.
- 13) **Hypothalamus PMG** - one tablet a day.
- 14) **Hepatrophin PMG** - one table three times a day.
- 15) **Thymus PMG** – one tablet three times a day.
- 16) **Renatrophin PMG** – one tablet three times a day.
- 17) **Thytrophin PMG** - one tablet three times a day.
- 18) **Pituitrophin PMG** - one tablet three times a day.
- 19) **Neurotrophin PMG** - one tablet three times a day.
- 20) **Inositol** – 500 - 650 mg, two capsules three times a day (silicone detoxification). Start two weeks after surgery and continue for 4-6 months.
- 21) **Siliconex** – one capsule twice a day (silicone detoxification). Start two weeks after surgery and continue for 4-6 months.
- 22) **Silica 6X** – 3 granules sublingual a week for 6 weeks if there is no silicone or saline implants in patient.
- 23) **Brainpower** – one to two capsules twice a day (chemical detoxification). Start two weeks after surgery and continue for 3-6 months.
- 24) **MSM** – 1000mg one capsule twice a day. May increase slowly to 8-10 grams per day (chemical detoxification). Start two weeks after surgery and continue for 4-6 months. Indefinitely if MTHFR.
- 25) **SAM-E** – one tablet, four times daily (not needed if on MSM).
- 26) **Alpha lipoic acid** 1200-1800 mg a day (chemical detoxification). Start two week after surgeries, continue 4-6 months.
- 27) **NAC (n-acetyl choline)** – as directed for chemical detoxification.
- 28) **Chlorella** (by Premier) – for chemical detoxification. Start two week after surgery, continue 4-6 months. Check blood pressure.
- 29) **CORE Restore** – detoxification system.
- 30) **ZeoGold** – detoxification. After surgery for 4-6 months, one a day.
- 31) **Nutrasilver or Argentyn** 23 10 gtts. Three times a day in water, work up slowly to 30 gtts. Three times a day. For intermittent use only. (Warning: Use of silver products and sun exposure can cause a rare but possibly bluish permanent skin discoloration).
- 32) **Renapath** – as directed for kidney detoxification.
- 33) **Core Olive Leaf Extract** – As directed for viral, bacterial, fungal infections. Take until infection clears.
- 34) **Doc G Multivitamin/Mineral** – one twice a day (has iron in the formula) for Daily energy Infusion & Daily Energy B complex as directed. Has iron in formula.
- 35) **Max Stress B** as directed.
- 36) **B Active** sublingual methyl B12



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- 39) **ZincTally** – as directed.
- 40) **Colloidal Minerals** – as directed (important if getting frequent ionic foot baths).
- 41) **Super Milk Thistle X** – one capsule, three times a day (liver detoxification) or **Silymarin Milk Thistle Extract** with high blood pressure as directed. Continue at least 8-12 months. Important when on anti fungals.
- 42) **Supertone** – liver detoxification.
- 43) **Liver ND** – liver detoxification.
- 44) **Hepatochord** – liver detoxification.
- 45) **Agaricus Bio** – immune support – 3 capsules twice a day. Continue until health returns. Also lowers elevated blood Sugar.
- 46) **AHCC 500 mg** - One tablet, three times a day. (Immune Support, T Cells).
- 47) **NK Stem** – 2 capsules twice a day (immune support). Continue until Health returns.
- 48) **Transfer Factor Multi-Immune** – two capsules daily on empty stomach (immune support). [Also available in a mushroom-free formula.] Start after surgery and continues until health returns.
- 49) **EpiCor** – immune enhancer 500 mg. a day or **EpiCor Plus** (with zinc and selenium). Start right after surgery and continue until health returns.
- 50) **Immuno G PRP** – bovine celestrum for immune support
- 51) **Glycobalance-** –as directed for immune system. One scoop daily in juice.
- 52) **Gabatrol (capsule) or Gabamax (Powder)** as directed for anxiety and sleep. Take 20 minutes prior to bedtime.
- 53) **Theanine Serene with Relora** – as directed for sleep and anxiety.
- 54) **Melatonin** – 3 mg. half hour prior to bed.
- 55) **Healthy Sleep Ultra** – as directed. 30 – 60 minutes prior to bedtime.
- 56) **Cerenity PM** – 4 capsules 1 – 2 hours prior to bedtime.
- 57) **Complete Nutrients for Memory** – avoid one week prior and one week after surgery. Take for 2-3 months or until memory is improved.
- 58) **Focused Brain** – trace minerals for immune system and memory.
- 59) **Prevagen** – as directed for memory.
- 60) **Molybdenum**-one a day for 2-3 months for memory. Yeast overgrowth will deplete this supplement.
- 61) **CorValen M** – one scoop three times a day (energy, insomnia, muscle aches) Avoid if blood sugar (glucose) is high.
- 62) **Magnesium Malic Acid** (Magnesium Malate)(Source Naturals). One to three times a day.
- 63) **Mold Sporex** – 4 capsules twice a day (biotoxin detoxification). After surgery, continue until off anti-fungals.
- 64) **Methyl CPG-** Methylation cycle regulates a range of crucial bodily functions including detox, immune function, DNA integrity, energy production, mood balancing and a balanced inflammatory response. It also protects cellular function. One twice a week indefinitely.
- 65) **ButyrEn** – two capsules, two or three times a day with food (biotoxin detoxification). Start two weeks after surgery and continue until neurological symptoms resolve.
- 66) **Recancostat** one to two capsules three times a day (chemical or biotoxin detoxification).after surgery, continue 3-6 months.
- 67) **Lypo-Spheric GSH** (equivalent to IV Glutathione) –. One to three times a day in juice or shake for biotoxin and chemical detoxification. After surgery for 6 months.
- 68) **Lypo-Spheric Vitamin C** (equivalent to IV Vitamin C) – one to three times a day in juice or shake. Biotoxin detoxification. After surgery for 6 months.
- 69) **Myco-chord** – detoxification for fungus and mold.
- 70) **Alliciden** – for biofilms
- 71) **Fungex** – kills fungus, mildew and molds in GI tract.
- 72) **Fungisode** – homeopathic for fungal and mold allergies.
- 73) **Floral Strength** – one orally in the morning; **Candida Strength** – two orally in the evening for Probiotic and yeast control after surgery for 3-4 months.
- 74) **Core Pau de Arco Blend** – as directed for yeast.
- 75) **Pleo Alb** – homeopathic rectal or vaginal suppository, for yeast. (Also available in Pleo Alb drops).



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- 76) **WellBetX** – capsules or power as directed (biotoxin detoxification).
- 77) **PXP Royale** – helps reverse degenerative diseases, including neurological symptoms, arthritis and pain. Increases energy. Take 1 tsp. 3X a day in juice or tea or other liquid.
- 78) **HFI** – detoxification and anti-viral, four to six tablets a day (in divided doses).
- 79) **Monolaurin** – 6 a day in divided doses for active viral infections, three a day for prevention.
- 80) **Buffer PH** – 3 to 6 capsules a day to increase alkalinity. Use with **PH strips** to determine dose (for pH 7.0 – 7.5 value).
- 81) **Alkaline water tube**-follow instructions on paper given with the tube.
- 82) **Ionic Foot Bath** – as directed. Aqua Detox for hydrophilic chemicals, electrolysis (feet or hand baths) for hydrophobic chemicals and Raynaud's Syndrome. One a week of each foot bath after surgery.
- 83) **Dr. Comanor's Solution** as directed for fibromyalgia symptoms. **PII DII** for MCS (multiple chemical sensitivity). (Get PII DII directly from Dr. Comanor: www.drcomanorssolution.com).
- 84) **Magnetic Clay Baths** as directed on instruction sheet.
- 85) **Liquid Needle Body Soak** – silicone detox as directed .After surgery when all wounds are healed.
- 86) **Metasol**- two a day for insulin resistance, better circulation. Reduces belly fat. Antioxidant, decreases cholesterol and blood pressure.
- 87) **Raspberry Ketones** – for weight loss.
- 88) **Kyani Nitro Xtreme** – for Raynaud's disease - Take as directed.
- 89) **Mitoviva**- one a day for nerve regeneration and increased energy.
- 90) **Arginine** – 5 gm/day for Raynaud's Syndrome.
- 91) **Neurochord**—Homeopathic for nerve detoxification, as directed.
- 92) **UBQH** – Ubiquinol (CoEnzQ10)
- 93) **Diaxinol** – for insulin resistance and glucose control
- 94) **Queen of the Meadow** – anti-inflammatory, as directed.
- 95) **Ultra InflammX** - medical food for inflammation
- 96) **Inflammacore** – medical food for inflammation.
- 97) **Lifeasome Curcumin** – anti-inflammatory, as directed. Refrigerate after opening.
- 98) **Curcumin-SR** - anti-inflammatory for pain. One twice a day.
- 99) **Zyflamend** - as directed after surgery for joint pain and inflammation.
- 100) **Meta-EPO** - anti-inflammatory, as directed. Avoid 3 weeks before and after surgery.
- 101) **Flax Oil** - anti-inflammatory, as directed. Avoid 3 weeks before and after surgery.
- 102) **Krill Oil** - anti-inflammatory, as directed. Avoid 3 weeks before and after surgery.
- 103) **Omega Genics SPM Active** as directed. Avoid 3 weeks before and after surgery.
- 104) **GI Sustain** – for leaking gut
- 105) **Mastic Gum** – as directed for gastritis.
- 106) **Heartburn Free** – one capsule every other day for reflux.
- 107) **Pro Hydra-7** – one soft gel per day for dry eyes. Avoid 2 weeks before and after surgery.
- 108) **Dry Eye Care** – as directed. Avoid 3 weeks before and after surgery.
- 109) **Dental Chord** – targets dental toxins and infection.
- 110) **Liquid Dentist** – for dental infections and gum health.
- 111) **FloraBright** – supports teeth and gum health.
- 112) **Nattokinase** - stop ten days prior to surgery. Do not take with other blood thinners. Some patients may test to take one a day around the time of surgery.
- 113) **DVT Rx** – for blood clot prevention.
- 114) **Ostinol** – two a day for osteoporosis.
- 115) **Aloe Detox** – one tablespoon in liquid once a day before meals.
- 116) **Core Cilantro**-For mercury detoxification, as directed.
- 117) **Oral chelation/Longevity Plus**—for heavy metal detox after surgery, as directed.
- 118) **Metallo Clear** – Start with one a day and work up to four a day.



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- 119) **Folium pX** is a blend of herbs and other natural substances that help the body to eliminate heavy metals such as mercury, cadmium, and uranium.
- 120) **Drainage Tone** –Homeopathic for lymphatic drainage, as directed.
- 121) **Lymph Tone II**—Homeopathic for Lymphatic drainage, as directed.
- 122) **Lymph Tone III**—Homeopathic for Lymphatic drainage, as directed.
- 123) **Puricell** – Three once a week for intracellular infection after surgery.
- 124) **Spirex**- after surgery for intracellular infection. As directed.
- 125) **Nuclear Mycoplex** – after surgery for intracellular mycoplasma, as directed.
- 126) **Myco** – as directed after surgery for intracellular mycoplasma.
- 127) **Mycoplex** – after surgery for intracellular mycoplasma, as directed.
- 128) **Cumanda Microbial Defense**- Take as directed after surgery for intracellular infection.
- 129) **Banderol Microbial Defense**- Take as directed after surgery for intracellular infection.
- 130) **Harmonic Quad zapper**—Use 5 minutes a week for intracellular infection, viruses and parasites. Work up to 5 minutes a day.
- 131) **Mildex** – as directed after surgery.
- 132) **Parasitin** – homeopathic for parasites, as directed.
- 133) **Formula Parasites** - homeopathic for parasite infection. Four pills 3x a day.
- 134) **Lipochoord**-Homeopathic for Fatty Breast tissue detox .As directed.
- 135) **Topical iodine**—for maintaining breast and thyroid health. Apply topically on arm or back of the hand daily.
- 136) **Protective Breast Formula**—for prevention of cancer and fibrocystic disease, as directed.
- 137) **Heel Detox** – as directed for fibrocystic disease prevention.
- 138) **Indoplex** - Helps prevent breast cancer and fibrocystic disease. Two pills twice daily.
- 139) **Endopath F**—Homeopathic for fibrocystic disease prevention, as directed.
- 140) **Progesterone cream**-For prevention of fibrocystic disease, as directed.
- 141) **Phytolacca**- homeopathic for breast cancer and fibrocystic diseases prevention, as directed.
- 142) **Chrysin 500**-Estrogen blocker for breast cancer and fibrocystic diseases prevention, as directed.
- 143) **Laminine** – as directed after surgery for energy. Take extra Magnesium Malic Acid.
- 144) **SE²** – as directed after surgery for stem cell release.
- 145) **Whole Body Vibration** – for detoxification and osteoporosis. Begin with five minutes once a week and increase up to 5 minutes a day.
- 146) **Cervical or lumbar posture pump**
- 147) **Calorad** – as directed for disc disease.
- 148) **Liposomal C Flex Joint** – as directed for disc or joint disease. Refrigerate after opening.
- 149) **Disc Flex** – as directed for disc disease. Stay alkaline while on this to avoid kidney problems.

Please note: There is individuality presentation as well as biochemistry of each patient with silicone or bio-toxicity. Supplements & treatment guidelines are tailored to each individual patient as necessary.