Plastikos Plastic & Reconstructive Surgery
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IMMUNE PROTOCOL

♦ DIET

- 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.
- Emphasize fresh fruits, vegetables and whole grain.
  - Eat 50% raw food.
  - Avoid nightshade plants (Idaho potato, tomato, bell pepper, eggplant).
  - Clean the fruits and vegetables in a lemon and saltwater solution before eating.
  - No sweets, no candies, no pastries.
  - No bananas and limit the citrus fruits.
- 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

- Recommend a weekly program of walking followed by stretching.

Program	Schedule
5 min warm up	3 days on
30 min walk	1 day off
10 min stretch	2 days on
5 min warm down	1 day off

♦ NUTRIENTS

- 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.
- 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.
- Colloidal Minerals as directed.
- Magnesium supplementation is important. Note: Too much Magnesium causes diarrhea.
  - Cor Valen M (Magnesium with ribose and folic acid).
  - Magnesium Oligo Element (liquid).
  - Magnesium Potassium Asparate.
  - Malic Acid (Magnesium Malate), one a day.

♦ INFLAMMATION

- 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. Discontinue one week prior to surgery.
  - Evening Primrose Oil.
- 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)

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- Boswellia serrata, an anti-inflammatory Ayurvedic herb.
- Grape seed extract.
- Pycnogenol.
- Kaprex (a combination of olive leaf and rosemary), a natural COX II inhibitor.
- Celadrin, decreases inflammation and lubricates joints.
- 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.
- Ultra InflammaX.
- Mirac – For inflammatory arthritis, (blocks the channel that stops proliferation of cells that cause arthritis).
- Zyflamend – natural anti-inflammatory.
- CTR Support – natural anti-inflammatory.

♦ IMMUNE FUNCTION

- Agaricus Bio – three capsules twice a day for immune support and support for insulin resistance with elevated blood sugar.
- EpiCor – immune supplement to increase natural killer T cells.
- 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.
- Beta 1.3 D Glucan (Beta Max) may also be effective as an immune system enhancer.
- AHCC 2-4 capsules/day or ImmPower – 4-6 capsules/day.
- Cellular Forte with IP6 also helps enhance the immune system.
- Aloe vera juice 3 oz 3 times per day or Veraloe Gold as concentrated supplement with Manapol.
- Glyconutrients.
- Saventaro (Cat's Claw) herbal immune supplement or Samento (liquid Cat's Claw).
- ImuPlus to increase IgA levels.
- Anal Heater to increase immunity. (Twenty minutes twice a day). Chi Energy.
- Lysin C Drink Mix: helps prevent oral ulcerations.
- Vitamin D 1000 U/day, 5000 U/day, or D-3 Serum (2200 IU/drop) for anti-viral effects.
- Selenium – 200 mcg/day.

♦ DETOXIFICATION

Liver Detox

- Milk thistle (Super Thistle X or Silymarin Milk Thistle Extract) is also an herb that aids in liver detoxification. If liver function tests are elevated, take 900 mg of milk thistle a day. Silymarin Milk Thistle Extract if patient has high blood pressure.
- Turmeric 600 mg 3 times a day or eat curry powder (cooked) 40 gm a day.
- Vitamin C with flavinoid 500 mg 4 times a day.
- Immunocal (IMU Plus) one packet (10gm) twice a day is recommended to rebuild intracellular stores of glutathione. Colostrum or BioPure protein (Metagenics) may be substituted.
- Coffee enema (see colon cleansing).
- N-Acetyl Cysteine (NAC) 600 mg 2 times a day.

Heavy Metal Detox *We strongly advise testing for heavy metals with a hair analysis.*

- PCA-Rx Peptide Clathration Agent as directed for heavy metal detoxification.
- Cilantro extract for mercury detoxification.
- Magnetic clay baths Environmental, Clear-out, or Aluminum Detox as directed (especially effective for mental clouding).
- 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.
- Oral Chelation/Longevity Plus for heavy metal detoxification with mineral replacement.
- Buffer pH 3 to 6 a day to also alkalinize urine in order to increase urinary toxin elimination.
- Chloro-Clear for chemical detoxification.
- Complete Metal Cleanse – for heavy metal detoxification.
- Toxic Absorb Max.

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- Ionic Foot Baths for chemical and heavy metal detoxification. Supplement with Lyte solution or Colloidal Minerals if doing series.
- Ionic hand or foot baths. – Dr. Overman's system plus ozonater. (Overman's Healthy Choices).

Also see fasting, colon cleansing, and detoxification programs.

❖ General Detoxification

- Brainpower – herbal detoxification for chemicals.
- 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.
- Recancostat – Stabilized reduced glutathione for chemical detoxification.
- Chloro-Clear – Chlorophyllin for chemical detoxification.
- For maximizing Phase II of intracellular detoxification, we recommend NAC (Nacety-L-alanyl), a d. 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.
- 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.
- Xeno Force - detoxification of xenobiotics.
- Lymph-Tone II and Lymph-Tone III – aids in lymphatic drainage.
- 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.
- 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).
- Rehydration and Lymph Tone II as directed.
- Detoxification programs such as Metagenics Ultra Clear Plus. (Fibromyalgia), Ultraclear Sustain (Leaky Gut Syndrome) and Ultra Inflam X (inflammation).
- Saunas (Including Infrared Saunas) and/or hot baths with Epsom salts for mild hyperthermia. 15-20 minutes 3 times per week.
- Homeopathic preparations prescribed for cellular detoxification.
- Opaline Dry Oxy or Oxy Power as directed.
- Cleanse Max – comprehensive bowel, kidney, lymph, blood, lungs and skin detoxification support.

❖ Biotoxin Detoxification

- Butyrate (ButyrEn by Allergy Research Group) 2 tablets three times a day with meals.
- IV Glutathione 1500 mg. IV two or three times a week or Liposomal Glutathione
- Recanostat as directed - stabilized reduced glutathione for chemical detoxification.
- WellBet X – capsules or power as directed.
- IV Vitamins with Vitamin C – (30 – 50 gms.) or Liposomal Glutathione
- Mold Sporex – four capsules twice a day.

❖ Estrogen Metabolism

- Indoplex – 120 mg. orally twice a day.
- Calcium D-Gluconate – Ultracaps. Three caps orally, three times a day to enhance estrogen metabolism through inhibition of beta-glucoronidase.
- Protective Breast Formula – two capsules a day.
- Endopath-F – as directed for hormonal support.

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♦ PAIN

- ❖ 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.
- ❖ For patients with joint problems, Joint Connection, which contains glucosamine sulfate, chondroitin sulfate and MSM is recommended.
- ❖ 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 and Lyprinol as directed.

❖ Therapies for fibromyalgia:

- CORValen M (ribose, malic acid and magnesium) one scoop three times a day or Malic Acid (Magnesium Malate) one a day.
- Malic Acid (Magnesium Malate) one a day is helpful as 94% of fibromyalgia patients are magnesium deficient or Magnesium Oligo Element – liquid magnesium. Not needed if on COR Valen M.
- Topical Magnesium.
- To raise serotonin levels only if you are not on a prescription antidepressant, take 5-HTP, 100mg three times a day.
- Joint Connection and 800mg a day of SAMe, 800mg a day may be beneficial.
- For low energy levels, take Coenzyme Q10 100-200 mg/day and NADH, which helps provide energy to muscle cells.
- Supplemental digestive enzymes (Carozyme or Complete Nutrients for Digestion) are recommended if the patient has problems digesting food and/or absorbing nutrients.
- T3 supplementation has also been shown to benefit some patients with fibromyalgia.
- Other glandular or hormonal support including adrenal and thyroid may be needed.
- Magnetic clay baths and Malic Acid (Magnesium Malate) if aluminum levels are high on hair analysis.
- Craniosacral and mild chiropractic spinal manipulation.
- Pain Relief (Complete Nutrients).
- NAC (N-Acetyl Cysteine) with selenium and Molybdenum.

- ❖ Inflamma Force – for pain associated with inflammation.
- ❖ Zyflamend – promotes healthy joint function.
- ❖ Kaprex – a natural Cox II inhibitor.
- ❖ Celedrin – joint health - a natural Cox II inhibitor.

♦ INFECTION

❖ Bacterial & Viral

- Vitamin D 1000 U – 20,000 U a day. (Use a pure source as Vitamin A can be toxic if sources of Vitamin D contain Vitamin A). Avoid excess calcium when on higher doses of Vitamin D. Monitor Vitamin D levels.
- 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 Energique.
- NutraSilver or Argentyn 23 may help with viral and bacterial infections.
- Colloidal Silver Salve – for lesions.
- 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.
- Virexin – for acute viral infections.
- Para Max – two part intestinal cleanse system.
- Parasitin - homeopathic anti-parasitic.
- Esberitox – immune system support, antiviral.
- Immune Protectors – for healthy immune system.
- Clear Tract – for urinary tract infection.
- Core Artemisia Blend 30 drops twice a day.
- Sodium Chlorite (www.miracleminerall.org) or Dioxyclor.
- Saventero (Cat's Claw) – as directed for immune support.
- Samento (liquid Cat's Claw) for immune support.

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- **YEAST OVERGROWTH**

  (Symptoms of candidiasis (fatigue, muscle aches, diarrhea, abdominal cramps, memory loss, vaginal yeast infections)
  - Agaricus Bio – three capsules twice a day for immune support.
  - EpiCor or EpiCor Plus– 500 mg. a day (Immune supplement. It's recommended that patients stay on this supplement).
  - Anti-candida diet (see the Yeast Connection or other popular books).
  - Probiotics to replace the friendly gut bacteria that suppress yeast. E.g. Probiotic Pearls, Orthobiotic, Primal Defense.
  - Natural Antifungals eg. Garlic, (Garlitrin 4000) ADP oregano oil and enteric-coated caprylic acid.
  - Prescription Antifungals:
    - e.g. **Nystatin** 5 cc three times/day .
    - **Diflucan** 200 mg a day for 10-30 days or Nizoral 200 mg. twice 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 or Nizoral, 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.
    - **A**dd alpha lipoic acid 1000-2000 mg p.o. q.d. while on Diflucan, Sporanox.
    - Stay on Super Thistle X two or three times a day while on Sporanox, Diflucan or Nizoral.
  - Molbydenum 100 mcg three times a day may help adverse symptoms caused by the yeast's production of aldehyde.
  - Digestive enzymes like Yeast Zyme (Renew Life) breakdown the yeast cell wall which eases die-off symptoms.
  - Garlitrin 4000.
  - Pregnenolone helps with memory and mental clouding.
  - Pleo Alb rectal suppositories are also available for candidiasis (these treat systemic yeast).
  - Yeast Max – two part natural Candida Clearance System.
  - Fungisode – homeopathic treatment for fungal allergies.
  - Zyme Max – digestive restorative formula for Leaky Gut Syndrome.

♦ NERVE PAIN

- B-12 sublingual (B-Active by Phytopharmica– better absorbed than oral) or B-12 shots may help neurological symptoms.
- Alpha lipoic acid is also recommended for neurological symptoms at 1000 mg to 2000 mg a day.
- Neuro Chord – homeopathic for neurological symptoms.
- Isopathic Phenolic Rings – homeopathic support for neurotransmitters.
- Lechitin.

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

- DHEA supplementation if deficient in DHEA.
- 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 Nutrients for Memory are useful.
- Taurox SB™ 7x Enhanced as directed then Taurox SB™ 6x Enhanced – homeopathic for fatigue.
- Thyrosine or Thyro-Chord to help thyroid function.

♦ INSOMNIA

- Melatrol – melatonin and neurotransmitter supplement for sleep.
- Revitalizing Sleep Formula by Integrative Therapeutics.
- GABA 750 mg before bedtime.
- Melatonin 1 to 3 mg before bedtime.
- Supplemental magnesium like Oligo-Magnesium, Liquid Cal-Mag, Malic Acid (Magnesium Malate).
- Valarian 800 mg. before bedtime.

♦ DEPRESSION/ANXIETY

- GABA 500 mg. two or three a day.
- Rescue Calm – as directed.
- 5 HTP – 50 mg. twice a day.
- Vitamin B6.
- L-Theanine – one capsule, two to three times a day.
- Fields of Flowers – as directed.

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♦ MENTAL CLOUDING

- Pregnenolone.
- Clinical Nutrients for Memory.
- Lecithin.
- Phosphatidylserine PS 100.

♦ MISCELLANEOUS:

- Visual blurring: Ocu Support – anti-oxidant for eyes. See Biotoxin Detoxification.
- Essential Oils: God's Tears, 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.
- Stress management like Relaxation exercises and Meditation.
- NAET®: Allergy elimination technique to food allergies and other chemical allergens.

Please note that there is individuality as to presentation as well as biochemistry of each 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.

The following statements and/ or supplements have not been evaluated by the FDA. The FDA suggests that you consult with a health care professional before using any dietary supplement. This product is not intended to diagnose, treat, cure or prevent any disease.

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