



Plastikos Plastic & Reconstructive Surgery
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SILICONE SUPPLEMENT DIRECTIONS

- 1) Acidophilus – one capsule three times daily or Probiotic Pearls, Orthobiotics, or Primal Defense as directed.
- 2) Adrenal Stress End – two capsules a day with food or Adrenal Cortex Fractions with high blood pressure.
- 3) Adrenopath – homeopathic adrenal support.
- 4) B-12 (B-Active) – sublingual once daily or B12 injections (1000 to 3000 mcg IM every 1 – 3 weeks).
- 5) Inositol – 650 mg, two capsules three times a day (silicone detoxification).
- 6) Siliconex – one capsule twice a day (silicone detoxification).
- 7) Brainpower – one to two capsules twice a day (chemical detoxification).
- 8) MSM – 1000mg one capsule twice a day. May increase slowly to 8-10 grams per day (chemical detoxification).
- 9) Alpha lipoic acid 1200-1800 mg a day (chemical detoxification).
- 10) Chloro-Clear – 2 capsules a day (chemical detoxification).
- 11) Nutrasilver or Argentyn 23 10 gtt. three times a day in water, work up slowly to 30 gtt. three times a day.
(Warning: Use of silver products and sun exposure can cause a rare but possibly bluish permanent skin discoloration).
- 12) Olive Leaf Extract – 500mg twice daily.
- 13) SAM-E – one tablet, four times daily (not needed if on MSM).
- 14) Doc G Multivitamin/Mineral – one twice a day (not needed if you take Thymate) or Daily energy Enfusion & Daily Energy B complex as directed.
- 15) Super Milk Thistle X – one capsule, three times a day (liver detoxification) or Silymarin Milk Thistle Extract with high blood pressure as directed.
- 16) Agaricus Bio – immune support – 3 capsules twice a day.
- 17) Transfer Factor Plus or Transfer Factor Multi-Immune – two capsules daily (immune support).
- 18) EpiCor – immune enhancer 500 mg. a day or EpiCor Plus.
- 19) Opaline Dry Oxy™ – as directed or Oxy Power Plus as directed.
- 20) Melatrol - one capsule 30-60 minutes before bedtime.
- 21) Monolaurin – 6 a day in divided doses for active viral infections, three a day for prevention.
- 22) CorValen M – one scoop three times a day (energy, insomnia, muscle aches) or Magnesium Malic Acid (Magnesium Malate).
- 23) Mold Sporex – 4 capsules twice a day (biotoin detoxification).
- 24) Colloidal Minerals – as directed (important if getting frequent ionic foot baths).
- 25) ButyrEn – two capsules, two or three times a day with food (biotoin detoxification).
- 26) Recancostat – as directed (chemical or biotoin detoxification).
- 27) Lipo-Spheric GSH
- 28) Lipo-Spheric Vitamin C
- 29) Candida Strength – one orally in the morning; Flora Strength – two orally in the evening for Probiotic and yeast control.
- 30) Pleo Alb – homeopathic rectal suppository, for yeast.
- 31) WellBetX – capsules or power as directed (biotoin detoxification).
- 32) PXP Royale – helps reverse degenerative diseases, including neurological symptoms, arthritis and pain. Increases energy. Take one teaspoon three times a day.
- 33) HFI – detoxification (humic acid), anti-viral, four to six tablets a day.
- 34) Buffer PH – 3 to 6 capsules a day to increase alkalinity. Use with PH strips to determine dose.
- 35) Ionic Foot Bath – as directed.
- 36) Dr. Comanor's Solution as directed for fibromyalgia symptoms.
- 37) Magnetic Clay Baths as directed.
- 38) Liquid Needle Body Soak – silicone detox as directed.

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 for some individuals only part or an addition to these supplements may be important.

Most supplements are sold at 15% below retail. Call 770-457-4677 to place phone order.

SILICONE 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. Avoid spirulina and other green-based drinks as they have cytokines in them, which increase systemic inflammation and pain.
- ❖ 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

5 min warm up
30 min walk
10 min stretch
5 min warm down

SCHEDULE

3 days on
1 day off
2 days on
1 day off

◆ NUTRIENTS

- ❖ Multivitamin with minerals, as directed. (Doc G or End Fatigue 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. (Important if getting frequent ionic foot baths).
- ❖ Magnesium Supplementation is important. Cor Valen M, (Magnesium with ribose and Malic Acid), Malic Acid (Magnesium Malate), Magnesium Oligo Element (liquid), Magnesium Oxide, Magnesium Potassium Aspartate. Note: too much Magnesium causes diarrhea.

◆ 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 (Note: Integrative Therapeutics makes a supplement called CurcuMax that contains Curcuma Root Extract and Bromelain, which are natural anti-inflammatory agents).
- ❖ 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 InflammX.
- ❖ 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. Silicone patients should stay on EpiCor indefinitely.
- ❖ Agaricus Bio – immune support and glucose balance.
- ❖ Transfer Factor Plus or Transfer Factor Multi-Immune 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.
- ❖ Mitate D Fractions – enhances T cell immunity.
- ❖ 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.
- ❖ Mitate D Fractions – enhances T-cell immunity.
- ❖ 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, Vitamin D 5000 U/day, or D-3 Serum (2200 IU/drop) for antiviral effects.
- ❖ Selenium 200 mcg/day.

◆ **DETOXIFICATION**

❖ **Liver Detox**

- Milk thistle (Super Thistle X or Silymarin Milk Thistle Extract) is an herb that aids in liver detoxification. If liver function tests are elevated, take 900 mg of milk thistle a day. Silymarin MilkThistle 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.
- Coffee enema (increases intracellular levels of glutathione).
- N-Acetyl Cysteine (NAC) 600 mg 2 times a day.

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

- PCA-Rx Peptide Clathration Agent as directed for heavy metal detoxification for toxic elements.
- Cilantro extract for mercury detoxification.
- Magnetic clay baths Environmental, Clear-out, or Aluminum Detox as directed (especially effective for mental clouding).
- Oral Chelation/Longevity Plus for heavy metal detoxification with mineral replacement.
- Buffer pH 3 to 6 a day to alkalize urine in order to increase urinary toxin elimination (check urine pH with pH strip).
- Chloro-Clear for chemical detoxification.
- Complete Metal Cleanse – for heavy metal detoxification.
- Toxin Absorb Max.
- Detox Kit (homeopathic).
- With elevated platinum levels, see Platinum Detoxification Program.
- Ionic Foot Baths for chemical and heavy metal detoxification. Supplement with Lyte solution or Colloidal Minerals if doing series. Aqua Detox Ionic Foot Baths – Series of 6 – 12.
- Electrolysis Ionic hand or foot baths – Dr. Overman's system plus ozonater. (Overman's Healthy Choices). Series of 6 – 12.

Also see fasting, colon cleansing, and detoxification programs.

❖ **General Detoxification/Silicone Detoxification**

- Inositol 650 mg two capsules 3 times a day. (Helps the body to eliminate silicate) Natural Source; Beans, lentils, nuts, oats, rice, wheat germ, cantaloupe, citrus (except lemon), whole grain.
- Siliconex – herbal detoxification for silicone.
- Brainpower – herbal detoxification for chemicals.
- Alpha lipoic acid 600 to 1200 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, 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.
- For maximizing Phase III of detoxification, we recommend Buffer pH 3 to 6 times a day with pH test strips to achieve a alkaline urine.
- XenoForce – 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), Ultra Inflamm X (autoimmune).
- Saunas and/or hot baths with Epsom salts for mild hyperthermia. 15-20 minutes 3 times per week. (Including infrared saunas). Add Liquid Needle Body Soaks to hot baths as directed.
- 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.
- Opaline Dry Oxy or Oxy Power as directed.
- LipoChord as directed to support fatty detoxification in the breast.
- Cleanse Max – comprehensive bowel, kidney, lymph, blood, lungs and skin detoxification support.
- Electrolysis Ionic hand & foot baths. Dr. Overman's system plus Ozonator. (Overman's Healthy Choices).
- Liquid Needle Body Soak – silicone detox as directed.
- Liposomal Glutathione

❖ **Biotoxin Detoxification**

- Mold Sporex – 4 capsules twice a day.
- 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 Lipo-Spheric GSH
- 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 Lipo-Spheric Vitamin C

❖ **Estrogen Metabolism** as silicone is known to increase estrogen metabolites. Fibrocystic breast disease is common after explantation.

- 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-glucuronidase.
- Protective Breast Formula – two capsules a day.
- A. Endopath-F – as directed for hormonal support.

◆ **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. (Avoid chondroitin sulfate if allergic to seafood.)
- ❖ 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, Lyprinol as directed, and Limbrel® 250mg to 500mg twice a day.
- ❖ **Therapies for fibromyalgia pain:**
 - Dr. Comanor's Solution as directed by your physician.
 - CORValen M (ribose, malic acid and magnesium) one scoop three times 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.
 - For low energy levels, take **Coenzyme Q10** 100-200 mg/day, **NADH**, which helps provide energy to muscle cells and L-Carnitine.
 - 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.
 - Pain Relief (Complete Nutrients).
 - NAC (N-Acetyl Cysteine) with selenium and Molybdenum.
 - Curumax – for muscle aches.
- ❖ Inflammia 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.
- ❖ For chest wall pain, use the Harmonic quad with the detoxification attachment.

◆ **INFECTION**

❖ **Bacterial & Viral**

- Vitamin D 1000 – 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.
 - Nutrasilver or colloidal silver (Argentyn 23) may help with viral and bacterial infections.
 - Colloidal Silver Salve – for lesions.
- (Warning: Use of silver products and sun exposure can cause a rare but possibly bluish permanent skin discoloration).
- 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 for parasites.
 - Parasitin – homeopathic antiparasitic.
 - 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.miraclemineral.org) or dioxychlor.
 - Saventaro as directed. (Cat Claw) – for immune support.
 - Samento (liquid Cat's Claw) for immune support.

❖ **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 is 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), oregano oil (ADP) 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 and 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 yeast becomes resistant to Diflucan.
 - Add Alpha lipoic acid 600-1200 mg orally a day while on Diflucan, Sporanox, or Nizoral.
 - Stay on Super Thistle X 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) break down the yeast cell wall which eases die off symptoms.
- Pleo Alb rectal suppositories are also available for candidiasis (these treat systemic yeast).
- Candida Strength – one orally in the morning; Flora Strength – two orally in the evening.
- 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 (1000 – 3000 mcg) shots weekly may help neurological symptoms.
- ❖ Alpha lipoic acid is also recommended for neurological symptoms at 600 mg to 1200 mg a day.
- ❖ Neuro Chord – homeopathic for neurological symptoms.
- ❖ Isopathic Phenolic Rings – homeopathic support for neurotransmitters.
- ❖ Lecithin – to help regenerate myelin sheaths.
- ❖ Arginine – 3 to 5 gms/day to help painful feet/Raynaud's syndrome.
- ❖ 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 (without licorice for patients with hypertension) by Integrative Therapeutics. Adrenopath or Adreset (Metagenics) for adrenal support. Supplements containing phosphatidylserine, such as Complete Nutrients for Memory, or PS 100 are useful.
- ❖ Taurox SB™ 7x Enhanced as directed then Taurox SB™ 6x Enhanced – homeopathic for fatigue.
- ❖ Thyrosine or Thyro-Chord to help thyroid function. Some patients require T4/T3 supplementation.

◆ **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 Mg Oligo Element and Malic Acid (Magnesium Malate) to relax muscles.

◆ **DEPRESSION/ANXIETY**

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

◆ **MENTAL CLOUDING**

- ❖ Pregnenolone
- ❖ Clinical Nutrients for Memory
- ❖ Lecithin (from eggs)
- ❖ Phosphatidylserine PS 100

◆ **MISCELLANEOUS**

- ❖ Visual blurring: Ocu Support – anti-oxidant for eyes. See Biotoxin Detoxification.
- ❖ For patients with longer and more severe silicone exposure, we recommend: Intravenous therapy to include trace minerals and vitamins to help restore missing nutrients and hydroxylate the crystallized silicate in the tissue so it can more readily be eliminated. We recommend IV therapy twice a week for four weeks. Transfusion time is 1-2 hours.
- ❖ Energy medicine. Techniques to enhance the immune system and release toxic emotions from the body to help facilitate healing.
- ❖ Hypnotherapy to deal with the anger. Women often feel angry due to the circumstances surrounding the breast implants or due to the lack of sensitivity of the medical community to the patient's illness. Anger is a toxic emotion that can block the healing process, and hypnotherapy is an effect means to release the anger so healing can proceed.
- ❖ Migraine therapy including magnesium replacement (Super Malic), feverfew, butterbur, 5-HTP and MigreLief (feverfew, magnesium & riboflavin).
- ❖ Essential oils: Immunopower, Pane Away, Thieves, God's Tears, black cumin, and lavender for the immune system. Thieves or God's Tears 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.
- ❖ If having problems with clotting or positive cardiolipin antibody, use Ginkgo biloba 40 mg 3 times a day or Nattokinase. (Avoid two weeks prior to surgery).
- ❖ NAET®: Allergy elimination technique to clear silicone and other allergens; (food, chemical environmental).

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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.