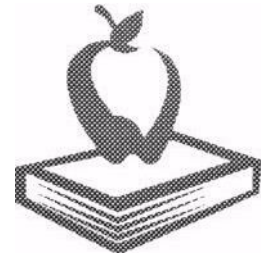


NutritionRx: Aesthetic Surgery



Pre-Operative Nutrition/Diet Rx

Two Weeks Before Your Procedure:

1. Discontinue all soy based products including: Soy Sauce, Tofu, and Soy Milk
2. It is best to avoid Chinese Food— especially Mushrooms— Japanese Food Vietnamese Food. Several Asian spices—including MSG [monosodium glutamate]
3. Eliminate Vitamin E sources from your diet including; Vitamin E Supplements, Wheat Germ, and Vegetable Oils
Note; discontinue your multivitamin if it contains vitamin E.
4. Abstain from drinking any alcoholic beverages including wine and beer. Alcohol acts as a blood thinner, making it difficult to control bleeding. No coffee or tea the night before surgery!
5. Eliminate Garlic and Garlic capsules.
6. Begin taking 1000mg of Vitamin C daily.
One Week Before Your Procedure: Begin intake ARNICA MONTANA

Post-Operative NutritionRx:

1. Discontinue the Arnica Montana.
2. Increase Vitamin C to 1500 mg. Daily for two weeks. Reduce to 500 mg gradually after this time period, dropping down by 250 mg every 2-3 days .until reaching. 500 mg.
3. Avoid Vitamin E and Garlic containing foods and capsules for 10 days to two weeks.
4. Moderate salt intake to reduce swelling; avoid obviously salty foods, do not add salt in cooking or at the table.

Special points of interest:

- Drink 64 ounces of water daily
- Eliminate all additives and preservatives.
- Eat A Major Salad daily featuring dark leafy greens, peppers, carrots and tomatoes
- Walk at least 30 minutes per day no matter what
- OF COURSE, CONSULT WITH YOUR PHYSICIAN ON ALL RECOMMENDATIONS STATED IN THIS SHEET

