

## **Recommendation of Nutritional Support for Optimal Bone Healing In:**

1. Hip and Knee Replacement
2. Fractures
3. Any bone / joint surgery
4. Osteoporosis (generally would include the theme of supplemental products 1-4 or # 7 listed below)

Optimally begin nutritional program at least 10 days prior to surgery.

Check with your surgeon and although they often recommend discontinuance of all nutritional products because of blood coagulation issues, the below listed supplements do not have any negative impact on blood clotting. If you wish to be proceed conservatively, you can discontinue the supplement program three (3) days prior to surgery and begin again post surgery as soon as you are able to.

**Continue nutritional program post surgery for at least 6 weeks.**

<b><u>Nutritional Product</u></b>	<b><u>Daily Dosage</u></b>
1. Vit D3	10,000 units
2. Calcium	500 mg
3. Vit K	15 mg
4. Strontium	Follow recommendation on product

### **After Surgery**

5. Probiotic  
Surgeries always include a round of antibiotics thus the recommendation to for a 3 week usage of probiotics
6. Vit C  
Always a good idea to take higher doses of Vit C during periods of high physiological stress
7. OLALOA  
1-800-800-9550  
[drinkyourvitamins.com](http://drinkyourvitamins.com)
- I great single packet powder drink that contains all the trace minerals for optimal bone repair and growth.
8. Plus the nutritional products you normally take or have been prescribed by your practitioner

Note ...use of Proteolytic Enzymes can significantly cut down the healing times of surgeries, joint sprains and swelling. Proteolytic Enzymes work by breaking down “digesting” damaged tissues in post-surgery and in strain/sprain injuries especially where there is evidence of extravascular blood (black and blue discoloration), tissue debris and inflammation.

Proteolytic Enzymes are available in health food stores. Products are generally taken multiple times daily between meals (45 minutes).

A common product and brand is Wobenzym.