

WOUND HEALING 101

INCREASING BLOOD FLOW TO WOUNDS/OPERATIVE SITES/SKIN FLAPS AND GRAFTS

PLUS ENHANCED WOUND HEALING AND PREVENTION OF INFECTION THE

“NATURAL WAY”

I SUGGEST STARTING THIS REGIMEN 10 DAYS PRIOR TO YOUR SURGERY FOLLOWING THE REGIMEN FOR AT LEAST 4 WEEKS POST-SURGERY

-Green Tea: 4 cups daily (every 3 to 4 hours while AWAKE), Brand: Kirkland Signature Green Tea (Costco) is my favorite for taste, but any brand of Green Tea is fine with me, Organic Brands also GREAT

Dr. Steve's Green Tea: 1/2 to 3/4 cup hot water, steep for maximum of 3 minutes, add 1 teaspoon of dark honey (Buckwheat would be best) to sweeten, and lastly, 3-5 ounces of Vanilla Soy-milk stir and ENJOY. After drinking the green tea, take the tea bags and squeeze out the moisture and rub the tea bag on your facial and arm skin (**NOT NEAR YOUR SURGERY SITE**) This will help to decrease UV DAMAGE to your skin.

Dr. Steve's Green Tea has the equivalent of 4 bags of tea in one cup.

My favorite **Buckwheat Honey** is YS Eco Bee Farms Buckwheat Pure Raw Honey (I buy my Buckwheat Honey at Jimbos or Sprouts)

-Hibiscus Superflower Tea: (2 cups daily), Brand-The Republic of Tea
www.RepublicofTea.com

-Dr. Steve's Hot Chocolate: 8-10 ounces of Vanilla Soymilk, place cup in microwave 1 minute, add one package of CocoaVia, stir and enjoy. www.CocoaVia.com 1-877-842-0802.

Dose: 1-2 times daily

-Vitamin C: Best sources of dietary Vitamin C:

Yellow bell pepper, Red bell pepper, Green bell pepper, Orange juice (fresh), Orange juice

(from concentrate), Brussels Sprouts, Strawberries, Papaya, Orange (navel), Broccoli (fresh), Cantaloupe, Kiwi.

NO limit on quantity! Vitamin C

supplements:

Dose: Take one daily.

1. MegaFood Complex C www.megafood.com. Dose: one or two daily 3
2. NewChapter Activated C Food Complex 1-888-874-4461. Dose: one or two daily.

-1 cup of berries daily: fresh, frozen, freeze-dried. (Blueberries, Blackberries, Purple grapes, Strawberries are my 4 favorites)

-3 ounces of Organic Concord Grape juice 2 times daily and or Purple Grapes “any time”
You may substitute with 100% Organic Pomegranate Juice

-Probiotics: my two favorites are:

- 1.. Douglas Labs, Multi Probiotic 15 Billion. (can purchase on our website)
- 2.. Nature’s Bounty Ultra Strength Probiotic 10 www.NaturesBounty.com (I purchase this product at Costco)

Dose: take one Probiotic capsule with breakfast and one with dinner. If your taking a antibiotic (either by mouth or IV), then take the Probiotic capsule 2 hours after the antibiotic dose.

-Protein: 1 scoop of Whey protein mixed with soymilk or low-fat/nonfat milk (I enjoy Sprouts Whey Protein-Vanilla, No Artificial Sweeteners or Flavors, Hormone Free, Antibiotic Free, and BSE Free). Dose: 1 scoop/day. It is important to consume enough protein to insure

adequate wound healing, other good protein foods include: Non-fat or low fat organic yogurt, egg whites, Wild Alaskan Salmon, Albacore Tuna, skinless Turkey or Chicken breast, Soymilk, non- fat or low- fat Milk, nuts and seeds, legumes, organic no-salt added Peanut Butter, Quinoa, Sardines, Oysters, Shrimp.

Dose: Aim for 56 grams/day protein males and 46 grams/day protein (Males and Females age 19 years and older)

-Omega-3 Fatty Acids (fish oil) My two favorite brands:

1. Nordic Naturals Pro Ultimate Omega 2000. (can be purchased on our website)

Dose: Males take two Softgels with breakfast and two Softgels with Dinner, Females take two Softgels with breakfast and one Softgels with dinner.

-Skin protection from the inside out. I recommend our new vitamin by Nordic Naturals. SKIN PROTECT. One in the am one in the pm. (Can be purchased on our website)

-Decreasing your risk for MRSA the “Natural Way”. On a daily basis have a large handful of a mix of dried figs, raisins, dates, and prunes. **If your health care professional has given you a Rx for antibiotics (topical and or oral) BE SURE AND FOLLOW DIRECTIONS.

Hyaluronic Acid. Hyaluronic acid is an important component of skin and joints. My favorite supplement is Doctor's Best "Best Hyaluronic Acid with Chondroitin Sulfate. This product is 20% Hyaluronic Acid, 20% Chondroitin Sulfate, and 60% Collagen Type II. My wife and I actually take these capsules for our joints. This is also a great product to help with

wound healing. Dose: one capsule two times daily (with or without food).

www.drbitamins.com 1-800-777-2474

Food sources: sweet potatoes, potatoes, leafy greens, homemade chicken soup

(use the whole chicken-including skin), bananas, foods high in vitamin C (e.g.

citrus, strawberries, guavas, sweet peppers)

All these foods promote the production of hyaluronic acid in our bodies.

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