



## Pre and Post Surgery Prep

Please read this blog: <https://breastcancerconqueror.com/how-to-prepare-for-surgery/>

### Support your Immune System:

- Liposomal Vitamin C- 2 teaspoons, 5 times per day
  - <https://breastcancerconqueror.com/product/lipo-vitamin-c/>
- Zinc- 30-50mg per day
  - <https://breastcancerconqueror.com/product/super-zinc/>
- Vitamin D- Try to keep your Vitamin D levels between 80-100. You can test to see where you are and dose accordingly.
  - <https://breastcancerconqueror.com/product/vitamin-d-k/>
- Vitamin A- Consider one drop daily
  - <https://breastcancerconqueror.com/product/bio-ae-mulsion-forte-package-of-3/>
- Mistletoe- Consider IV's or Injections. Work with your physician or naturopath for instructions on use. This is also a great resource: <https://www.believebig.org/>

### Boost your Killer T Cell Activity:

- Immune Complete- 6 per day- 2 per meal
  - <https://breastcancerconqueror.com/product/immune-complete/>
- Brocco Power- 2 capsules twice per day
  - <https://breastcancerconqueror.com/product/brocco-power/>
- Mighty Mushrooms- Consider 3 capsules per day
  - <https://breastcancerconqueror.com/product/mighty-mushrooms/>



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### Decrease Inflammation and help with formation of healthy scar tissue:

- Bromelain- Consider 500mg per day
- EGCG- Consider at least 1-2 cups of Matcha Green Tea per day
- Curcumin- Consider 3 capsules per day, one between each meal
  - <https://breastcancerconqueror.com/product/optimal-curcumin/>

### Make cancer cells less “sticky”:

- Modified Citrus Pectin (MCP)- Consider 1 week before surgery and at least 6 months after surgery.
    - Active dosing (pre/post operation)-
      - Capsules- 6 capsules three times per day
      - Powder- One scoop three times per day
    - Maintenance dosing (long term)-
      - Capsules 6 capsules per day
      - Powder- Once scoop per day
- <https://breastcancerconqueror.com/product/pectasol-powder-lime/>

### Super anti-oxidants to help mop up the effects of the anesthesia:

- Tocotrienols – Super E - Tocotrienols induce cancer cell death, prevent angiogenesis, decreases inflammation and is a powerful free radical killer
  - 4 twice per day 7 days before the surgery. Reduce dosage to 4 per day 2 weeks after surgery.
  - <https://breastcancerconqueror.com/product/super-e-plus/>
- High Dose Melatonin Maxx- 60 mg 3 times per day or take all 3 at night. Consider high dose melatonin going forward.
  - You can use this link and provider code for high dose melatonin:  
<https://www.scientifichealthsolutions.com/product/melatonin-max/>  
Provider code- #5101



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### Relieve Pain Naturally:

- Homeopathic Arnica- Reduces inflammation, swelling and decreases pain

### Reduce pre-surgery stress:

- Bach Original Flower Essence Rescue Remedy- balances emotions and decreases tension
- Emotional Freedom Technique- See my You Tube Channel that features a 30 day EFT tapping challenge specifically about breast cancer

[https://www.youtube.com/watch?v=24dwBBQtH1w&list=PLEk1oSBW6E2WpTK0ehm9Vx\\_axW7i0XlII](https://www.youtube.com/watch?v=24dwBBQtH1w&list=PLEk1oSBW6E2WpTK0ehm9Vx_axW7i0XlII)

- Guided Meditation- This website has guided meditations specifically for a successful surgery. <https://www.healthjourneys.com/>
- Peggy Huddleston- You may find the book and MP3s “Prepare for Surgery; Heal Faster: A Guide of Mind-Body Techniques” an added resource. <https://healfaster.com/>

**\*\*Always ensure that your surgeon and primary care physician are aware of any supplements you are taking. Some supplements will need to be paused the days leading up to surgery.**

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