



THE
SOLINGER METHOD
by Root Health L.L.C.



FUNCTIONAL SURGERY SUPPORT

Purpose: To increase the rate of healing following surgery and to minimize scar and adhesion formation.

Nutrients that promote healing include vitamin A, C, Bcomplex, zinc, copper. Nutrients that reduce scar formation or adhesions include vitamin E and flavonoids. Vitamin E alone, in doses equivalent to more than 15,000 IU per day for humans, inhibited wound healing in one animal study, but that effect was reversed by the addition of vitamin A. In another study, vitamin E alone accelerated wound healing.

Suggested Protocol (begin 2-4 weeks prior to surgery and continue for 4-6 weeks after surgery):

1. High-potency multiple vitamin/mineral formula. **Thorne Multi Encap** – 2 caps 3x/day
2. Vitamin A, 30,000 IU/day. Vitamin A may be increased to 50,000 IU/day for 1 week before & 2 weeks after surgery, although high doses of vitamin A should not be used by pregnant women.

Seroyal A-Mulsion

3. Vitamin C, 1,000 mg, 2-3 times per day.
4. Citrus flavonoids, 500-1,000 mg, 2-3 times per day.
5. Zinc, 30-50 mg/day
6. Copper, 2-3 mg/day.
7. Vitamin E, 400 IU/day.
8. Proteolytic enzymes, to reduce inflammation and swelling at the surgical site and to promote resorption of fibrin and other tissue debris. Choices include (choose one):
 - a) Pancreatin, 1,400 mg, 3 times per day.
 - b) Bromelain (2,000 mcg), 750 mg, 3 times per day.

Proteolytic enzymes may be started 1-2 days before surgery or immediately after surgery and should be continued for 4-7 days after surgery. The dosage may be reduced by half after the third postoperative day. Proteolytic enzymes work best when taken on an empty stomach. The rest of the supplements should be taken with food.

Note: vitamins A, C, E should be discontinued a few days before and after surgery, as they may interfere with normal blood clotting. Recommence full protocol three days after surgery.

Homeopathic protocol for surgery:

- 3 days prior – Arnica 200C, once per day for the three days.
 - Morning of surgery – Arnica 200C, once.
 - Post surgery: Arnica 200C, alternate with Hypericum 200C, every 20 min. until pain decreases, then increase time between dosing.
 - After feeling better – Arnica 200C, for three days, once a day.
- Should there be a specific indication, depending on the type of surgery, i.e. Symphytum for bones), this can be added to rotation of the remedies.

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