

# NUTRITIONAL PLAN

## HEAL KIT

### PLASTIC AND COSMETIC SURGICAL RECOVERY PLAN

An overall good general health and nutrition are integral parts of your recovery. The healing process that takes place after surgery is affected by your nutritional intake before surgery. Swelling, edema, bruising, discoloration, scar formation, redness, and the time to heal are all influenced by your diet, especially in the weeks prior to surgery.

Research has demonstrated that optimal recovery, including the best possible results seen in the shortest time period, is achieved when particular dietary and supplement regimens are followed.

The preoperative period is a great time to ensure that you are preparing for the upcoming stress of surgery. Moreover, the postoperative stages require specific nutrients for better and faster healing and recovery.

## STAGES

### Stage 1. Get ready!

Before cosmetic surgery, women should aim for 70-80 grams of protein per day and men for 90-100 grams.

To get your body ready for surgery and to help you have a fast and better recovery, please follow these recommendations:

1. No alcohol should be consumed at least 1 week before surgery. Confirm this with your surgeon.
2. Stop smoking. Your surgeon may require that you stop smoking weeks before surgery. Make sure to ask about when to quit smoking.
3. Supplement accordingly. Always let your surgeons know the supplements you are taking in order to prevent medical interactions, as follows:
  - Hydrolyzed Collagen Peptides
  - Include at least 1 high quality Whey Protein shake
4. Follow our recommended nutrient-dense plan.

### Stage 2. Heal and Recovery

Immediately after cosmetic surgery, women need to aim for 100 grams of protein per day during the first month, men should aim for 120 grams. Follow these recommendations:

1. No alcohol should be consumed. Drinking alcohol puts you at a significantly higher risk of complications post-surgery.
2. Do not smoke.

3. Supplement accordingly. Get your surgeons approval as to when to resume taking supplements:

- Vitamin E is a powerful fat-soluble antioxidant! It scavenges free radicals protecting cells from oxidative damage which contributes to the premature aging of tissues. It also provides nutritional support for the immune system as well as for skin health.
- Hydrolyzed Collagen Peptides
- Include at least 1 high quality Whey Protein shake
- Scar Cream helps soften and smooth the appearance of scars. It leaves the skin with a wonderfully smooth, silky feel. It is highly recommended for post-surgery.

4. Follow our recommended nutrient-dense plan.

## THE BASICS

During the perioperative time, high-quality protein, from foods and supplements, will be the most important nutrient to include in your diet. Your body is built daily upon the type of protein you consume. Protein is an essential building block to repair and replace tissue.

To prepare for surgery and to accelerate healing, you will need to consume enough protein on a daily basis. Poor protein intake will result in muscle wasting, anemia, hair loss, and a poor ability to heal.

Prioritize protein intake first and vegetables second.

Vegetables are rich in fiber which will help prevent constipation, this is a very common condition after surgery due to the medications that you will be prescribed. In addition to fiber, vegetables include key nutrients like vitamin K, which helps to regulate the process of blood coagulation, and Vitamin C, which acts as an antioxidant and helps the body absorb iron and stabilize collagen. These are just a few of many other mineral and vitamin benefits.

You may include a small amount of carbohydrates but only after eating protein and vegetables first. Preferably, nutritious carb choices like fruit and whole grains such as quinoa, potato and rice. For example, you may have a protein shake with a piece of fruit and a few nuts for breakfast, chicken and a salad for lunch, and any other type of meat with sauteed vegetables for dinner (approximately 70 grams of protein for the day).

Feel free to add oils and fats. Use these as condiments to prevent a high intake. Do not avoid them, they are biologically necessary (in small amounts).

### Meet protein goals

Protein is the main building block of the immune system and of every tissue in our bodies - including the largest organ in our body: the skin!  
Include at least one protein shake to boost your protein intake.

<p><b>How to prepare your MYProgressMD protein shake</b></p>	<p>Mix the Whey protein powder with 2 ice cubes with your choice of water, chilled green tea, or plant-based unsweetened milk alternatives (almond milk, coconut milk, Ripple, hemp milk, etc.)</p> <p>You can also make a nutritional protein by including at least one choice of any of the following:</p> <ul style="list-style-type: none"> <li>• 1 teaspoon of MCT (medium-chain triglycerides) oil or coconut oil</li> <li>• 1 teaspoon of gluten-free nut butter (peanut, almond, cashew, etc.)</li> <li>• 1/8 avocado</li> </ul> <p>You may also include:</p> <ul style="list-style-type: none"> <li>• 1 tablespoon of your favorite jam or marmalade</li> <li>• ½ banana or ½ cup of any fruit</li> <li>• A dash of cinnamon, cocoa, or any other spices</li> </ul> <p>Have fun and create your own flavor!</p>
<p><b>Supplements</b></p>	<p>Included in this package:</p> <ul style="list-style-type: none"> <li>• 2 bottles Whey protein powder</li> <li>• 2 bottles Collagen</li> <li>• 1 bottle Scar cream</li> <li>• 1 bottle Vitamin E</li> </ul> <p>1- Take these in the morning:</p> <ul style="list-style-type: none"> <li>• 1 scoop Whey Protein shake</li> <li>• 1 scoop Hydrolyzed Collagen</li> <li>• 1 Vitamin E softgel daily with food</li> </ul> <p>2- Anytime during the day:</p> <ul style="list-style-type: none"> <li>• Scar cream -twice daily, gently massage over scar until absorbed</li> </ul> <p>If in doubt, please refer to the suggested use indicated on the bottle.</p> <p><b>NOT INCLUDED IN THIS PACKAGE BUT HIGHLY RECOMMENDED (GET THE APPROVAL FROM YOUR SURGEON)</b></p> <ul style="list-style-type: none"> <li>• Multi-Flora Probiotic. Including probiotics will help restore a healthy ecosystem of the gut bacteria, known as microbiome, which is affected by antibiotics.</li> <li>• Essential Nutrition Multi. Multivitamin supplementation is the foundation of any effective nutritional regimen.</li> <li>• Omega-3 can reduce the risk of postoperative complications after major surgery through an immune modulating effect of the inflammatory response. Supplement if your diet is low in Omega-3.</li> </ul>
<p><b>Expedite recovery foods</b></p>	<p>Accelerate your recovery with a nutrient dense pantry, rich in protein, healthy fats, minerals, vitamins, fiber and antioxidants.</p> <ul style="list-style-type: none"> <li>• Include grass-fed protein sources. If choosing grass-fed sources is not an option, choose lean cuts.</li> <li>• Eat plenty of dark green leafy vegetables.</li> <li>• Include a variety of brightly colored vegetables and fruit. Colorful foods are high in antioxidants. Some options are red, orange, or yellow peppers, eggplant, radishes, tomatoes, and any type of berries. Limit fruit intake to no more than 1 cup daily. There is no limit for vegetable intake</li> </ul>

## Expedite recovery foods

- Add some cruciferous vegetables like cauliflower, broccoli, kale, and Brussels sprouts.
- Sulfur is necessary for collagen synthesis. Getting enough sulfur in your diet can help maintain collagen production and keep your skin looking firm. Sulfur amino acids are most abundant in animal foods such as egg yolks, meat, poultry, and fish. Sulfur is also found in plant foods; good sources include garlic, onions, Brussels sprouts, asparagus, and kale.
- Vitamin C is needed for the synthesis and maintenance of collagen. Good sources of vitamin C are vegetables and fruits, especially citrus fruits. Citrus fruits include oranges, grapefruits, tangerines, and similar fruits. Other fruits rich in vitamin C include kiwi, strawberry, and cantaloupes. Vegetables rich in vitamin C include broccoli, peppers, Brussels sprouts, tomatoes, cabbage, potatoes, and leafy green vegetables like turnip greens and spinach. Fresh and frozen fruits, vegetables, and juices usually have more vitamin C than canned ones. You may also include our Bio C Complete formula.
- Include Omega-3 rich sources for their immune modulating effect of the inflammatory response. Salmon, chia and flax seeds are good options.
- Add healthy oils and fats to promote tissue regeneration. Excellent options include avocado, butter, ghee, nuts, seeds, olive and avocado oils.
- Dark chocolate is known as a very high antioxidant food, but it is also known as being caloric dense. Include 1 little piece of no more than 30 grams of organic dark chocolate (>70% cacao).
- Glutathione is one of the most powerful antioxidants. The main sources to increase glutathione levels are animal protein (beef, fish, and poultry) and asparagus, avocados, cabbage, Brussels sprouts, spinach, broccoli, garlic, chives, tomatoes, cucumber, almonds, and walnuts. Our Whey Protein is rich in aminoacids needed to produce glutathione.

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Drink plenty of liquids. All body systems are impaired with dehydration.

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AVOID ALCOHOL.

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Increase physical activity and exercise regularly -at least 30 minutes per day.

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Get enough sleep each night to promote cellular repair.

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These recommendations are not intended to be a substitute for professional medical advice.

Always inform your doctor of the supplements you are taking.

Do not use this plan if you are pregnant or nursing.

Consult a healthcare professional if you have any pre-existing medical conditions or are taking any prescription medication.

Use as directed.

Not intended for children.

These statements have not been evaluated by the Food and Drug Administration.

These products are not intended to diagnose, treat, cure, or prevent any disease.

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