

THE RECOVERY CHECKLIST

This checklist outlines what our Founder, Ed, personally used before and after surgery to support his body's natural healing process.

Always consult your doctor before starting any new protocol.

FOUNDATION PLAN (START HERE)

Hydration Support

- ☐ Drink water consistently (half your weight in ounces daily).
- ☐ Use electrolytes 2 - 3 times/day.

Daily Gentle Movement

- ☐ Begin regular light movement as approved by your provider.
- ☐ Walking & physical therapy improve circulation.

Protein Support

- ☐ Aim for 1g protein per ideal lb of body weight.
- ☐ Use protein shakes 1 - 2 xs daily (Whey or plant-based)

Collagen Support

- ☐ Take daily collagen for tissue rebuilding

Spore-Based Probiotics

- ☐ Start spores during and after antibiotics (not traditional probiotics)

Omega-3s

- ☐ Reduces excess inflammation

OPTIMIZATION PLAN (OPTIONAL BUT POWERFUL)

Hyperbaric Oxygen

- ☐ Sessions before and after surgery boost oxygen in healing tissue.

Hormone Balance

- ☐ Get labs at Nutrition World & optimize hormones at Optimize You

Neural & Energy Support

- ☐ Sessions with REV Optimal Living & Purely You Restoration

Enzymes (Between Meals)

- ☐ Serrapeptase, Nattokinase, Bromelain – 3x/day on empty stomach. Helps with circulation & healing inflammation.

MSM (Sulfur)

- ☐ Supports tendons & ligaments & can reduce mild pain.

Natural Pain Support

- ☐ Use herbal pain formula with Corydalis + occasional ibuprofen as prescribed by a physician.