

BHP[®] -Bone Healing Protocol

Nutritional guidelines

- Avoid tobacco, caffeine, alcohol, refined sugar, artificial sweeteners, flavor enhancers and trans fatty acids
Gluten and dairy free diet is recommended
- Drink enough fluids (2-3 L plain water (reverse osmosis) /unsweetened tea)
- Emphasize healthy fatty acids and good quality protein and eat as much veggies as possible

Supplementation protocol

Supplements	breakfast	lunch	dinner	pre bed
D3 Supreme	15 drops			
Multi Supreme	3 capsules			
Bone&Teeth Supreme				3 capsules
Omega 3 Supreme	4 capsules			4 capsules
Ester-C Supreme	2 capsules			2 capsules
After surgery, additional: Enzymes Supreme Plus Bromelain	2 capsules	2 capsules	2 capsules	

The Bone Healing Protocol should start at least 14 days prior to surgery and is of utmost importance to supply your body with the optimal nutrients for bone and wound regeneration as well as optimal immune support. The BHP supplements last exactly for a total of 4 weeks. If you are struggling with chronic diseases, the best option is to take it 4 weeks prior to surgery and 4 weeks post surgery (2xBone Healing Protocol).

It is of great advantage to take the supplements after the surgical phase in a lower dosage to keep your body healthy and energetic at all times (Basic Supreme protocol)

*a Dr. Nischwitz

We wish you a great healing