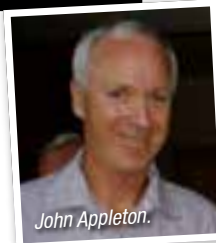


I have been writing articles on topics related to our health for a number of years and in Channel I keep you up to date on ways in which we might improve our health by becoming more aware of the many options that are available to us.



John Appleton.

Recover Faster After Surgery

As I see it by John Appleton

Often we hear talk of hospitals crammed to capacity with patients sleeping in corridors because 'beds' are just not available. Then there is the ongoing problem with waiting lists for surgery.

I imagine that there is talk around DHB Board tables about how they might reduce the time patients are spending in hospital with a view to saving money and also freeing up beds for other patients. I wonder how much talk there has been about how preparing the body properly for surgery and how appropriate post-operative care might achieve these objectives?

I suspect that it's never been considered seriously because as we so often hear 'there is no evidence to suggest that it might achieve anything' and there is an in-built reluctance to embrace change, especially if those changes are inconsistent with the prevailing medical paradigm.

Is there really no evidence? - How about this. A patient is scheduled to have surgery for a prolapsed lumbar disc which, according to the Surgeon, was likely to be 'worse' than it showed on the MRI. The patient had suffered a spinal compression injury some years prior and a disc bulge had progressively got worse resulting in Stenosis (from Greek) narrowing of the spinal 'canal'. Sciatic pain had increased and pain when walking involved a deep ache from the buttocks to the feet together with pins and needles and a strong 'burning' sensation.

Two weeks prior to surgery the patient substantially increased his intake of Vitamin C, upped his Zinc (via a high potency multi-vitamin), doubled his daily dose of Coenzyme Q10 and ensured that his serum Vitamin D was at an optimal level. The patient had talked with the Surgeon about this because it's important to ensure that doctors are aware of what patients are taking prior to any surgery.

Every day the patient also consumed nutrient dense 'green smoothies' made in a blender using filtered water – organic kale – organic spinach and organic apple together with a teaspoon of liquid chlorophyll and a sprinkle of organic ginger powder. A few days out from surgery the patient had intravenous infusions of Vitamin C and on the day of the surgery took a special oral form prior to the nil by mouth period. The patient also asked the anaesthetist for an alternative to Morphine in the Anaesthetic (Morphine can cause drowsiness and it takes some time to clear it from the body) because he wanted to wake up and be as 'with it' as soon as possible. Following the surgery, the patient woke (in the recovery room) and was fully alert from the time he opened his eyes. The surgeon came in and said the operation had gone very well and he was pleased with what he had been able to achieve. On arrival on the 'ward' the patient took more oral Vitamin C and was very pleased to discover that no pain medication was required. The patient took more



Vitamin C overnight and the following morning had a shower and overall felt remarkably well, albeit with some discomfort but no pain.

The anticipated hospital stay had been three days but after seeing a somewhat surprised surgeon, the patient walked out of the hospital less than 21 hours after the surgery. The nurses were also more than a little surprised; the patient had not taken any pain relief medication. The patient maintained his intake of oral Vitamin C and, in addition, had two intravenous Vitamin C infusions. The patient reported soreness at the site of the operation but there was no sciatic pain at all and other than taking Curcumin and high Potency

Omega 3, which are powerful natural anti-inflammatories, no medications were necessary – not even a Paracetamol.

The healing process continued on a daily basis – there was never a hint of infection and the 'wound' healed remarkably with daily use of Aloe Vera gel (to keep it moist) under a dressing. The patient is thrilled with the outcome and he describes his surgeon as a 'brilliant' man with a skill level that is truly amazing.

How do I know that this is exactly what happened? I know, because the patient was me. My experience is not to say that everyone could anticipate exactly the same outcome but, with a similar approach to improving overall health, boosting the immune system, strengthening connective tissue and reducing the risk of infection, it is likely that hospital stays and the chances of re-admission for complications could be significantly reduced.

In 2010, high profile American Doctor - David Brownstein published a newsletter with the heading 'Recover Faster, Better from Surgery With Simple Nutrients'. The newsletter opens with a quote from Dr Majid Ali, a Fellow of the Royal College of Surgeons (England) 'Injured tissues heal with nutrients not with drugs'. To heal any wound, the body uses a protein called Collagen. Collagen is the main protein in connective tissue in fact it makes up 25% of total protein. Examples of connective tissue are blood, cartilage and bone. It's important to understand that Collagen synthesis requires Vitamin C. In addition, when the body is under very significant stress, as it is during surgery, there is a much greater requirement for Vitamin C.

All I can say is that the human body has an amazing ability to heal – but it needs key nutrients in order to do this. As I see it – there is everything to gain and nothing to lose by trying.

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AUGUST 2013

HEALTH TIP
of the
MONTH!

FOOD MATTERS!

If you are keen to improve your chances of preventing or even recovering from chronic illness, it's REALLY important to understand the role of nutrition.

Get a copy of FOOD MATTERS - it's available on my website: www.johnappleton.co.nz

This is the best documentary ever made on the topic of nutrition. You can watch the trailer at: www.foodmatters.tv