

Dr. Bill Code's Ten Recommendations Related To Chronic Cerebrovascular Venous Insufficiency Treatment

1. Take Omega-3, at least 3000 milligrams per day of EPA and DHA, in combination (fish or krill oil), at least one month prior to procedure and three to six months after the procedure. Example: MOOD by www.pointofreturn.com .
2. Take Vitamin D-3, 10,000 international units (iu) per day taken every morning with Omega-3.
3. Avoid trans fats. Try to ingest only healthy fats, such as olive oil, butter, or coconut oil.
4. Eat twenty (20) to forty (40) grams per day of quality undenatured whey protein. Example: Support by www.pointofreturn.com.
5. Take 1500 to 2000 milligrams per day of Emu oil gel capsules.
6. Take two probiotic capsules per day.
7. Make sure you have a recent pre-procedure baseline physiotherapy assessment. This baseline assessment is valuable to guide your physiotherapist in developing a post-procedure treatment plan.
8. Keep well hydrated. Drink plenty of water two days prior to your procedure and two weeks after (approximately 8-10 glasses of water per day.)
9. Avoid alcohol or other diuretics 24 hours before and 48 hours after your procedure. Avoid increasing caffeine intake during this period as well.
10. Seek post-operative physiotherapy or personal training. Physiotherapy is recommended for those who are immobile or have MS gait under the direct supervision of a skilled physiotherapist. Personal training is recommended for those with slight mobility impairment. The personal trainer should be experienced with stroke or back surgery recovery and provide ongoing retraining of balance and muscle groups.