

• USEFUL FOLLOWING LIVER SURGERY •

Arnica montana
Artichoke
Beef tea
Bromelain
Chia
Chillies

Emu oil
Hemp seed
Lemons
Milk Thistle
Omega-3 fatty acids
Papaya

Pineapple
Saffron
Scar massage oil
Selenium
Turmeric
Vitamin A

Vitamin B complex
Vitamin C
Vitamin E oil
Zinc

🕒 PLANT BASED ALKALINE DIET

🕒 LOW SALT 1200 MG SODIUM HIMALAYAN PINK SALT

🕒 NEUTRAL PROTEIN 0.6 GRAMS/KILOGRAM

🕒 WATER

Following liver surgery, a natural craving develops for sour, crispy, crunchy, and fresh whole produce. Some have reported a tin taste when eating canned goods.