

JAMES J.
ROMANO, M.D.
COSMETIC SURGERY

SUPPLEMENTS FOR YOUR HEALTH AND WELLNESS

I strongly subscribe to the anti-aging benefits of supplements. There is no absolute best list of vitamins and supplements to take. Every patient's lifestyle and needs are different. The list below is a basic and an excellent place to start. It was developed over years of me personally consulting and researching (I take most of the vitamins on this list). Please consult your nutritionist for further specific recommendations. DO NOT take the vitamins on this list prior to surgery, the pre-op supplement list is completely different and separate. All of the below vitamins are cumulatively powerful in anti-aging and increased energy.

*Please consult with your primary care physician before beginning any vitamin or supplement plan.

FOR ANTI-AGING IN PLASTIC SURGERY. These are potent antioxidants useful in free radical elimination and decreasing the normal body inflammatory processes. They are powerful in prolonging life and improving skin.

Antioxidants: Vitamins: A 15,000 units/d, D 200 units/d, E 1200-1600 IU/d, C 2000 mg/day

Dietary supplements for what we don't get as much nowadays in processed foods. Most of these can be found combined in a single tablet. Calcium 1200 mg/day, Magnesium 500 mg/day, Zinc 50 mg/day, Selenium 200 mcg/day, Manganese 10mg/day, Silicon 50 mcg.

Essential Omega 3 fatty acids. These are essential for prevention of heart disease, arthritis, joint problems, and immune system weakness. Flaxseed oil capsules 1000mg/day and at least 2000mg/day of purified O3FA.

Coenzyme Q-10. This is potent in potentiating liver function. It strengthens collagen and skin.

Alpha lipoic acid. This is a very powerful antioxidant. It potentiates the effects of Vitamin C and E. It is especially useful in combination with L-Carnitine. It especially effects skin cells.

MSM. This is elemental sulfur and very active in hair and nail growth and strengthening skin. Do not take if you have breast implants. May cause capsular contracture.

FOR ATHELETES. These are used to decrease joint stiffness, arthritis, aches and pains, and providing extra energy.

Chondroitin and GAG. Very active in rebuilding and maintaining cartilage surfaces in joints.

L-Carnitine. Provides energy to the cells.

HEART PROTECTIVE SUPPLEMENTS. These are powerful in preserving healthy and vigorous, normal heart function. They act mostly through blood thinning and preventing plaque.

Low dose aspirin (81mg/day baby aspirin).

Folic acid: 800mcg/day lower homocysteine and are additional heart protectants.

Vitamin B-6: 75 mcg/day lower homocysteine and are additional heart protectants.

Vitamin B-12: 250mcg/day lower homocysteine and are additional heart protectants.

Garlic tablets or raw garlic has a protective effect on the heart, mostly through blood thinning.

Soy protein is an excellent protein source and is reported to reduce breast cancer risk.

Ginseng and **Ginko Biloba.** Have beneficial effects mostly through blood thinning.

DIGESTIVE AIDS. Since food is the "medicine" and fuel of life and body function it should be treated as such. The body may need these for better food byproduct absorption.

Digestive supplements and enzymes not only aid in digestion but also allow the body to access more vitamins and minerals from our foods. Pancreatin is a good example. Take as directed.

Probiotics are natural healthy flora of the intestinal tract to help maintain the normal bacterial balance. Acidophilus and Jarrodophilus are good examples. Take one tablet per day.