



The specialists at The Naderi Center have carefully crafted a **diet and supplement** regime that promotes less bleeding, less bruising, ultimately resulting in a **quicker recovery** with **less swelling and scar tissue.**

SAFE



The foods below are generally safe to eat, but some foods such as eggs, milk, yogurt, bread and protein powders could possibly include added Omega-3, which can increase risk of bleeding. Before consuming such foods, be sure to check the labels!

- Tylenol
- Arnica with no added Echinacea
- Pure Pea, Soy, or Whey Protein Power (with no added Omega-3)
- Pure Amino Acids
- Pineapples and Pineapple Juice
- White and Brown Rice (no wild rice)
- Chicken, Turkey, Beef, Pork, Lamb
- Tofu (with no added Omega-3)
- Beans, Lentils
- All green vegetables, Lettuce, Kale, Broccoli, Brussel Sprouts
- Citrus Fruits
- Bread (No seeds or nuts added. Read ingredients to make sure no Omega-3)
- Milk (No added Omega-3)
- Yogurt (No added Omega-3)
- Eggs (No added Omega-3)
- Coconut Oil

AVOID



Avoid the ingredients below. These could be found in other foods, such as muffins, bread, eggs, processed or packaged products, smoothies and drinks, etc. Before consuming any foods, be sure to check the ingredients!

- Aspirin, Motrin, Ibuprofen, Advil, Aleve, Naprosyn, NSAIDs and NSAID containing cold or pain medications
- Blood thinners (Coumadin, Heparin, Pradaxa, etc.)
- Vitamin D (Vegan Vitamin D is ok), Vitamin E, Vitamins, Supplements, DHA.
- Herbal supplements (Ginkgo, Ginseng, St. John's Wort, Echinacea, etc.)
- Fish or Fish oil
- Sushi, Seaweed
- Omega-3, Omega-6
- Workout & Protein powders
- Health food store pills, drinks, juices or smoothies
- Green tea
- Tempeh
- Quinoa
- All nuts (including "milk", powder, flower and "butter" form)
- All seeds (Flaxseed, Chia, grapeseed, and tahini)
- Avocado, guacamole
- Hummus
- Pomegranate, Grapes (with seeds), Berries, Papaya
- Alcohol especially Red Wine
- Granola bars
- Sprouts
- Turmeric, Garlic, Ginger, Licorice, Cinnamon, all other spices (Salt and Pepper are ok)
- Olive Oil, Grapeseed Oil, etc.