

Post-Op Recommendations and Referrals

Products

- **G.I Detox + Gentle Full Spectrum Binder**

An upgraded binding formula to support enhanced clearance for microbial balance in the GI tract. These binding agents are especially integral to protocols using [Biocidin®](#).

Instructions: 1 capsule on an empty stomach with a full glass of water. Take 1 hour apart from other medications and supplements.

Example: 6am/or one hour before breakfast.

- **Microbiome Prebiotic MegaPre Powder**

MegaPre™ is the first Precision Prebiotic supplement made up of clinically tested, non-digestible oligosaccharides that can increase microbial diversity and selectively feed beneficial bacteria like *Akkermansia muciniphila*, *Faecalibacterium prausnitzii*, and *Bifidobacteria*. MegaPre REINFORCES the beneficial microbial changes created by MegaSporeBiotic™ to promote a strong and diverse microbiome. **Contains: Corn and Milk. One or more ingredients derived from lactose from bovine milk and organic, non-GMO corn cob.**

Instructions: Start with ½ scoop daily for one week, then increase to 1 scoop daily with or without food, or as directed by your healthcare practitioner. Mix into 16 oz of cold water or liquid of your choice.

- **NuMedica Multiplex Complete**

Multiplex Complete™ is a comprehensive liquid multivitamin and multi-mineral complex that contains super foods, herbs and aloe vera – with no additives. This formula is a great tasting, wild berry flavor, natural supplement.

Instructions: Take 2 tablespoons (1 oz) **2x a day at 7am & 3pm.** Shake well before using. This may be mixed with your favorite beverage.

- **Microbiome Megasporebiotic Probiotic**

MegaSporeBiotic™ is a 100% spore-based, broad-spectrum probiotic shown to maintain healthy gut barrier function. This unique all-spore formula effectively RECONDITIONS the gut by promoting microbial diversity and maintaining key health-promoting, commensal gut bacteria. MegaSporeBiotic™ boasts a 5-year shelf-life, does not require refrigeration, and maintains a healthy gut microbiome.

Instructions: Start with 1/2 capsule or 1 full capsule with food and slowly increase to 2 capsules per day using the following protocol. **Take at 7am**

If 1 capsule every other day causes side effects, try starting with 1/2 capsules or even 1/4 capsule in some cases. Possible side effects may include abdominal cramping, loose stools, and changes in bowel movements. Though these side effects may be uncomfortable, they are a sign that the product is working! Side effects should resolve within 2-3 days.

Take the antibiotics we prescribe to you starting at 8am then at 8pm

Stop the following until cleared:

Sun exposure. Spitting. Use of straw. Exercising. Dairy products.

Please refer to the post op instruction sheet given to you in the post op bag with the ice pack and gauze

- **Biocidin Olivirex**

Olivirex® is an innovative formulation combining standardized olive leaf extract with a synergistic blend of botanicals to enhance the broad-spectrum qualities of olive leaf, and support clearance of toxins.

Ingredients: Take one capsule up to three times per day between meals or as directed by a healthcare professional.

Take at 10am/6pm/11pm

Warning: Do not take it during pregnancy. Consult your physician before using any supplement, especially if you are nursing, have a medical condition, or are taking medication. Discontinue use should adverse reactions occur. Keep out of reach of children. **This product is made without dairy, gluten, soy, corn, animal products, artificial coloring or flavoring.**

- **QuickSilver Scientific Black Box II**

Over time, the body can accumulate unwanted hormones, plastic-related compounds, mold, pesticides, and other environmental toxins. This 4 week, 12 product program combines the ingredients to help drive an effective, comprehensive detox.

Mobilize Toxins – Liposomal Glutathione, our flagship detox product, joins DIM, Pure PC, and BitterX to promote bile flow and help move toxins into the GI tract. Methyl-B Complex aids energy and helps replenish B vitamins during detox.

Bind + Eliminate – Binding mobilized toxins is essential to preventing recirculation in the body. Ultra Binder binds to a wider array of contaminants than many products on the market for safer elimination, minimizing toxic reabsorption.

Unsurpassed Delivery – This liposomal product absorbs almost immediately into the bloodstream to help accelerate detox reactions.

QuicksilverScientific.com

Watch Dr. Mercola & Dr. Shade Detox video on Youtube. “Dr. Mercola and Chris Shade on Heavy Metal Detoxification”

- **IV Vitamin C 25,000g plus Myers Cocktail**

Can be done here at our office, with your healthcare provider or a facility near you that offers it.

Monday/Wednesday/Friday

- **Epsom Salt Baths**

Soothes tired muscles and reduces swelling

- **Massage Therapy**

Relaxes and de-stresses your body

- **TMJ Massage/Craniosacral**

Releases tension in the muscles and prevents further damage to the teeth from the clenching and grinding habits

- **CyberScan/ZYTO. Biofeedback with Dr. Cintron**

A session every two weeks to see results. Consult with Dr. Cintron

- **Xymogen products**

Find them on wholescripts.com

To register as a patient follow these steps:

Click register

Referral code: DrCint2021

Last name: Cintron

Referrals

- **Aalto Hyperbaric Oxygen Therapy**

<https://www.aaltohyperbaric.com>

Address: 1308 North State Rd 7, Suite A/B

Margate, Florida 33063

Phone: (954) 975-3563

- **Colon Hydrotherapy**

Cathy Shea

Phone: (561)775-9912

<https://cathysheaschool.com>

Address: 13878 Oleander Ave, Juno Beach FL 33408

United States

- **TMJ Massage**

Dr. Kurt Klein

<https://www.accucare.net>

Address: 2655 Oakland Park Blvd #3, Fort Lauderdale FL, 33306

Phone: (954) 472-7526

- **Massage Therapy**

Sam Yasim

Address: 8177 Glades Road, Suite 221 Boca Raton FL

Phone: (954)579-5599

For any questions you may have please call the office: (954)938-4599

Your health is your wealth

Love, Dr. Cintron