

**Greg Tarantola DDS**

**Components Of The Holistic Approach To Dentistry**

# **The Benefits of Bromelain and Quercetin For Surgery Recovery**

Bromelain (Ananase) and quercetin are natural substances known to have several actions that speed the surgical recovery process.

- reduces pain,
- reduces inflammation,
- reduces swelling,
- thins the blood,
- and positively affects the immune system.

**Bromelain**, a digestive enzyme, is derived from the stems of the pineapple plant.

**Quercetin** is a plant derived flavonoid found in black and green tea, apples, grains and other foods. Quercetin is also often referred to as a phytochemical which means it comes from plants. Phyto means plant in Greek.

## **Surgery healing benefits of bromelain and quercetin**

When someone is injured or undergoes any form of surgery, inflammation is a typical and quite normal bodily response. It's a defense mechanism or a reaction to the damage sustained by the body's tissues.

The symptoms of inflammation include swelling, heat, pain and redness and although may be uncomfortable, they form part of the body's natural healing process.

To assist with the discomfort of these symptoms, quercetin with bromelain may prove effective. It helps to reduce the swelling and inflammation while assisting the body with the healing process.

*Quercetin with bromelain helps to reduce inflammation as they contain anti-inflammatory properties.*

Their specific roles within the human body are quite different.

- Quercetin inhibits the production of histamines – a substance which allows inflammation to occur.
- Bromelain has a dual action effect on the body as it helps to combat those compounds which cause inflammation while also assisting the anti-inflammatory enzymes acting within the body.

Quercetin and bromelain also prove very effective in controlling post-operative swelling and inflammation as their specific nutrients are beneficial for a host of conditions.

When used in conjunction with Arnica Montana, quercetin and bromelain prove very useful for a host of surgical procedures. The compounds are also highly recommended for those suffering from psoriasis, osteoarthritis, eczema and acne as well as non-cosmetic surgeries.

The capsules must be taken on an empty stomach between meals. **If you have a pineapple allergy, or a history of arrhythmia, you are advised against these particular medications.**

Furthermore, proteolytic enzymes such as bromelain may cause problems if combined with drugs that thin the blood. Bromelain should not be mixed with sedative drugs.

*Bromelain might amplify the effect of sedative drugs such as benzodiazepines, antibiotics, or medications that thin the blood, such as warfarin (Coumadin) or heparin.*

**TAKE 1-2 CAPS 30 MINUTES BEFORE MEALS 2 X DAY**