

NUTRITION SUPPORT PROTOCOL

Lifestyle Recommendations:

- Correct microbiome imbalances.
- In addition to alcohol, avoid NSAIDs (non-steroidal anti-inflammatory drugs), sugar, and processed food consumption during the healing phase of the gastrointestinal tract.
- Test for food intolerances and avoid foods that trigger a response for a specified amount of time according to an IgG food sensitivity test.
- Address and reduce chronic stress (may need biofeedback, deep breathing, recreation, meditation, yoga, prayer, proper sleep, etc.).
- Resolve constipation (use PaleoFiber® if needed) and drink plenty of purified water daily.
- Chew all food thoroughly and eat in peaceful, unhurried and uncluttered conditions.
- Get moderate exercise daily - start with 30 minutes of brisk walking in the sunlight during the day.

Dietary Tips and Caveats:

- Start a basic elimination diet to remove main triggers such as gluten, dairy, soy, corn, sugar and eggs. Eliminate the specific food for 21 days and then reintroduce one food at a time on every 4 days. Record the reactions in a food journal to pinpoint foods that personally cause responses like intestinal aches, fatigue and gas.
- It is best to avoid all gluten-containing foods in order to heal the gut lining (and not reintroduce it after the 21 day basic elimination diet).
- Avoid excessive consumption of coffee, black tea, and sodas.
- Consume organic fruits and vegetables and free range, hormone and antibiotic-free meat and poultry. Use Betaine HCl and/or digestive enzymes (such as Digestzymes™ or Plant Enzyme Digestive Formula) to help digest meat.
- Avoid sugar and artificially sweetened products. Replace sugar with the polyol sugar, xylitol, or with stevia.
- Concentrate on fish and foods high in omega-3 fatty acids and low in mercury, such as salmon, mackerel, and sardines.
- Avoid hydrogenated oils, fried foods, and plant oils such as corn oil, soybean oil, safflower oil and sunflower oil high in linoleic acid.
- Avoid foods to which you are allergic or sensitive; avoid exposure to environmental allergens.
- Eat 5-9 servings of fresh fruits and vegetables daily, preferably organic, OR add one heaping tablespoon of PaleoGreens™ and/or PaleoReds™ to water or a beverage to help get sufficient fruit and vegetable servings.

Supplement Recommendations:

GI-Revive™	1 TBSP per day on an empty stomach
Tegricel® Colostrum	1 capsule twice per day before a meal
ProbioMed™ 100 OR FloraMyces™	1 capsule per day with a meal 1-2 capsules per day
OmegAvail™ Liquid	1 tsp per day

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