



## **ACNE**

### **Nutritional Support Protocol**

#### **Lifestyle Recommendations:**

1. Practice good sleep habits and get between 8-9 hours of sleep a night. Take the "Are You Getting Enough Sleep?" questionnaire and follow the Insomnia Nutritional Support Protocol if needed.
2. Avoid or reduce stress as much as possible. Consider testing your adrenal stress index, if warranted.
3. Participate in a regular balanced exercise program that includes wearing a pedometer to ensure that you collect steps and move more. High intensity short bursts (20-60 seconds) of activity during the day is recommended to enhance growth hormone release. Also engage in resistance training that works all major muscle groups (work each group at least 2 times a week).
4. Practice good facial hygiene (i.e. keep your hands off your face, wash and moisturize your face before going to bed every night, don't wear make-up when exercising and use hypoallergenic/non-comedogenic skin care products).
5. Use moist saunas to detoxify the skin on a regular basis.

#### **Dietary Recommendations:**

1. Choose lean, clean, quality protein at each meal (including fish, poultry and lean meat).
2. Emphasize omega 3 fatty acids (salmon, mackerel, herring, tuna) and omega 9 fats (olive oil, olives, almonds, hazelnuts, avocados, macadamia oil and coconut oil).
3. Eat 5-9 servings of fresh fruits and vegetables daily OR add one heaping tablespoon of PaleoGreens and PaleoReds to your favorite drink.
4. Substitute complex carbohydrates (non-starchy vegetables and whole grains) for refined and simple carbohydrates.
5. Limit or avoid trans fatty acids (hydrogenated vegetable oil, margarine and shortening) and fried foods. Cook with olive oil at a low heat.
6. Drink at least 64 ounces of filtered, bottled or non-chlorinated water every day. In addition, drink 2-3 cups of naturally decaffeinated green tea daily.
7. Eliminate or reduce dairy products.

#### **Supplement Recommendations:**

In addition to the core nutrient program recommended by your Health Care Professional and/or from the results of your most recent Designs for Health Metabolic Profile:

#### **Ultimate Antiox**

##### **Full Spectrum:**

1 capsule three times a day

##### **Probiotic Synergy Probiospheres:**

1 sphere per day with breakfast

##### **Zinc Supreme:**

1-3 capsules per day (per zinc taste test)

##### **Acnutrol Capsules/Gel:**

6 capsules per day or gel 3 times per day

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