



ALZHEIMER'S

Nutritional Support Protocol

Lifestyle Recommendations:

1. Avoid alcohol and any over the counter medications unless prescribed by your doctor.
2. 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 are 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).
3. Avoid exposure to chemicals including skincare and hair care products such as Grecian Formula (contains lead), lipstick (contains aluminum), deodorant (aluminum), cleaning products and artists paints.
4. Do mental exercises such as Brain Gym or crossword puzzles.

Dietary Recommendations:

1. Avoid or limit caffeine, alcohol and other potentially neurotoxic compounds like aspartame and MSG.
2. Avoid pesticides, herbicides and chemicals by eating organic fruits and vegetables.
3. Stabilize blood sugar by eating protein at every meal, 3 times per day. Hypoglycemia, the lack of glucose, can damage brain cells.
4. Drink purified water, at least 8 glasses per day.
5. Eat 5-9 servings of fresh fruits and vegetables daily OR add one heaping tablespoon of PaleoGreens™ and PaleoReds™ to your favorite drink.
6. Replace sugar with the polyol sugar xylitol.
7. Carry PaleoBars™ with you throughout the day to prevent missing meals or snacks.

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:

Brain Vitale™: 1/2 teaspoon powder (in water or juice) with breakfast and lunch, 1 teaspoon per day OR 2 capsules with breakfast and lunch, 4 capsules per day

Stabilized R-Lipoic Acid

Supreme: 1 capsule with breakfast
XanthOmega™ Krill Oil: 2 softgels per day with breakfast
Q-Avail™ VS 200mg: 1-2 softgels per day
MCT Colada™: 2 teaspoons, 2-3 times per day
NeuroMag™: 1 capsule, 3 times a day

Note: Removal of heavy metals may be necessary.

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