



ANABOLIC

Nutritional Support Protocol

Lifestyle Recommendations:

1. Control stress and avoid extra obligations. Check adrenal function.
2. Avoid smoking and alcohol consumption.
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). Avoid over-training. It helps to include calming exercise such as yoga, tai chi, and stretching.
4. Avoid consumption of allergic foods. Check with DFH Comprehensive Metabolic Profile.
5. Practice good sleep habits and get between 8-9 hours of sleep a night for recovery. Take the "Are You Getting Enough Sleep?" questionnaire and follow the Insomnia Nutritional Support Protocol if needed.

Dietary Recommendations:

1. Avoid all sugars including fruit and fruit juices. Replace sugar with the polyol sugar xylitol.
2. Avoid white flour and all refined carbohydrates including cereals and pasta especially those that are made with yeast such as bread, bagels and English muffins.
3. Get a balance of omega 3's (salmon, mackerel, herring, sardines) and omega 9 fats (olive oil, olives, almonds, hazelnuts, avocados).
4. Stabilize blood sugar by eating protein at every meal including fish, chicken and lean meat.
5. Avoid hydrogenated vegetable oils and fried foods.
6. Cook with olive oil at a low heat.
7. 1-2 scoops of PaleoMeal after workouts will aid muscle gain.
8. Do not skip meals.
9. Dose protein per ideal FFM (fat free mass) goals - 3/4-1g per lb. of ideal FFM.

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:

WheyCool™:	1-3 servings per day
KreAlkalyn Pro™:	1-2 capsules per day
L-Glutamine:	1 tsp of powder daily or 2 caps with breakfast and dinner
Chromium Synergy:	1 capsule with breakfast, lunch and dinner, 3 per day
Phosphatidylserine:	2 capsules with each meal or 1 tsp powder
GPC Liquid:	2 ml (approx. 2 droppers full)

If still needed:

CLA:	1 softgel with breakfast, lunch and dinner, 3 per day
Carnitine Synergy:	2-4 capsules before and after each workout (2-4 grams daily or more)
Zinc Supreme:	2 capsules daily (upon failing Zinc Challenge Taste Test)

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