



ANXIETY

Nutritional Support Protocol

Lifestyle Recommendations:

1. Control stress and avoid extra obligations.
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). It helps to include calming exercise such as yoga, tai chi, and stretching.
4. Avoid consumption of known or suspected food allergies. Check IgG on DFH Comprehensive Metabolic Profile.
5. Check adrenal function. Identify lifestyle issues with the DFH Stress Quiz.
6. 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.

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. Avoid caffeine and diet sodas.
4. Get a balance of omega 3's (salmon, mackerel, herring, sardines) and omega 9 fats (olive oil, olives, almonds, hazelnuts, avocados).
5. Stabilize blood sugar by eating protein at every meal including fish, chicken and lean meat.
6. Avoid hydrogenated vegetable oils and fried foods.
7. Cook with olive oil or macadamia nut oil at a low heat.
8. Snack on vegetables and small amounts of almonds, olives, avocado, celery with almond butter, PaleoBars and Brain Power Sours.
9. Do not skip meals.
10. Eat 5-9 servings of fresh fruits and vegetables daily OR add one heaping tablespoon of PaleoGreens and PaleoReds to your favorite drink.
11. Carry PaleoBars with you to prevent missing snacks throughout the day.

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:

CatecholaCalm:	2 capsules twice per day
StressArrest:	1-4 capsules per day
Inositol Powder:	1-3 teaspoons at bedtime
Taurine Capsules:	1 capsule twice per day
Lithium Synergy:	1 capsule twice per day

THIS INFORMATION IS PROVIDED FOR THE USE OF PHYSICIANS AND OTHER LICENSED HEALTH CARE PRACTITIONERS ONLY. THIS INFORMATION IS INTENDED FOR PHYSICIANS AND OTHER LICENSED HEALTH CARE PROVIDERS TO USE AS A BASIS FOR DETERMINING WHETHER OR NOT TO RECOMMEND THESE PRODUCTS TO THEIR PATIENTS. THIS MEDICAL AND SCIENTIFIC INFORMATION IS NOT FOR USE BY CONSUMERS. THE DIETARY SUPPLEMENT PRODUCTS OFFERED BY DESIGNS FOR HEALTH ARE NOT INTENDED FOR USE BY CONSUMERS AS A MEANS TO CURE, TREAT, PREVENT, DIAGNOSE, OR MITIGATE ANY DISEASE OR OTHER MEDICAL CONDITION.