



ARRHYTHMIAS

Nutritional Support Protocol

Dietary Recommendations:

1. Avoid all sugars. Replace sugar with the polyol sugar xylitol.
2. Avoid white flour and all refined carbohydrates including cereals and pasta.
3. Get a balance of omega 3's (salmon, mackerel, herring, sardines) and omega 9 fats (olive oil, olives, almonds, hazelnuts, avocados).
4. Choose lean, clean quality protein at each meal such as chicken breast, turkey breast, lean beef, fish (especially salmon), eggs and whey protein.
5. Avoid hydrogenated vegetable oils and fried foods.
6. Cook with olive oil at low heat.
7. Snack on vegetables and small amounts of nuts, olives or avocado.
8. It is important to consume adequate amounts of antioxidants which can be obtained daily through 5-9 servings of vegetables and fruit (fruits must be limited to 1 -2 per day due to sugar content). If you are unable to get in 5-9 servings of vegetables & fruit you can take 1-2 tablespoons of PaleoGreens and PaleoReds.

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:

Taurine Capsules:	2 or more caps per day
K+2 Potassium:	1 capsule with breakfast and dinner
OmegAval Ultra:	1 softgel twice daily

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