



## **ASTHMA**

### **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 extra stress and obligations.
3. Check for heavy metal toxicity, overgrowth of candida albicans, viral or bacterial infections, or parasites.
4. Check liver and adrenal function.
5. Check AA:EPA ratio.

#### **Dietary Recommendations:**

1. Avoid wheat products and yeast containing foods such as bread and bagels.
2. Avoid sugar and sweetened products. Replace sugar with the polyol sugar xylitol.
3. Concentrate on fish and foods high in omega 3 fatty acids such as salmon, mackerel, and halibut.
4. Avoid allergic foods (commonly wheat and dairy products). Check IgG using DFH Comprehensive Metabolic Profile.
5. Eat protein at every meal to stabilize blood sugar levels.
6. Eat 5-9 servings of fresh fruits and vegetables daily OR add one heaping tablespoon of PaleoGreens and PaleoReds to your favorite drink.
7. 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:

<b>OmegAval Ultra:</b>	2 softgels per day
<b>Ultra Lemon MSM:</b>	2-6 grams per day in divided doses, 1-3 tsp powder
<b>Grape Seed Supreme:</b>	1 capsule with each meal, 3 per day
<b>Quercetin-Ascorbate Powder:</b>	1/2 teaspoon 3 times per day
<b>C3 Curcumin Complex:</b>	1 capsule twice a day, 2 per day
<b>Pulmonary Revive:</b>	3 capsules per day

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