



## **BREAST CANCER RISK REDUCTION**

### **Nutritional Support Protocol**

#### **Lifestyle Recommendations:**

1. Avoid negativity and worrying.
2. Pray/meditate daily.
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).
4. 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.
5. Maintain ideal weight and body composition.

#### **Dietary Recommendations:**

1. Avoid pesticides and herbicides by buying organic foods.
2. Avoid hormone injected meats and poultry. Choose organic whenever possible.
3. Avoid damaged fats including fried foods and hydrogenated oils including margarine.
4. Drink 8 glasses of purified water daily to help remove toxins.
5. Eat 5-9 servings of organic fresh fruits and vegetables daily (raw when possible) OR add one heaping tablespoon of PaleoGreens and PaleoReds to your favorite drink for extra antioxidant support.
6. Replace sugar with the polyol sugar xylitol.
7. Carry PaleoBars with you to prevent missing snacks throughout the day.
8. Consume a few tablespoons of freshly ground flaxseeds (flaxmeal) daily.
9. Use herbs in cooking.

#### **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:

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| <b>DIM•Avail:</b>            | 1 softgel with breakfast, 1 per day           |
| <b>BroccoProtect™:</b>       | 1 capsule with breakfast, 1 per day           |
| <b>EGCg:</b>                 | 1 tablet with breakfast and lunch, 2 per day  |
| <b>Grape Seed Supreme:</b>   | 1 capsule with breakfast and lunch, 2 per day |
| <b>Annatto Tocotrienols:</b> | 2 capsules after dinner, 2 per day            |
| <b>Vitamin D Synergy:</b>    | 1 capsule daily                               |

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