



## **CHRONIC FATIGUE (CFS)**

### **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 Insomnia Nutritional Support Protocol if needed.
2. Avoid extra stress and obligations. Take long vacations.
3. Check for heavy metal toxicity, overgrowth of candida albicans, viral or bacterial infections, or parasites.
4. Rule out hypothyroidism, hypoglycemia, anemia, and weak adrenal function.

#### **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 sardines.
4. Avoid allergenic foods.
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>Adrenotone:</b>	1 with each meal, 3 per day
<b>K+2 Potassium:</b>	2 capsules per day
<b>Lipoic Acid Supreme:</b>	1 capsule with breakfast
<b>Ribo-CarniClear:</b>	1 teaspoon in water daily
<b>Mitochondrial NRG:</b>	2 capsules twice per day with meals
<b>Mito-PQQ:</b>	1 capsule 2x a day

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