



COLD/FLU

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 stress and over obligating yourself.
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).

Dietary Recommendations:

1. Eat 5-9 servings of fresh fruits and vegetables daily OR add one heaping tablespoon of PaleoGreens and PaleoReds to your favorite drink.
2. Replace sugar with the polyol sugar xylitol. (Sugar suppresses the immune system.)
3. Carry PaleoBars with you to prevent missing snacks throughout the day.
4. Drink 8 glasses a day of purified water. Stay hydrated!
5. Optimal protein is essential for our immune system. Eat protein at every meal such as fresh fish, poultry or lean red meat. Dosing is 3/4 to 1g per pound of FFM (fat free mass).

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:

Immunitone Plus:	2 capsules with each meal, 6 per day
OR ImmunoBerry Liquid:	35 drops (1 mL) every 4-6 hours
Ginger-Tussin Syrup:	1/2 tsp every 4-6 hours as needed for cough and/or sore throat
C+Bio Fizz:	1 tsp with each meal, 3 tsp per day (or per C Flush needs)
Olive Leaf Extract:	1 capsule with each meal, 3 per day
Zinc Supreme:	1-3 capsules per day (perform Zinc Challenge test often)
N-Acetyl-Cysteine:	2 per day, 1 with breakfast and dinner
Silvercillin Liquid:	2 Tablespoons 3 times per day

If active and significant flu symptoms are present, dosages can be increased up to two times what is suggested in the above protocol.

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