



## **CONGESTIVE HEART FAILURE**

### **Nutritional Support Protocol**

#### **Lifestyle Recommendations:**

1. Avoid stress and extra obligations.
2. Avoid alcohol consumption and smoking.
3. Consult with your doctor about exercise.
4. Avoid all over the counter medications unless prescribed by your physician.

#### **Dietary Recommendations:**

1. Avoid sugar and especially high fructose corn syrup. Replace sugar with the polyol sugar xylitol.
2. Limit starchy carbohydrates such as potatoes, pasta, rice, bread, crackers, etc.
3. Eat protein at every meal emphasizing salmon, mackerel, herring, sardines and sardines.
4. Avoid hydrogenated vegetable oils and fried foods.
5. Cook with olive oil at a low heat.
6. Snack on vegetables and small amounts of nuts, olives or avocado.
7. Eat 5-9 servings of fresh fruits and vegetables daily OR add one heaping tablespoon of PaleoGreens and PaleoReds to your favorite drink.
8. Carry PaleoBars with you to prevent missing snacks throughout the day.
9. Eat garlic daily or take Allicillin daily (Allicin from garlic).

#### **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>CarniClear Liquid:</b>	Build slowly up to 1 teaspoon per day
<b>D-Ribose:</b>	1 teaspoon (5 grams) daily in water
<b>*Q-Avail VS 200mg:</b>	1-2 softgels per day
<b>Taurine Capsules:</b>	3 capsules per day
<b>Magnesium Malate Chelate:</b>	1 tablet with each meal

\*Nutrient testing recommended to ensure proper levels of CoQ10.

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