



CORTISOL CONTROL

Nutritional Support Protocol

Lifestyle Recommendations:

1. Control stress and avoid extra obligations. Take Stress Quiz to identify areas to work on.
2. Avoid caffeine and caffeine containing medications including aspirin and other analgesics.
3. Avoid weight loss products containing stimulants even if they are naturally from plants.
4. Avoid smoking and alcohol consumption.
5. Exercise daily to improve the body's response to stress. 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).
6. Practice good sleep habits and get between 8-9 hours of sleep a night. Use the Insomnia Nutritional Support Protocol if necessary.

Dietary Recommendations:

1. Eat protein at every meal to stabilize blood sugar levels.
2. Avoid sugar, refined carbohydrates and hydrogenated vegetable oils.
3. Replace sugar with the polyol sugar xylitol.
4. Avoid known food allergens.
5. Eat a diet high in omega 3 fats including fish such as salmon, mackerel and sardines.
6. Drink plenty of water daily and eat fresh fruits and vegetables.
7. Avoid fried foods.
8. Eat 5-9 servings of fresh fruits and vegetables daily OR add one heaping tablespoon of PaleoGreens and PaleoReds to your favorite drink.
9. 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:

Adrenotone:	1 capsule with each meal, 3 per day
Phosphatidylserine:	1 capsule with each meal, 3 per day
StressArrest:	1 capsule with each meal, 3 per day
C+BioFizz:	1 tsp or per Vitamin C Flush needs

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