



DEPRESSION

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.
3. Rule out heavy metal toxicity, overgrowth of candida albicans, and hormone imbalance.
4. Rule out hypothyroidism, hypoglycemia, and weak adrenal function.
5. Avoid smoking and alcohol consumption.
6. 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).
7. Check neurotransmitter function with DFH Comprehensive Metabolic Profile.

Dietary Recommendations:

1. Whey protein or other quality protein is essential at every meal to stabilize blood sugar levels.
2. Avoid sugar and sweetened products. Replace sugar with the polyol sugar xylitol.
3. Gluten and dairy avoidance may prove extremely helpful for stabilizing moods.
4. Concentrate on fish and foods high in omega 3 fatty acids such as salmon, mackerel, and sardines.
5. Avoid allergic foods.
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:

Brain Vitale™ Capsules or Powder: 2 capsules per day or 1/2 teaspoon per day
Ultra B12-Folate: 2 capsules per day
XanthOmega Krill Oil: 2 softgels per day
5-HTP Supreme: 1-3 capsules per day
Lithium Synergy: 1 capsule twice per day

Note: Serum lithium levels should be monitored by a qualified health care practitioner during use.

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