



DIABETES

Nutritional Support Protocol

Lifestyle Recommendations:

1. Avoid stress and extra obligations.
2. Avoid alcohol consumption and smoking.
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 are 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).
4. Check blood vitamin D levels. Supplement with Vitamin D Synergy, 2 or more per day, until optimal levels are reached: 50-100 ng/ml.
5. 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.

Dietary Recommendations:

1. Avoid all sugars. Replace sugar with the polyol sugar xylitol.
2. Avoid white flour and all refined carbohydrates including cereals and pasta.
3. Get a balance of omega 3s (salmon, mackerel, herring, sardines) and omega 9 fats (olive oil, olives, almonds, hazelnuts, avocados).
4. Choose lean, clean quality protein at each meal such as chicken breast, turkey breast, lean beef, fish (especially salmon and sardines), eggs and whey protein.
5. Avoid hydrogenated vegetable oils and fried foods.
6. Cook with olive oil at a low heat.
7. Snack on vegetables and small amounts of nuts, olives or avocado.
8. Eat 5-9 servings of fresh fruits and vegetables daily (fruits must be limited to 1 -2 per day due to sugar content) 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:

Metabolic Synergy™:	2 with each meal, 6 per day
OmegAvail™ Ultra:	2 capsules per day
CLA:	1 with each meal, 3 per day
GlucoSupreme™ Herbal:	1 capsule 3 times per day

*Have serum lipids checked every year. Use nutritional and supplement protocols to lower lipids to reduce cardiovascular disease complications if necessary.

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