



ENDOMETRIOSIS

Nutritional Support Protocol

Lifestyle Recommendations:

1. Check for hormonal imbalance and correct with natural hormones from a compounding pharmacy.
2. Control stress and avoid extra obligations.
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).
4. Get adequate sleep each night. Take the "Are You Getting Enough Sleep?" questionnaire and follow Insomnia Nutritional Support Protocol if needed.

Dietary Recommendations:

1. Eat only hormone-free meats, poultry and dairy products.
2. Avoid caffeine, sugar, fried foods and excessive alcohol consumption.
3. Avoid hydrogenated vegetable oils.
4. Drink 8 glasses of purified water daily.
5. Eat 5-9 servings of fresh fruits and vegetables daily OR add one heaping tablespoon of PaleoGreens and PaleoReds to your favorite drink.
6. Choose organic foods whenever possible.
7. Replace sugar with the polyol sugar xylitol.
8. 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:

GLA 240:	1 softgel with breakfast, lunch and dinner, 3 per day
B Supreme:	1 capsule with breakfast and lunch, 2 per day
XanthOmega Krill Oil:	1 softgel with breakfast and dinner, 2 per day
Phosphatidylcholine:	1 capsule with breakfast, lunch and dinner, 3 per day
Inositol Capsules:	1 capsule with breakfast, lunch and dinner, 3 per day
Adrenotone:	1 capsule with breakfast, lunch and dinner, 3 per day
DIM•Avail:	1-2 capsules with meals
FemGuard+ Balance:	2 capsules twice per day with meals
BroccoProtect:	1 capsule twice per day

THIS INFORMATION IS PROVIDED FOR THE USE OF PHYSICIANS AND OTHER LICENSED HEALTH CARE PRACTITIONERS ONLY. THIS INFORMATION IS INTENDED FOR PHYSICIANS AND OTHER LICENSED HEALTH CARE PROVIDERS TO USE AS A BASIS FOR DETERMINING WHETHER OR NOT TO RECOMMEND THESE PRODUCTS TO THEIR PATIENTS. THIS MEDICAL AND SCIENTIFIC INFORMATION IS NOT FOR USE BY CONSUMERS. THE DIETARY SUPPLEMENT PRODUCTS OFFERED BY DESIGNS FOR HEALTH ARE NOT INTENDED FOR USE BY CONSUMERS AS A MEANS TO CURE, TREAT, PREVENT, DIAGNOSE, OR MITIGATE ANY DISEASE OR OTHER MEDICAL CONDITION.