



FIBROMYALGIA (CLASSIC)

Nutritional Support Protocol

Lifestyle Recommendations:

1. Avoid stress and extra obligations.
2. Work with your doctor on a balanced exercise program that includes wearing a pedometer to ensure that you collect steps and move more, putting in high intensity short bursts (20-60 seconds) of activity during the day to enhance growth hormone release and engaging in resistance training that works all major muscle groups (work each group at least 2 times a week).
3. Avoid corticosteroids and NSAIDS (if possible).
4. Avoid alcohol consumption and caffeine.

Dietary Recommendations:

1. Avoid gluten and dairy products.
2. Avoid sugar and hydrogenated oils. Replace sugar with the polyol sugar xylitol.
3. Avoid refined and processed foods.
4. Avoid omega 6 oils such as safflower, sunflower, corn and soybean oil.
5. Eat omega 3 anti-inflammatory foods such as salmon, mackerel and sardines.
6. Consume green drinks or fresh vegetable juices.
7. Helpful teas are chamomile, green tea, slippery elm.
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:

5-HTP Supreme:	1 capsule 3 times per day
SAME:	1-2 per day
Q-Avail VS 200mg:	1 gel cap per day
B Supreme:	2 capsules per day
CatecholaCalm:	2 caps two to three times daily

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