



FIBROMYALGIA (PSEUDO)

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. Put in high intensity short bursts (20-60 seconds) of activity during the day to enhance growth hormone release and engage 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).

Dietary Recommendations:

1. Avoid gluten and dairy products.
2. Avoid sugar and hydrogenated oils. Replace sugar with the polyol sugar xylitol.
3. Avoid alcohol consumption and caffeine.
4. Avoid refined and processed foods.
5. Avoid omega 6 oils such as safflower, sunflower, corn and soybean oil.
6. Eat omega 3 anti-inflammatory foods such as salmon, mackerel and sardines.
7. Consume green drinks or fresh vegetable juices.
8. Helpful teas are chamomile, green tea, slippery elm.
9. Eat 5-9 servings of fresh fruits and vegetables daily OR add one heaping tablespoon of PaleoGreens to your favorite drink.
10. Carry PaleoBars with you to prevent missing snacks throughout the day.

Supplement Recommendations:

Protocol dependent on actual problem

(ie: thyroid, adrenal, mitochondrial, G.I., anemia, etc.)

To support these diagnoses:

Hypothyroidism:	Thyroid Synergy:	2 capsules per day
Hypoadrenia:	Adrenotone:	2 to 4 capsules per day
Mitochondrial Dysfunction:	Q•Avail™ VS 200mg:	2 per day
	Carnitine Synergy:	4 per day
	Lipoic Acid Supreme:	1 per day
	B Supreme:	2 per day
	Mitochondrial NRG:	2 caps 2 times per day
Anemia:	Ultra B12-Folate:	1 per day
	Ferrochel Iron Chelate:	2 capsules per day
Gastrointestinal Clean Up:	OmegAvail Synergy:	2 softgels daily
	GI Revive Powder:	2 servings daily

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