



## **GASTRITIS**

### **Nutritional Support Protocol**

#### **Lifestyle Recommendations:**

1. Control stress and avoid extra obligations.
2. Avoid smoking and alcohol consumption.
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. Practice good sleep habits and get between 8-9 hours of sleep a night. Take the "Are You Getting Enough Sleep?" questionnaire and follow the Insomnia Nutritional Support Protocol if needed.
5. Avoid antibiotics unless prescribed by your medical professional.

#### **Dietary Recommendations:**

1. Eliminate all coffee, tea, soda and other acidic and spicy foods
2. Avoid all grains including wheat, rye, oats, barley, spelt, kamut, buckwheat, bulgur, amaranth, quinoa, teff (crackers, cookies, bread and pastries).
3. Avoid dairy products. Goat's milk and cheese from goat's milk may be acceptable if you are not sensitive to them.
4. Avoid all supplements that use black papper extract, also called Piperine.
5. Avoid sugar and sweetened products. Replace sugar with the polyol sugar xylitol.
6. Avoid carageenan containing products since this can irritate the GI tract.
7. Avoid any known food allergies. Test with DFH Comprehensive Metabolic Profile.
8. Avoid all foods that cause diarrhea.
9. Eat 5-9 servings of fresh fruits and vegetables daily OR add one heaping tablespoon of PaleoGreens and PaleoReds to your favorite drink.
10. 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:

**GastroMend-HP:** 2 caps twice daily on empty stomach

**Tegricel Colostrum:** 1 capsule twice daily

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