



HEAVY METAL REMOVAL PROTOCOL®

Nutritional Support Protocol

Lifestyle Recommendations:

1. Avoid alcohol and any over the counter medications unless prescribed by your doctor especially Tylenol (Acetaminophen).
2. Participate in a regular balanced exercise program to increase circulation 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).
3. Avoid exposure to chemicals including skincare and hair care products such as Grecian Formula (contains lead), lipstick (contains aluminum), standard deodorants (aluminum) even cleaning products and artists paints.

Dietary Recommendations:

1. Avoid NutraSweet and other artificial sweeteners. Replace sugar with stevia or the polyol sugar xylitol.
2. Avoid pesticides, herbicides and chemicals by eating organic fruits and vegetables.
3. Avoid grapefruit. Other fruits and vegetables are recommended especially beets, dandelion greens, beet juice, cabbage juice and tomato juice.
4. 1 heaping tablespoon of PaleoGreens and PaleoReds twice per day is highly recommended.
5. Drink purified water, at least 8 glasses per day.
6. Avoid coffee and soda. Drink naturally decaffeinated green tea.
7. Avoid processed meats and hydrogenated vegetable oils.
8. Aim to include frequently the following sulfur containing foods, garlic, broccoli, onions, cauliflower, and eggs.
9. Increase dietary fiber. Consider taking PaleoFiber to 50 grams total or more per day to prevent heavy metal gut re-absorption and/or if constipation occurs.

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:

Metal-X Synergy:	2 capsules after each meal
Lipoic Acid Supreme:	1 capsule after breakfast or dinner
Detox Antiox:	1 capsule after each meal
NAC (N-Acetyl Cysteine):	1 after breakfast or dinner
Amino-D-Tox:	2 capsules after each meal, 6 per day
LV/GB Complex:	1 capsule after each meal

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