



HIV

Nutritional Support Protocol

Lifestyle Recommendations:

1. 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.
2. Avoid extra stress and obligations.
3. Avoid over the counter medications.
4. Avoid alcohol and drugs.
5. Quit smoking.
6. Do Zinc Challenge. Correct for zinc deficiency using Zinc Supreme.

Dietary Recommendations:

1. Eat 5-9 servings of fresh fruits and vegetables daily OR add one heaping tablespoon of PaleoGreens and PaleoReds to your favorite drink.
2. Eat 3 balanced meals daily with extra protein between meals such as a PaleoMeal shake or PaleoBar.
3. Drink plenty of water.
4. Avoid sugar and sweetened products. Replace sugar with the polyol sugar xylitol.
5. Concentrate on fish and foods high in omega 3 fatty acids such as salmon, mackerel, and sardines.
6. Avoid allergic foods.
7. Eat protein at every meal to stabilize blood sugar levels and to help build muscle and immune system.
8. Consider taking vitamin C daily to bowel tolerance (C + BioFizz™ or Buffered Vitamin C).

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:

Allicillin™:	2 per meal, 6 per day
Detox Antiox™:	1 per meal, 3 per day
Ultimate Antioxidant Full Spectrum:	1 per meal, 3 per day
Stabilized R-Lipoic Acid Supreme:	1 per day with breakfast
Carnitine Synergy™:	2 per meal, 6 per day
Silvecillin Liquid:	2 tablespoons 3 times per day

For Cachexia:

Glutamine Powder:	1 or more tsp per day in water or juice
PaleoMeal™ Powder:	1 or more scoops per day in water, milk or juice
Zinc Supreme™:	1 with breakfast and lunch

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