



HEPATITIS C

Nutritional Support Protocol

Lifestyle Recommendations:

1. Avoid exposure to chemicals both in the home and out of the home.
2. 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).
3. Avoid medications such as corticosteroids and NSAIDS (if possible).

Dietary Recommendations:

1. Avoid pesticides and herbicides by buying organic produce.
2. Avoid hormone injected meats and poultry. Buy hormone-free, free-range meat.
3. Eat 5-9 servings of organic raw fruits and vegetables daily OR add one heaping tablespoon of PaleoGreens and PaleoReds to your favorite drink.
4. Avoid fried foods and hydrogenated oils including margarine.
5. Drink 8 glasses of purified water daily to help remove toxins.

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:

Immunitone:	1 with breakfast, lunch and dinner, 3 per day
LV-GB Complex:	1 with breakfast, lunch and dinner, 3 per day
Amino-D-Tox:	1 with breakfast, lunch and dinner, 3 per day
C + BioFizz:	1 tspn with each meal, 1 tablespoon per day
Silvercillin Liquid:	2 tablespoons 3 times per day
Hepatatone Plus:	2 capsules 3 times per day

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