



## **HOMOCYSTEINE LOWERING**

### **Nutritional Support Protocol**

#### **Lifestyle Recommendations:**

1. Avoid stress and extra obligations.
2. Avoid alcohol consumption and smoking.
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. Avoid pain killers and other medications unless absolutely necessary. Many medications interfere with B vitamin status.

#### **Dietary Recommendations:**

1. Getting adequate vitamins B6, B12 and folic acid is critical to lowering homocysteine levels.
2. Avoid hydrogenated oils, sugar and fried foods. Replace sugar with the polyol sugar xylitol.
3. Drink 8 glasses of purified water daily.
4. Eat 3-5 servings of vegetables daily and 1 - 2 fruits daily. If you are unable to get in 3-5 servings of vegetables & fruit you can take 1-2 tablespoons of PaleoGreens and PaleoReds.

#### **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:

**Homocysteine Supreme:**      2-3 capsules twice a day

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