



HORMONE IMBALANCE

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. Rule out heavy metal toxicity and adrenal insufficiency.
4. Check for hypothyroidism and hypoglycemia.
5. Avoid smoking and alcohol consumption.
6. 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).

Dietary Recommendations:

1. Whey protein or other quality protein source (chicken, fish, eggs, meat) is essential at every meal to stabilize blood sugar levels.
2. Avoid sugar and sweetened products. Replace sugar with the polyol sugar xylitol.
3. Gluten and dairy avoidance may prove extremely helpful for stabilizing moods.
4. Avoid omega 6 oils such as soybean oil, corn oil, safflower oil and concentrate on omega 3 oils from flax seed, salmon, sardines, sardines or mackerel.

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:

FemGuard+ Balance:	2 with breakfast and 2 with dinner, 4 per day
Pregnenolone CRT:	1 tablet per day
Zinc Supreme:	1 with breakfast and lunch, 2 per day
DIM•Avail:	1-2 capsules per day
BroccoProtect:	1 capsule per day

If needed for fluid retention:

Water Ease: 1 with breakfast and 1 with lunch, 2 per day

If needed for fluid retention:

Inositol Powder: 1 tspn. in water at bedtime

THIS INFORMATION IS PROVIDED FOR THE USE OF PHYSICIANS AND OTHER LICENSED HEALTH CARE PRACTITIONERS ONLY. THIS INFORMATION IS INTENDED FOR PHYSICIANS AND OTHER LICENSED HEALTH CARE PROVIDERS TO USE AS A BASIS FOR DETERMINING WHETHER OR NOT TO RECOMMEND THESE PRODUCTS TO THEIR PATIENTS. THIS MEDICAL AND SCIENTIFIC INFORMATION IS NOT FOR USE BY CONSUMERS. THE DIETARY SUPPLEMENT PRODUCTS OFFERED BY DESIGNS FOR HEALTH ARE NOT INTENDED FOR USE BY CONSUMERS AS A MEANS TO CURE, TREAT, PREVENT, DIAGNOSE, OR MITIGATE ANY DISEASE OR OTHER MEDICAL CONDITION.