



## **HYPERTENSION**

### **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 stimulants such as ephedra, guarana and caffeine.
5. Check for cadmium toxicity.
6. Test heavy metal levels and detoxify if indicated.

#### **Dietary Recommendations:**

1. Eat 4 fresh celery sticks every day. Include fresh garlic and onions in your diet.
2. If needed, add PaleoFiber to reach the recommended 50 grams of fiber per day. Gradually increase your fiber intake up to this dose. Be sure to increase your water intake as well.
3. Consume 10 servings of vegetables/fruits every day (6 vegetables and 4 fruits). Use dark berries such as blueberries, blackberries, strawberries, cranberries, boysenberries and red grapes (½ cup of fruit = 1 serving). Add 1-2 servings of PaleoGreens and PaleoReds daily, if you are unable to get all 10 servings from food alone.
4. Increase the amount of omega 3 fatty acids in your diet (i.e. large cold water fish), green leafy vegetables, walnuts and pumpkin seeds, decrease saturated fat avoid trans fatty acids (hydrogenated margarines and vegetable oils) and increase monounsaturated fats (olive oil and olives).
5. Avoid artificial sweeteners, aspartame, Splenda® and saccharin (Equal®, NutraSweet®); use stevia, cinnamon and xylitol as sweeteners (½ teaspoon 2-3 times per day).
6. Drink at least 100 ounces of filtered, bottled or distilled water every day. In addition, drink 2-3 cups of green tea (naturally decaffeinated).

#### **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:

**HTN Complex:** 2 capsules twice per day (maintenance support protocol)

#### **Intensive Add:**

##### **Magnesium Malate**

**Chelate:** 1 tablet twice per day

**Q•Avail VS 200mg:** 1 softgel per day

**Arginine:** 2 capsules twice per day

**K+2 Potassium:** 2 capsules twice per day

**OmegAvail Ultra:** 2 softgels twice per day

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