



LACTOSE INTOLERANCE

Nutritional Support Protocol

Lifestyle Recommendations:

1. Avoid use of aspirin and NSAIDS.
2. Avoid constipation (use PaleoFiber if needed) and drink 8 glasses of purified water daily.
3. Completely avoid all known food allergens. Test with DFH Comprehensive Metabolic Profile.
4. Control stress (may need biofeedback, deep breathing, recreation, meditation, yoga, prayer, proper sleep, etc.).
5. Practice good sleep habits and get between 8-9 hours of sleep a night. Take the "Are You Getting Enough Sleep?" questionnaire and follow Insomnia Nutritional Support Protocol if needed.

Dietary Recommendations:

1. Eliminate or avoid/limit dairy products (milk, cheese, yogurt, ice cream, etc.).
2. Eat plenty of dark green leafy vegetables.
3. For the most lactose-sensitive (keep in mind each individual has a different level of lactose intolerance), carefully study food labels for hidden lactose. Common offenders include bread and other baked goods, processed breakfast cereals, instant soups, margarines, non-kosher lunch meats, salad dressings, candy, cookie/ pancake/ biscuit mixes, and whey-based powdered meal replacement supplements.

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:

Calcium Malate Chelate: 2 tablets daily

The green leafy vegetable and Calcium Malate Chelate recommendations are included to assure basic supplementation of calcium and vitamin D which some may previously have obtained through the use of fortified dairy products.

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.