



LEPTIN RESISTANCE

Nutritional Support Protocol

These supplements and dietary changes will improve Leptin Sensitivity and return Leptin levels to normal range. -From *The Rosedale Diet* by Ron Rosedale, M.D.

Lifestyle Recommendations:

1. **Check Leptin Levels** - ideal levels are 4-9 ng/dl.
2. Avoid stress and extra obligations.
3. Avoid alcohol consumption and smoking.
4. 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. Don't overdo protein. Eat 2 eggs for breakfast or 1 scoop of PaleoMeal whey protein with Omega Marine Liquid added, and 3 oz of protein for lunch and dinner.
2. Eat three meals - don't graze.
3. Eat mostly chicken, fish, nuts, vegetables, avocado and olives (see recipes in book).
4. The ideal oils to consume are almond oil, avocado oil, macadamia nut oil and olive oil.
5. Avoid all sugars. Replace sugar with the polyol sugar xylitol.
6. Avoid white flour and all refined carbohydrates including cereals and pasta.
7. Get a balance of omega 3's (salmon, mackerel, herring, sardines) and omega 9 fats (olive oil, olives, almonds, hazelnuts, avocados).
8. Avoid hydrogenated vegetable oils and fried foods.
9. Carry PaleoBars with you to prevent missing snacks throughout the day.
10. PaleoFiber - taking 1 tbsp in water with each meal will decrease the amount of glucose that ends up in the bloodstream after eating.

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:

OmegAval Ultra

Softgels or OmegAval Liquid: 2 softgels or 2 teaspoons daily

CLA: 1 with each meal, 3 per day

Chromium Synergy: 1 capsule with each meal

Phosphatidylserine: 1 capsule with breakfast and lunch, 2 per day

Carnitine Synergy: 2 capsules with breakfast and lunch, 4 per day

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