



LIPOPROTEIN (a)

Nutritional Support Protocol

Lifestyle Recommendations:

1. Avoid smoking and alcohol consumption.
2. Avoid excessive stress and taking on extra obligations.
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 abdominal obesity and weight gain.
5. Do not take tocotrienols at the same meal as a product containing tocopherols such as High Gamma/Delta E, Twice Daily Multi, DFH Complete Multi, Metabolic Synergy or Three A Day Antioxidant.

Dietary Recommendations:

1. Avoid caffeine and sugar, especially high fructose corn syrup. Replace sugar with the polyol sugar xylitol.
2. Avoid trans fatty acids and hydrogenated oils. Cook with coconut oil or macadamia nut oil at low heat.
3. Eat protein with every meal and emphasize fatty fish such as salmon, mackerel, herring and sardines.
4. Avoid fried foods; rather choose baked, grilled, or poached foods.
5. Eliminate or severely limit white starchy carbohydrates such as pasta, rice, potatoes, bread, crackers, etc.
6. Snack on foods that provide good fats such as nuts, avocados, or olives.
7. Incorporate fiber, up to 50 grams or more per day into the diet. Add 1 tablespoon PaleoFiber with water at each meal.
8. Eat 5-9 servings of fresh fruits and vegetables daily OR add one heaping tablespoon of PaleoGreens and PaleoReds to your favorite drink.

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:

CarniClear: 1 dropper full daily

(Supersaturated Carnitine Liquid)

Lipotrienols RYR: 2 caps each night

Niacin CRT: 1 cap twice daily with food, 2 per day

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