



LIVER DETOXIFICATION ASSISTANCE

Nutritional Support Protocol

Lifestyle Recommendations:

1. Avoid alcohol and any over the counter medications unless prescribed by your doctor especially Tylenol (Acetaminophen).
2. Exercise daily to increase circulation. 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).
3. Avoid exposure to chemicals including skincare and hair care products such as Grecian Formula (contains lead), lipstick (contains aluminum), deodorant (aluminum) even cleaning products and artists paints.

Dietary Recommendations:

1. Avoid NutraSweet and other artificial sweeteners. Replace sugar with the polyol sugar xylitol.
2. Avoid pesticides, herbicides and chemicals by eating organic fruits and vegetables.
3. Avoid grapefruit. Other fruits and vegetables are recommended especially beets, dandelion greens, beet juice, cabbage juice and tomato juice.
4. 1 heaping Tablespoon of PaleoGreens and PaleoReds twice per day is highly recommended.
5. Drink purified water, at least 8 glasses per day.
6. Avoid coffee and soda. Drink naturally decaffeinated green tea.
7. Avoid processed meats and hydrogenated vegetable oils.

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:

PaleoCleanse:	1 scoop daily after dinner
BroccoProtect:	1 capsule per day
Detoxification Support Packets:	1 packet twice a day. Each packet contains: Detox Antiox (1), LV-GB Complex (1), Amino-D-Tox (3)
Hepatatone Plus:	1 capsule 3 times per day

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