



## **LOW LIBIDO-FEMALE**

### **Nutritional Support Protocol**

#### **Lifestyle Recommendations:**

1. Control stress and avoid extra obligations.
2. Avoid smoking and alcohol consumption.
3. Exercise daily to support healthy growth hormone and testosterone levels. 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. Eat protein at every meal to stabilize blood sugar levels. Fish is ideal.
2. Avoid sugar, refined carbohydrates and hydrogenated vegetable oils.
3. Replace sugar with the polyol sugar xylitol.
4. Avoid known food allergens.
5. Eat a diet high in omega 3 fats including fish such as salmon, mackerel and sardines.
6. Drink plenty of water daily.
7. Eat 5-9 servings of fresh fruits and vegetables daily OR add one heaping tablespoon of PaleoGreens and PaleoReds to your favorite drink.
8. Avoid fried foods.

#### **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:

<b>LibidoStim-F:</b>	1 capsule with breakfast, lunch and dinner, 3 per day
<b>Adrenotone:</b>	1 capsule with breakfast, lunch and dinner, 3 per day

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