



## **MILK-DAIRY SENSITIVITY/ALLERGY**

### **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:

**Betaine HCL:** 1 cap with each meal containing dairy products

**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.*

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