



MENOPAUSE

Nutritional Support Protocol

(This program can be used with or without Hormone Replacement Therapy)

Lifestyle Recommendations:

1. Quit smoking.
2. Limit alcohol consumption.
3. Daily exercise will help relieve stress, improve moods, and improve insulin function. 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. Practice good sleep habits and get between 8-9 hours of sleep a night. Take the "Are You Getting Enough Sleep?" questionnaire and follow the Insomnia Nutritional Support Protocol if needed.
5. Reduce stress levels and avoid extra obligations.

Dietary Recommendations:

1. Eat lean, clean quality protein at each meal to stabilize blood sugar levels. Cold water fish is ideal.
2. Avoid sugar, refined carbohydrates, hydrogenated vegetable oils and trans fats.
3. Replace sugar with the polyol sugar xylitol.
4. Foods that contain phytoestrogens are helpful for ridding hot flashes. Examples of these foods are ground flax seeds, nuts, whole grains, apples, fennel, celery, parsley and alfalfa.
5. It is important to consume adequate amounts of antioxidants which can be obtained daily through 5-9 servings of vegetables and fruit (fruits must be limited to 1 -2 per day due to sugar content). If you are unable to get in 5-9 servings of vegetables & fruit you can take 1-2 tablespoons of PaleoGreens and PaleoReds.

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:

FemGuard+Balance:	1 with breakfast, lunch and dinner, 3 per day
Adrenotone:	1 with breakfast and lunch, 2 per day
Phosphatidylcholine:	1/2 tablespoon of powder or 4 softgels with food
GLA 240:	2 softgels with breakfast and dinner, 4 per day
Phosphatidylserine:	1 capsule with breakfast, lunch and dinner, 3 per day
DHEA 25mg:	1 capsule per day (if confirmed to be low on laboratory testing)
DIM•Avail:	1-2 capsules per day

If needed for fluid retention:

Water Ease: 1 capsule with breakfast and lunch, 2 per day

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