



## **METABOLIC SYNDROME (Insulin Resistance)**

### **Nutritional Support Protocol**

#### **Lifestyle Recommendations:**

1. Avoid stress and extra obligations.
2. Avoid alcohol consumption and smoking.
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. 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.

#### **Dietary Recommendations:**

1. Avoid all sugars. Replace sugar with the polyol sugar xylitol.
2. Avoid white flour and all refined carbohydrates including cereals and pasta.
3. Get a balance of omega 3's (salmon, mackerel, herring, sardines) and omega 9 fats (olive oil, olives, almonds, hazelnuts, avocados).
4. Choose lean, clean quality protein at each meal such as chicken breast, turkey breast, lean beef, fish (especially salmon and sardines), eggs and whey protein.
5. Avoid hydrogenated vegetable oils and fried foods.
6. Cook with olive oil, coconut oil, or macadamia nut oil at low heat.
7. Snack on vegetables and small amounts of nuts, olives or avocado.
8. 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.
9. Incorporate fiber into the diet. Add 1 tsp PaleoFiber with each meal.

#### **Supplement Recommendations:**

<b>Metabolic Synergy:</b>	3 with breakfast, 3 with lunch, 6 per day
<b>OmegAval Synergy:</b>	1 with each meal, 3 per day
<b>Annatto Tocotrienols:</b>	2 with dinner, 2 per day
<b>EndoTrim:</b>	2 with breakfast and lunch, 4 per day
<b>Glucosupreme Herbal:</b>	1 capsule, 3 per day

\*Check blood vitamin D levels. Supplement 2000 IU vitamin D, 2 or more per day, until optimal levels are reached: 50-100 ng/mL.

THIS INFORMATION IS PROVIDED FOR THE USE OF PHYSICIANS AND OTHER LICENSED HEALTH CARE PRACTITIONERS ONLY. THIS INFORMATION IS INTENDED FOR PHYSICIANS AND OTHER LICENSED HEALTH CARE PROVIDERS TO USE AS A BASIS FOR DETERMINING WHETHER OR NOT TO RECOMMEND THESE PRODUCTS TO THEIR PATIENTS. THIS MEDICAL AND SCIENTIFIC INFORMATION IS NOT FOR USE BY CONSUMERS. THE DIETARY SUPPLEMENT PRODUCTS OFFERED BY DESIGNS FOR HEALTH ARE NOT INTENDED FOR USE BY CONSUMERS AS A MEANS TO CURE, TREAT, PREVENT, DIAGNOSE, OR MITIGATE ANY DISEASE OR OTHER MEDICAL CONDITION.