



NEUROPATHY

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. Eat protein at every meal including fish, chicken and lean meat.
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 and PaleoBars are acceptable snacks for Diabetics.
8. Incorporate fiber into the diet. Add 1 tsp PaleoFiber with each meal.

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:

Stabilized R-Lipoic Acid Supreme:	1 with breakfast, lunch and dinner, 3 per day
Carnosine Supreme:	1 with breakfast, lunch and dinner, 3 per day
B Supreme:	1 with breakfast, lunch and dinner, 3 per day
GLA 240:	1 with breakfast, lunch and dinner, 3 per day

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