



OSTEOPOROSIS

Nutritional Support Protocol

Lifestyle Recommendations:

1. Check vitamin D blood levels and aim for optimal 50-100 ng/mL.
2. 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.
3. Reduce your stress levels as much as possible.
4. Weight bearing exercise is crucial. 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).
5. Avoid smoking and alcohol consumption.
6. Avoid stress and extra obligations.
7. Get 20 minutes of sunshine without sunscreen daily.

Dietary Recommendations:

1. Eat 5-9 servings of fresh fruits and vegetables daily OR add one heaping tablespoon of PaleoGreens and PaleoReds to your favorite drink.
2. Avoid soda, instead choose green drinks like PaleoGreens or fresh vegetable juices. In addition, drink 2-3 cups of green tea daily.
3. Eat plenty of high calcium foods such as sesame seeds, tahini, almonds, hazelnuts, cashews, walnuts, cheese, goat cheese.
4. Eat green leafy vegetables high in magnesium such as salad greens, collard and mustard greens.

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:

OsteoForce:	2 tablets with breakfast and dinner, 4 per day
PaleoGreens:	1 scoop daily
OmegAvail Ultra:	2 softgels per day
Vitamin D Synergy:	1 capsule daily with dinner
TRF150:	1 capsule 3 times a day

If needed for extra protein and/or to reduce osteoclastic activity:

PaleoMeal: 1 scoop daily

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