



PARKINSON'S DISEASE

Nutritional Support Protocol

Lifestyle Recommendations:

1. 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.
2. 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 are 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).
3. Engage in mental exercise by consistently learning new skills and information.
4. Build positive relationships in your life; practice clear communication, cooperation and forgiveness.

Dietary Recommendations:

1. Avoid or limit caffeine, alcohol, and other potentially neurotoxic compounds like aspartame and MSG.
2. Avoid pesticides, herbicides and chemicals by eating organic fruits and vegetables.
3. 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. Aim for free range, chemical free.
4. Eat 5-9 servings of fresh fruits and vegetables daily OR add one heaping tablespoon of PaleoGreens™ and PaleoReds™ to your favorite drink.
5. Increase the amount of omega 3 fatty acids in your diet (i.e. large cold water fish, flaxseed, walnuts and pumpkin seeds); and avoid trans fatty acids (hydrogenated margarines, shortenings and vegetable oils). Cook with olive oil, coconut oil, or macadamia nut oil at low heat.
6. Drink at least 64 ounces of filtered, bottled or non-chlorinated distilled water every day. In addition, drink 2-3 cups of green tea daily (naturally decaffeinated).

Supplement Recommendations:

Brain Vitale™ Capsules:	2 capsules twice a day (breakfast and lunch)
XanthOmega™ Krill Oil:	1 softgel per day (lunch)
Ultimate Antioxidant Full Spectrum:	1 capsule with each meal
Melatonin:	1 tablet at night
DopaBoost:	1 capsule twice a day
Milk Thistle:	2 capsules twice a day; night dose to be taken with Melatonin

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