



## **PROSTATE ENLARGEMENT (Benign Prostatic Hypertrophy)** **Nutritional Support Protocol**

### **Lifestyle Recommendations:**

1. Avoid alcohol and any over the counter medications unless prescribed by your doctor.
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 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).
3. Avoid exposure to chemicals including skincare and hair care products such as Grecian Formula (contains lead), lipstick (contains aluminum), deodorant (aluminum) even cleaning products and artists paints.

### **Dietary Recommendations:**

1. Healthy gut flora such as acidophilus will need to be restored. Eat yogurt daily or add probiotic synergy to the daily diet, minimum of 1 teaspoon.
2. Protective foods for the prostate are peas, pumpkin seeds, tomato sauce, fruits and vegetables.

### **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:

<b>Prostate Supreme:</b>	1 capsule with breakfast, lunch and dinner, 3 per day
<b>Zinc Supreme:</b>	1 with breakfast and lunch, 2 per day
<b>Ultimate Antioxidant Full Spectrum:</b>	1 capsule with breakfast, lunch and dinner, 3 per day

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