



## PSORIASIS

### 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. Avoid Nutrasweet and other artificial sweeteners. Replace sugar with the polyol sugar xylitol.
2. Avoid pesticides, herbicides and chemicals by eating organic fruits and vegetables.
3. Drink purified water, at least 8 glasses per day.
4. Avoid all sugars including fruit and fruit juices.
5. Avoid yeast containing foods such as bread, bagels, English muffins.
6. Focus on getting anti-inflammatory omega 3 fats into your diet (salmon, mackerel, sardines, herring).
7. Avoid hydrogenated vegetable oils and fried foods.
8. Cook with ghee or olive oil at low heat.
9. Snack on vegetables and small amounts of nuts, olives or avocado.
10. Excellent snacks are almonds, celery with almond butter, PaleoBars and Brain Power Sours.
11. Avoid allergic foods!

#### 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>MSM Capsules:</b>	2 capsules with each meal, 6 per day
<b>GLA 240:</b>	1 softgel with each meal, 3 per day
<b>Zinc Supreme:</b>	1 capsule with breakfast and lunch,
2 per day	
<b>Grape Seed Supreme:</b>	1 cap with breakfast and lunch, 2 per day
<b>Ultimate Antiox Full Spectrum:</b>	1 capsule with each meal, 3 per day
<b>Probiotic Synergy Probiospheres:</b>	1 sphere daily with meals
<b>GI-Revive Powder:</b>	1/2 tsp daily
<b>PsorioSupport:</b>	3 capsules per day with meals

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