



## **RADIATION EXPOSURE**

### **Nutritional Support Protocol**

#### **Lifestyle Recommendations:**

1. Avoid alcohol and any over the counter medications unless prescribed by your doctor especially Tylenol (Acetaminophen).
2. Exercise daily such as brisk walking to increase circulation and promote perspiration.
3. Avoid undue stress.

#### **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. Add fiber to the diet and avoid constipation. Use 1 tbsp of PaleoFiber with each meal to help get your fiber intake up. Don't forget to increase your water intake as well.
4. Eat plenty of organic fruits and vegetables for the antioxidants and phytonutrients. Consuming 1 heaping tablespoon of PaleoGreens and PaleoReds twice daily is highly recommended.
5. Drink purified water, at least 8 glasses per day.
6. Avoid coffee and soda. Drink naturally decaffeinated green tea.
7. Avoid processed meats and hydrogenated vegetable oils.
8. Aim to include frequently the following sulfur containing foods: garlic, broccoli, onions, cauliflower, eggs.

#### **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>Brain Vitale Powder:</b>	1 tsp daily in liquid
<b>L-Glutamine Powder:</b>	3 grams in liquid
<b>Grape Seed Supreme:</b>	2 caps
<b>Glutathione Power:</b>	1 tsp daily in liquid
<b>Ultimate Antiox Full Spectrum:</b>	1 cap with each meal, 3 per day

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