



SKINCARE

Nutritional Support Protocol

Lifestyle Recommendations:

1. Always wear sunscreen; keep in mind sunscreen expires within a year, so purchase fresh sunscreen at the beginning of the year.
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. 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).
4. Enjoy regular facials and practice good facial hygiene (i.e. stay out of the sun, keep your hands off your face, wash and moisturize your face before going to bed every night, don't wear make-up when exercising and use hypoallergenic/non-comedogenic skin care products). Use moist saunas to detoxify the skin on a regular basis.

Dietary Recommendations:

1. Choose lean, clean, quality protein at each meal (including fish, poultry and lean meat).
2. Emphasize omega 3 fatty acids (salmon, mackerel, herring, sardines) and omega 9 fats (olive oil, olives, almonds, hazelnuts, avocados, macadamia oil and coconut oil).
3. Eat 5-9 servings of fresh fruits and vegetables daily OR add one heaping tablespoon of PaleoGreens and PaleoReds to your favorite drink.
4. Substitute complex carbohydrates (non-starchy vegetables and whole grains) for refined and simple carbohydrates.
5. Limit or avoid trans fatty acids (hydrogenated vegetable oil, margarine and shortening) and fried foods. Cook with olive oil at a low heat.
6. Drink at least 64 ounces of filtered, bottled or non-chlorinated water every day. In addition, drink 2-3 cups of naturally decaffeinated green tea daily.
7. Avoid or limit caffeine, alcohol and other potentially neurotoxic compounds like aspartame and MSG.

Supplement Recommendations:

Twice Daily Multi:	1 capsule twice a day
OmegAvail Synergy:	1 softgel twice a day
Ultimate Antiox Full Spectrum:	1 capsule three times a day
Stellar C:	1 capsule twice a day
Lipoic Acid Supreme:	1 capsule twice a day

For Additional Collagen Support, add:

Glucosamine Sulfate:	1 capsule twice a day
MSM Capsules:	1 capsule twice a day

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