



SPORTS PERFORMANCE

Nutritional Support Protocol

Lifestyle Recommendations:

1. Avoid smoking and alcohol consumption.
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). Avoid over-training. It helps to include calming exercise such as yoga, tai chi, and stretching.
3. Avoid consumption of allergic foods. Check with DFH Comprehensive Metabolic Profile.
4. Practice good sleep habits and get between 8-9 hours of sleep a night for recovery. Take the "Are You Getting Enough Sleep?" questionnaire and follow the Insomnia Nutritional Support Protocol if needed.

Dietary Recommendations:

1. Get a balance of omega 3's (salmon, mackerel, herring, sardines) and omega 9 fats (olive oil, olives, almonds, hazelnuts, avocados).
2. Stabilize blood sugar by eating protein at every meal including fish, chicken and lean meat.
3. Avoid hydrogenated vegetable oils and fried foods.
4. 1-2 scoops of PaleoMeal or Whey Cool after workouts will aid muscle gain.
5. Do not skip meals.
6. Dose protein per ideal FFM (fat free mass) goals - 3/4-1g per lb. of ideal FFM.

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:

Twice Daily

Essential Packets: 1 packet with breakfast & 1 packet with lunch

KreAlkalyn Pro: 1-2 capsules per day

Chromium Synergy: 1 capsule with each meal

Ribo-CarniClear: 1 teaspoon in water prior to exercise and 1 teaspoon after exercise

For extra protein consider:

Amino Acid Synergy: 4-8 caps pre-workout

Whey Cool: 1-2 scoops mixed in grape juice post-workout

For extended exertion exercise with excessive sweating consider:

Electrolyte Synergy Packets: 1 packet per workout in water, or as needed

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