



STATIN MEDICATION (MYOPATHY)

Nutritional Support Protocol

Lifestyle Recommendations:

1. Avoid stress and extra obligations.
2. Avoid alcohol consumption and smoking.
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. Do not take tocotrienols at the same time as Vitamin E (alpha tocopherol or any tocopherols such as Twice Daily Multi or Three A Day Antioxidant).

Dietary Recommendations:

1. Avoid sugar and especially high fructose corn syrup. Replace sugar with the polyol sugar xylitol.
2. Limit starchy carbohydrates such as potatoes, pasta, rice, bread, crackers, etc.
3. Eat protein at every meal emphasizing salmon, mackerel, herring, and sardines.
4. Avoid hydrogenated vegetable oils and fried foods.
5. Cook with olive oil at a low heat.
6. Snack on vegetables and small amounts of nuts, olives or avocado.
7. Eat 5-9 servings of fresh fruits and vegetables daily OR add one heaping tablespoon of PaleoGreens and PaleoReds to your favorite drink.
8. Carry PaleoBars with you to prevent missing snacks throughout the day.
9. Eat Garlic daily or take Allicillin daily (Allicin from Garlic).
10. Increase fiber intake to 35 grams or more per day. If unable to reach through diet alone, add 1 tbsp PaleoFiber with each meal.

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:

Q•Avail VS 200:	1 softgel twice daily
Annatto Tocotrienols:	1 capsule with each meal (not at the same time as alpha-tocopherol vitamin E)
D-Ribose:	1 tsp per day
Magnesium Malate Chelate:	2 tablets daily
K + 2 Potassium:	1 capsule twice daily

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