



STRESS

Nutritional Support Protocol

Lifestyle Recommendations:

1. 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.
2. Reduce intensity or duration of aerobic exercise to a low or moderate level for 30 minutes a few days a week.
3. Add calming exercises to each day for 5-15 minutes like yoga, stretching, Pilates or core work.

Dietary Recommendations:

1. Reduce or eliminate refined carbohydrates.
2. Taper off caffeine.
3. Avoid or limit alcohol.
4. Eliminate pro-inflammatory and damaged fats (Hydrogenated oils, corn and safflower oils, margarine)
5. Emphasize mono and omega 3 fats for their anti-inflammatory activity (cold water fish, sardines, raw nuts and seeds, avocado, olive oil).
6. Stress depletes B vitamins, vitamin C, magnesium, and zinc. Snack on foods high in minerals such as nuts, sunflower and pumpkin seeds, and oysters (which contain high amounts of zinc).

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:

StressArrest:	1 capsule morning and night, 2 per day (open, place powder under tongue)
C + Bio Fizz:	1 tsp in water per day
B Supreme:	1 capsule with breakfast & lunch
Adrenotone:	1 capsule with breakfast, lunch and dinner
Magnesium Glycinate Chelate:	1 capsule with breakfast and 1 at bedtime, 2 per day
Zinc Supreme:	1 capsule with breakfast and lunch, 2 per day Do Zinc Challenge test twice a month and decrease zinc dose down to 1 when a strong taste is achieved.

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