



SUBSTANCE WITHDRAWAL (ALCOHOL)

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. 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).
3. Meditate and practice breathing exercises to calm the emotional centers of your brain to encourage a more relaxed, happy state.
4. Keep a mood log to monitor your progress.
5. Healing relationships enhance mood and calm anxiety. Continue to build positive relationships in your life; practice clear communication, cooperation and forgiveness.

Dietary Recommendations:

1. Choose lean, clean quality protein at each meal such as chicken breast, turkey breast, lean beef, fish (especially salmon and sardines), eggs and whey protein.
2. Eat 5-9 servings of fresh fruits and vegetables daily OR add one heaping tablespoon of PaleoGreens and PaleoReds to your favorite drink.
3. Avoiding gluten containing foods especially flour products (bread, bagels, pastries, pasta, cereals, etc.). Gluten is also found in oats, barley and rye.
4. Avoid all known allergic foods including those that show up on the CMP Food Sensitivity panel.
5. Increase the amount of omega 3 fatty acids in your diet (i.e. large cold water fish, flaxseed, walnuts & pumpkin seeds). Limit or avoid trans fatty acids (hydrogenated vegetable oil, margarine and shortening). Cook with olive oil at 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.

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:

Metabolic Synergy:	take 2 capsules with each meal, 6 per day
StressArrest:	Take 1-3 capsules at the time you would normally drink
CraveArrest:	2 capsules 20-30 mins before each meal
L-Glutamine Capsules:	1 capsules with breakfast, lunch and dinner - 3 per day
B-Supreme:	1 capsule with breakfast and lunch - 2 per day
LV-GB Complex:	1 capsule with breakfast, lunch and dinner - 3 per day

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