



WEIGHT LOSS

Nutritional Support Protocol

Lifestyle Recommendations:

1. Practice good sleep habits and get between 8-9 hours of sleep a night.
2. Avoid smoking and alcohol consumption.
3. Avoid stress and extra obligations.
4. Engage in regular exercise such as walking, yoga, or tai chi and be sure to include the most important activity, weight lifting for increasing lean body mass.

Dietary Recommendations:

1. Drink at least 8 glasses of purified water daily.
2. Avoid soda drinks.
3. Replace sugar with the polyol sugar xylitol.
4. Avoid white flour and all refined carbohydrates.
5. Get a balance of omega 3 oils (flax oil, fish oils) and omega 9 oils (olive oil, olives, almonds, hazelnuts, and avocados) while avoiding corn oil, safflower oil, sunflower oil and soybean oil.
6. Eat three meals a day with protein at every meal including eggs, fish, chicken and lean meat.
7. Avoid margarine, hydrogenated vegetable oils and fried foods.
8. Eat 5-9 servings of fresh fruits and vegetables daily OR add 1-2 heaping tablespoon of PaleoGreens to your favorite drink daily.
9. Carry PaleoBars and/or Brain Power Sours with you to prevent missing meals or snacks.

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:

Weight Loss Support Packets:

1 packet twice a day with breakfast and lunch
Each packet contains: Carnitine Synergy (2),
EndoTrim (2), CLA (2)

PaleoMeal™:

Consider replacing one meal per day with a
PaleoMeal shake as directed.

CarbXzyme™:

2 capsules per day before meals containing
carbohydrates

Thermo-EFx:

1 capsule per day before breakfast

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