

NUTRITION SUPPORT PROTOCOL

Lifestyle Recommendations:

- Avoid exposure to chemicals, pesticides, and potentially harmful fumes, such as those from ink toners and paint.
- Rule out, or confirm and treat gut issues such as Small Intestinal Bacterial Overgrowth (SIBO).
- Practice good sleep habits; get between 8-9 hours of sleep each night.
- Engage in mental exercise by consistently learning new skills and information.
- Manage stress and obligations; build positive relationships; practice clear communication, cooperation and forgiveness.
- Engage in gentle exercises such as Tai Chi, stretching and yoga.

Dietary Tips and Caveats:

- Avoid or limit caffeine, alcohol, and other potentially neurotoxic compounds such as aspartame and MSG.
- Avoid pesticides, herbicides and chemicals by eating organic fruits and vegetables.
- Avoid high carbohydrate meals, especially those with gluten-containing grains.
- Eat lean, organic, hormone-free protein such as chicken, turkey, lean beef, fish (especially salmon and sardines), eggs and whey protein (if no sensitivities).
- Eat 5-9 servings of fresh fruits and vegetables daily OR add one heaping tablespoon of PaleoGreens™ and/or PaleoReds™ to a favorite drink; incorporate PaleoFiber® to obtain adequate amounts of daily fiber.
- Increase intake of omega-3 fatty acids (i.e., large cold water fish, flaxseed, walnuts and pumpkin seeds); avoid trans fatty acids (hydrogenated margarine, shortenings and vegetable oils). Cook with olive oil, coconut oil, or macadamia nut oil at low heat.
- Drink at least 64 ounces of filtered, bottled or non-chlorinated, distilled water every day. In addition, drink 2-3 cups of green tea daily (naturally decaffeinated).

Supplement Recommendations:

DopaBoost™	4 capsules per day
GPC Liquid	2 dropperfuls per day
Q-Evail 200 mg	2 softgels per day
XanthOmega™ Krill Oil	2 softgels per day (at lunch)
Curcum-Evail™	1 softgel twice per day
<i>If needed for extra support:</i>	
S-Acetyl Glutathione Synergy	2 capsules per day

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