



## **FIBROMYALGIA (PSEUDO)**

### **Nutritional Support Protocol**

#### **Lifestyle Recommendations:**

1. Avoid stress and extra obligations.
2. Get regular exercise such as walking, yoga, tai chi.
3. Avoid corticosteroids and NSAIDS (if possible)

#### **Dietary Recommendations:**

1. Avoid wheat flour and dairy products.
2. Avoid sugar and hydrogenated oils.
3. Avoid alcohol consumption and caffeine.
4. Avoid refined and processed foods.
5. Avoid omega 6 oils such as safflower, sunflower, corn and soybean oil.
6. Eat omega 3 anti-inflammatory foods such as salmon, mackerel and tuna.
7. Consume green drinks or fresh vegetable juices.
8. Helpful teas: chamomile, green tea, slippery elm.
9. Eat 5-9 servings of fresh fruits and vegetables daily OR add one heaping tablespoon of PaleoGreens to your favorite drink.
10. Replace sugar with the polyol sugar xylitol.
11. Carry PaleoMeal Packets and/or PaleoBars with you throughout the day to prevent missing meals or snacks.

#### **Supplement Recommendations:**

##### **Protocol dependent on actual problem**

(ie: thyroid, adrenal, mitochondrial, G.I., anemia, etc.)

#### **To support these diagnoses:**

##### **Hypothyroidism:**

**Thyroid Synergy** - two capsules per day

##### **Hypoadrenia:**

**Adrenotone Plus** - two to four capsules per day

##### **Mitochondrial Dysfunction:**

**Q Avail 60** - 2 per day, **Carnitine Synergy** - 4 per day, **Lipoic Supreme** - 1 per day, **B Supreme** - 2 per day.

##### **Anemia:**

**Iron** - 60 mg daily (Iron Glycinate chelate by Albion - DFH coming soon), **Ultra B12-Folate** - 1 per day

##### **Gastrointestinal Clean Up:**

**Aloe/200X** - 2 caps twice daily for 4-6 weeks, then 1 cap daily, **Glutamine** - 2 caps or 1/2 tsp twice daily for 4-6 weeks, then 1 cap daily, **Inflammatone** - 2 caps twice daily for 4-6 weeks, **Omega**

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