



FIBROMYALGIA (CLASSIC)

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)
4. Avoid alcohol consumption and caffeine.

Dietary Recommendations:

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

Supplement Recommendations:

The following supplements are in addition to **Twice Daily Essential Packets** to supply your core vitamins, minerals, antioxidants and essential fatty acids.

5•HTP:	100 mg 3 times per day
SAME:	200 mg 1-2 per day
Carnitine Synergy:	2 capsules twice per day
Q Avail 60 mg:	2 gel caps per day
B Supreme:	2 capsules per day
Adrenotone Plus:	2 caps two to three times daily

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