



PAIN/OXYCONTIN ADDICTION NUTRITIONAL SUPPORT PROTOCOL

Lifestyle Recommendations:

1. Practice good sleep habits and get between 8-9 hours of sleep a night.
2. Engage in 30 minutes of intense aerobic exercise 4-5 times a week.
3. Mediate 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.
6. Listen to a lot of great music.

Dietary Recommendations:

1. Choose lean, clean quality protein at each meal (chicken breast, turkey breast, lean beef, fish - especially salmon and tuna, lowfat cottage cheese, lowfat string cheese, eggs and whey protein).
2. Consume 10 servings of vegetables/fruits every day. In addition, substitute complex carbohydrates (non-starchy vegetables and whole grains) for refined and simple carbohydrates. Eliminate refined carbohydrates from the diet (this includes bread, cereal or pasta made with white flour, white rice, white potatoes, sugar, corn syrup, honey and candy).
3. 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.
4. Drink at least 64 ounces of filtered, bottled or non-chlorinated water every day. In addition, drink 2-3 cups of green tea daily.
5. Avoid or limit caffeine, alcohol and other potentially neurotoxic compounds like aspartame and MSG.

Supplement Recommendations:

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

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| StressArrest: | 1 capsule morning and night, 2 per day (open, place powder under tongue) |
| Tyrosine Powder: | 1 tsp. in water before each meal |
| Inositol Powder: | 1 tsp. in water before each meal |

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