



OSTEOPOROSIS PROTOCOL

Lifestyle Recommendations:

1. Practice good sleep habits and get between 8-9 hours of sleep a night.
2. Reduce your stress levels as much as possible. Try to nurture your soul with pleasure, relaxation, family & friends and the arts.
3. Weight bearing exercise is crucial such as walking, jogging, aerobics.
4. Avoid smoking and alcohol consumption.
5. Avoid stress and extra obligations.

Dietary Recommendations:

1. Eat plenty of fruit and fresh vegetables.
2. Include daily Green drinks or fresh vegetable juices.
3. Avoid soda, instead choose green drinks like PaleoGreens or fresh vegetable juices. In addition, drink 2-3 cups of green tea daily.
4. Eat plenty of high calcium foods such as sesame seeds, tahini, almonds, hazelnuts, cashews, walnuts, cheese, goat cheese.
5. Eat green leafy vegetables high in magnesium such as salad greens, collard and mustard greens.

Supplement Recommendations:

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

OsteoForce:	2 with breakfast and dinner - 4 per day
PaleoGreens:	1 scoop daily
Genuine Norwegian Cod Liver Oil:	2 tspns daily with food
Vitamin D:	1 capsule daily with dinner

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