



## CHOLESTEROL REDUCTION NUTRITIONAL SUPPORT PROTOCOL

### **Lifestyle Recommendations:**

1. Avoid stress and extra obligations.
2. Avoid alcohol consumption and smoking.
3. Regular aerobic exercise such as walking, yoga, tai chi.
4. Do not take tocotrienols (UltraTrienols Plus) at the same time as Vitamin E (alpha tocopherol or any tocopherols such as Twice Daily Multi or Three A Day AntiOxidant).

### **Dietary Recommendations:**

1. Avoid sugar and especially high fructose corn syrup.
2. Limit starchy carbohydrates such as potatoes, pasta, rice, bread, crackers, etc.
3. Eat protein at every meal emphasizing salmon, mackerel, herring, sardines and tuna.
4. Avoid hydrogenated vegetable oils and fried foods.
5. Cook with olive oil.
6. Snack on vegetables and small amounts of nuts, olives or avocado.
7. Eat 5-9 servings of fresh fruits and vegetables daily OR add one heaping tablespoon of PaleoGreens to your favorite drink.
8. Replace sugar with the polyol sugar xylitol.
9. Carry PaleoPackets and/or PaleoBars with you throughout the day to prevent missing meals or snacks.
10. Eat Garlic daily or take Allicidin daily (Allicin from Garlic).

### **Supplement Recommendations:**

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

<b>UltraTrienols Plus</b>	2 with dinner - 2 per day
<b>Carnitine Synergy:</b>	2 with breakfast and 2 with lunch - 4 per day
<b>Foresterol:</b>	1 tablet with breakfast, lunch and dinner - 3 per day
<b>Niacin Supreme:</b>	1 with breakfast and lunch - 2 per day

\*Take **Twice Daily Essential Packets** with breakfast and lunch

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