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CHRONIC FATIGUE & FIBROMYALGIA NUTRITIONAL SUPPORT PROTOCOL

Lifestyle Recommendations:

1. Exclude all secondary causes such as hypothyroidism, PMR, DMS, CTD, endocrine disorders, etc. with appropriate tests.
2. Graduated, supervised exercise program to 60 minutes per day of aerobics at 70% MHR with light resistance training for 30 minutes three times a week.
3. Physiotherapy Center referral for hydrotherapy, physical therapy and massage.
4. Engage in spirituality through meditation, prayer and religious commitments which have been shown to significantly reduce disease and prolong life.
5. Maintain an ideal body weight; waist circumference (WC <35 inches in females and <40 inches in males); waist:hip ratio of less than 1.0 for men and 0.8 for women; percent body fat 18-25% for women and 10-18% for men and keep your BMI between 18.5 and 24.9.
6. Practice good sleep habits and get between 8-9 hours of sleep a night.
7. Try acupuncture for major pain location points.

Dietary Recommendations:

1. Follow the Hypertension Institute Diet, which is a modified low-carb DASH II diet; for instructions on how to implement this diet, please refer to *What Your Doctor May Not Tell You About Hypertension* by Mark Houston, MD, MS.
2. Increase potassium in diet to about 100 meq per day with fruits and vegetables.
3. Consume 8-10 servings of vegetables/fruits every day. Use dark berries such as blueberries, blackberries, strawberries, cranberries, boysenberries and red grapes (½ cup of fruit = 1 serving).
4. Add Extra Virgin Olive Oil 4 tablespoons per day on salad and in food.
5. Use Whey Protein 30 grams to 60 grams per day.
6. Increase garlic to 2 fresh cloves per day and use tumeric and curcumin seasoning generously.
7. Avoid artificial sweeteners, aspartame, Splenda® and saccharin (Equal®, NutraSweet®); use stevia, cinnamon and xylitol as sweeteners (½ teaspoon 2-3 times per day).
8. Avoid soft drinks and aluminum cans
9. Drink at least 100 ounces of filtered, bottled or distilled water every day.

Supplement Recommendations:

Foundation:

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| D-Ribose Powder: | 5 grams three times a day in water |
| PaleoMeal Powder Drink Mix: | one scoop per day |
| Magnesium Malate Chelate: | 1 tablet three times a day with meals |
| Omega Ultra Marine: | 2 softgels twice per day |
| Q-Avail (CoQ-10) 100mg: | 2 softgels twice per day |
| B-Supreme: | 1 capsule twice per day |
| Carnitine Tartrate Powder: | 1.5 grams three times a day in juice |
| Inflammatone: | 3 capsules three times a day |

Step 1:

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| Krill Oil: | 1 softgel twice per day |
| Allicillin: | 1 capsule per day |
| Super Liquid Folate: | 5mg twice a day - with B-12 injections 100 ug every 2 weeks IM |

Step 2:

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| Zinc Supreme: | 1 capsule per day |
| N-Acetyl Cysteine (NAC): | 1 capsule three times a day |
| Stabilized R-Lipoic Acid Supreme: | 1 capsule twice per day |
| Twice Daily Multi: | 1 capsule twice per day |

Step 3:

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| L-Glutamine: | 2 capsules twice per day |
| Stellar C: | 3 capsules three times per day |
| UltraTrienols: | 2 softgels at bedtime |

Step 4:

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| High Gamma/Delta Vitamin E: | 1 softgel per day |
| Ultimate Antioxidant-LS: | 1 softgel twice per day |
| Juice Plus/Vineyard Plus Caps: | 2 fruit capsules in the morning and 2 vegetable capsules in the evening |
| | 2 vineyard in the morning (<i>Call Mary Herbert at 615-352-0240 to order</i>) |
| GLA: | 1 softgel twice per day |
| Probiotic Synergy: | 2 capsules twice per day |
| Brain Vitale: | 2 capsules per day |
| Whey Cool (Whey protein): | 1 scoop twice per day in water |