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COLON CANCER PREVENTION NUTRITIONAL SUPPORT PROTOCOL

Risk Factors:

1. Advanced age and genetics, country of birth (U.S., Western Europe, Australia, New Zealand, Japan)
2. Your family history, familial adenomatous polyposis (FAP), hereditary non-polyposis colorectal cancer (NHPCC).
Racial: blacks higher risk than whites.
3. Long-standing ulcerative colitis or previous colonic adenoma or cancer. Pelvic or abdominal irradiation.
4. High red meat diet or high fat diet (saturated fats), low fiber, grain, fruit and vegetable intake.
5. Smoking or alcohol consumption.
6. Obesity.
7. Cholecystectomy.

Lifestyle Recommendations:

1. Engage in 30 minutes of aerobic exercise and 20 minutes of resistance training daily.
2. Engage in spirituality through meditation, prayer and religious commitments which have been shown to significantly reduce disease and prolong life.
3. 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.
4. Practice good sleep habits and get between 8-9 hours of sleep a night.
5. Avoid or minimize alcohol consumption.
6. Avoid caffeine and all tobacco products.

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. Add **PaleoFiber** to reach the recommended 50 grams of fiber per day.
2. Consume 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).
3. Increase the amount of omega 3 fatty acids in your diet (i.e. large cold water fish), green leafy vegetables, soy (use only fermented soy at about 30 grams per day), walnuts and pumpkin seeds, decrease saturated fat and limit or avoid trans fatty acids (hydrogenated margarines and vegetable oils).
4. Avoid artificial sweeteners, aspartame, Splenda® and saccharin (Equal®, NutraSweet®); use stevia, cinnamon and xylitol as sweeteners (½ teaspoon 2-3 times per day).
5. Drink at least 100 ounces of filtered, bottled or distilled water every day. In addition, drink 2-3 cups of Green Tea (naturally decaffeinated).

Supplement Recommendations:

Foundation:

N-Acetyl Cysteine:	1 capsule twice per day
Probiotic Synergy:	2 capsules twice per day
Ultimate Antiox-LS:	1 softgel twice per day
Quercetin Ascorbate Powder:	½-1 teaspoon per day
PaleoFiber Powder:	1 teaspoon twice per day
GI Revive:	1 teaspoon once per day

Step 1:

Omega Ultra Marine:	3 softgels twice per day
Q-Avail (CoQ10) 100 mg:	1 softgel twice per day
Stabilized R-Lipoic Acid Supreme:	1 capsule per day
Ultra B12 Folate:	1 capsule per day

Step 3:

Twice Daily Multi:	1 capsule twice per day
Three A Day Antioxidant:	2 capsules in the morning and 1 capsule in the evening

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