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## **HOMOCYSTEINE SUPPORT PROTOCOL**

### **Lifestyle Recommendations:**

1. Accumulate 30-60 minutes per day of interval aerobic training. Perform 60 minutes of resistance training exercises 3 alternating days per week. Include 10 minutes per day of flexibility exercise.
2. Engage in spirituality through meditation, relaxation, faith, prayer and religious commitments.
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 tobacco products and caffeine.
6. Limit alcohol to 4 to 6 ounces of red wine per day.

### **Dietary Recommendations:**

1. Increase folate containing foods in the diet (i.e. green/leafy vegetables such as broccoli, or spinach, cauliflower, nuts, avocado, wheat bran, whole grain cereals and whole fresh citrus fruits).
2. 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. If needed, add PaleoFiber to reach the recommended 50 grams of fiber per day.
3. Consume 10 servings of vegetables/fruits every day (6 vegetables and 4 fruits). Use dark berries such as blueberries, blackberries, strawberries, cranberries, boysenberries and red grapes (½ cup of fruit = 1 serving). Add 1-2 servings of PaleoGreens daily, if you are unable to get all 10 servings from food alone.
4. 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 avoid trans fatty acids (hydrogenated margarines and vegetable oils) and increase monounsaturated fats (olive oil and olives).
5. Avoid artificial sweeteners, aspartame, Splenda® and saccharin (Equal®, NutraSweet®); use stevia, cinnamon and xylitol as sweeteners (½ teaspoon 2-3 times per day).
6. 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:**

**Homocysteine Supreme:** 1 capsule twice a day  
**N-Acetyl Cysteine (NAC):** 1 capsule twice a day