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## **IMPOTENCE, ERECTILE DYSFUNCTION AND LOSS OF LIBIDO NUTRITIONAL SUPPORT PROTOCOL**

### **Lifestyle Recommendations:**

1. Avoid alcohol, tobacco and any over-the-counter medications unless prescribed by your doctor.
2. Exercise daily such as brisk walking to increase circulation.
3. Avoid exposure to chemicals including skin care and hair care products such as Grecian Formula (contains lead), lipstick (contain aluminum), some deodorant (aluminum), cleaning products and artist paints.
4. Reduce stress as much as possible.
5. Practice good sleep habits and get between 8-9 hours of sleep a night.

### **Dietary Recommendations:**

1. Consume 2-3 cups of various nuts per day (almonds, walnuts, pecans, peanuts, etc...)
2. Avoid or limit caffeine and MSG. Avoid artificial sweeteners, aspartame, Splenda® and saccharin (Equal®, NutraSweet®); use stevia, cinnamon and xylitol as sweeteners (½ teaspoon 2-3 times per day).
3. Eat lean, organic quality protein (no hormones, pesticides, etc...) at each meal to stabilize blood sugar levels; fish is ideal.
4. Consume 10 servings of organic vegetables/fruits every day. Use dark berries such as blueberries, blackberries, strawberries, cranberries, boysenberries and red grapes (½ cup of fruit = 1 serving). Avoid sugar and refined carbohydrates.
5. 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).
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:**

#### *Foundation:*

**LibidoStim-M:** 2 capsules twice per day  
**Arginine 750 mg:** 2-3 capsules twice per day (up to 5 capsules twice per day)

#### *Step 1:*

**Stabilized R-Lipoic Acid Supreme:** 1 capsule twice per day  
**Prostate Supreme:** 2 capsules per day  
**Stellar C:** 2 capsules per day  
**High Gamma/Delta Vitamin E:** 1 softgel per day

#### *Step 2:*

**Omega Ultra Marine:** 2 softgels per day  
**N-Acetyl Cysteine:** 1 capsule twice per day  
**Grape Seed Supreme:** 2 capsules twice per day