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## **MYALGIA OR FATIGUE FROM A STATIN NUTRITIONAL SUPPORT PROTOCOL**

### **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.

### **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. If needed, 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:**

#### **Twice Daily Essential Packets:**

**Q-Avail (CoQ10) 100 mg:**

**Carnitine Synergy:**

**B Supreme:**

**D-Ribose:**

**High Gamma/Delta Vitamin E:**

**Omega Ultra Marine:**

1 packet twice a day

1-2 softgels twice a day

2 capsules twice a day

1 capsule twice a day (breakfast and lunch)

5 grams three times a day (1 scoop = 5 grams) in water

1 softgel per day

3 softgels twice a day