



**Hypertension Institute of Nashville**  
**Saint Thomas Hospital**  
4230 Harding Road  
Suite 400  
Nashville, Tennessee 37205  
Tel: (615) 297-2700  
Fax: (615) 467-0365  
Email: mhoustonhsth@yahoo.com  
Web Site: www.hypertensioninstitute.com

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## **OSTEOPOROSIS NUTRITIONAL SUPPORT PROTOCOL**

### **Lifestyle Recommendations:**

1. Exercise daily: 60 minutes aerobic and 30 minutes of resistance exercise three times per week
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 alcohol, 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.
2. Reduce salt (sodium) intake to below 100 mmol (2300 mg) per day
3. Reduce saturated fat, simple carbohydrates (sugar) and trans fats (hydrogenated margarines and vegetable oils).
4. Maintain adequate protein intake of 1.0-1.5 grams/kg per day. Especially lean or wild animal protein, fish, vegetable protein.
5. Eat soy daily (use only fermented soy at about 30 grams per day)
6. Do not consume fiber or grains at the same time as calcium supplements or calcium foods, as the absorption is decreased, but consume 50 grams of fiber per day. If needed, add PaleoFiber to reach the recommended 50 grams of fiber per day.
7. 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).
8. Avoid artificial sweeteners, aspartame, Splenda® and saccharin (Equal®, NutraSweet®); use stevia, cinnamon and xylitol as sweeteners (½ teaspoon 2-3 times per day).
9. Avoid soft drinks and aluminum cans
10. 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:**

<b>DFH Complete Multi:</b>	1 capsule twice a day
<b>OsteoForce:</b>	2 tablets twice per day with meals
<b>Vitamin D (2000 IU):</b>	1 capsule twice per day
<b>Omega Synergy:</b>	3 softgels twice per day
<b>Chromium Synergy:</b>	1 capsule per day
<b>MSM Caps:</b>	1 capsule twice per day
<b>B-Supreme:</b>	1 capsule twice per day
<b>Juice Plus/Vineyard Plus Caps:</b>	2 fruit capsules in the morning and 2 vegetable capsules in the evening 2 vineyard in the morning

(Call Mary Herbert at 615-352-0240 to order)