

WHL Base Protocol

(Wellness & Healthy Lifestyle)

adapted by: John Friedstein, CN

I. Life Style Requirements

- A. **Aerobic exercise.** Start slowly, probably no more than 3 hours of aerobic exercise per week (especially with adrenal fatigue).
- B. Focus on **weight** (strength) training & **stretching** (flexibility) techniques. 3 x /wk. , (30 minutes to 1 hr./ sessions).
- C. **Reduce stress**, workload, and pursue emotional and spiritual wellness, use prayer and/or meditation. 'Laughter is the best medicine.' Also, use **yoga**, pilates, tai chi, etc. to reduce stress.
- D. Eat healthy foods- **Fresh organic fruits and vegetables. Antibiotic free, hormone free, chicken, wild fish and 100% grass fed** meats [they have not been fed (over-consumed Omega 6-containing) grains].
- E. Drink **filtered water** - that has chlorine & other contaminants removed: Some high quality & well priced water filtering systems can be found at: www.pure-earth.com
use filtering system in:
a) drinking water (kitchen faucet filter),
b) baths and showers (shower filter or whole house filter).
c) drink **1 oz** of water per **2 pounds** of body weight (150 lbs.= 75 oz.), more if you exercise.
- F. Adequate **Protein** intake- **20 to 30 grams** / meal or smoothie, x **4 - 6 meals** (&/or **smoothies**) per day
- 1) Lean- **Chicken, Turkey, or Red meat** (in moderation); Wild **Fish – Salmon, Halibut, & Cod**
 - 2) Hypoallergenic, complete, & easily-digestible - Vegetable **protein powders: Rice, Pea, or Hemp protein powder** [see John's: protein powder supplement info. & recipe(s)] (or)
 - 3) **Living Fuel Rx** (Berry or Green version)
- G. Diet needs to be high in **Essential Fatty Acids (EFA's)**, especially ***Omega 3s** – i.e., **Carlson's** cod liver oil [via John Friedstein (303) 346-8878 (or) at ITC]
- H. Diet needs to be low in foods with a high glycemic index (please see John's "Glycemic Index" of Foods, titled, John's: "Best / OK / Sometimes OK/ & Bad Carb. List)
- I. Diet needs to be high in fiber- about **24 to 30 grams** per day
- J. Avoid most **caffeinated** foods: { i.e., coffee, sugar-laden & over-processed teas & chocolates, colas, etc. }

II. Base Nutritional Supplements

- A. **Adequate Protein** intake- 25-30 grams / meal or smoothie, x 4-6 meals or smoothies per day
- 1) Lean- **Chicken, Turkey, or Red meat** (in moderation); Wild **Fish – Salmon, Halibut, & Cod**
 - 2) Hypoallergenic, complete, & easily-digestible - Vegetable **protein powders: Rice, Pea, Hemp** or **Living Fuel Rx**
- B. **High nutrient-dense; and/or liver-cleansing / detoxifying foods.**
- 1) **Living Fuel Rx**- 1-2 scoops per day, 4 to 7 days a week
 - 2) **Greens First** or **Perfect Food** – 1-2 scoops daily (or) organic (green) vegetable juicing
- C. A good **multiple vitamin, mineral & antioxidant**, such as: **Living Fuel Rx** powder or **Ultra Genesis** - 2 capsules / twice a day with meals (or) only in pm - if doing Living Fuel.
- D. **Calcium & Magnesium** from Citrate, Malate, &/or other chelate forms - about **1,000 / 800mg**, respectively, per day from supplements [& from food &/or Living Fuel.]
- E. **Vitamin E**- natural with mixed tocopherols &/or tocotrienols: **400-800 IU per day**.
- F. **Selenium** - **200mcg per day** [very important & synergistic with natural Vitamin E; FYI: every natural vitamin E food source also contains selenium. (i.e., brazil nuts, almonds, etc.)]
- G. **Co-Enzyme Q10 (CoQ10)** – **30 to 60mg, once or twice per day**. [**120mg +** per day if on cholesterol-lowering (statin) medications (i.e., Liptior, Zocor,). Take along with **Milk Thistle - 100 to 200 mg.** / at least every other day (standardized to **80% silymarin**) a liver - cleansing / protecting herbal extract). (very important)
- H. **Probiotics**- either as a supplement (i.e., **Newmark's** "Gastro Complete" at 2 / day, 3 days a week) or use organic plain yogurt - 2 tablespoonfuls daily, 3 days a week - or use Living Fuel
- I. **EFA fish oil or capsules** - source of Omega 3's - 2 capsules twice a day or Cod Liver oil or Fish Oil at least 1 teaspoonful a day.
- J. **Organic Flaxseeds** - freshly ground, 2 tablespoons daily in Living Fuel, water , soups or salads. (Note for men: if experiencing BPH (**Benign Prostate** hypertrophy), only consume occasionally {i.e., in protein shakes.)

III. Adrenal Support

- A. Vitamin C- Mineral Ascorbates, (timed release is best) - take **1,000 mg**, 2 times / day
- B. Pantothenic Acid (Vit. B5)- **500mg**, 2 times / day
- C. Vit. B6- **50mg**, 2 times / day- (P5 Phospate (P5P) often better utilized)
- D. Corti Response- Take 1 tablet am & pm, daily (or) Holy Basil (for mental focus & stress) – **100mg - 300mg**. (standardized) 1-2 /day
- E. Rhodiola (for fighting fatigue & increasing energy) – **100- 300 mg**. (standardized) 1-2 /day
- F. ADR- take 1 tablet - am & pm, daily
- G. Seriphos (for stress &/or insomnia) Take 1 capsule at 9 pm (or) take 1 capsule at 4 pm & at 9 pm.
- H. Hydrocortisone- Use Cortaid 1% cream- apply ½ a pea sized amount to thin skin once or twice a day or Rx for Cortisol SR capsules
- I. Drink lots of water. Avoid caffeine from coffee, over-processed teas, colas, etc. [also consume **organic green tea** or **Kombucha tea** (i.e., GT's){a cold 'fizz drink'}- contains the stress-reducing amino acid ...**L-Theanine**. [L-Theanine can also be purchased separately as a single supplement.]
- J. **Avoid hydrogenated fats, over-processed** chocolate, simple carbohydrates, and allergenic foods, (i.e.,
- K. **Get adequate rest and sleep**
- L. Only gentle exercise - if adrenals are fatigued
- M. Meditation [or other relaxation therapies, (i.e., laughter)]
- N. Proper diet (**adequate protein**)
- O. Salt to taste with **unrefined sea salt** (**Celtic or Himalayan**), if adrenals are fatigued
- P. Eat **lots of vegetables**, as raw as possible or just slightly steamed or saute'd

This program will allow the **adrenal glands** to repair and will take several months to years of judicious application on your part. Full adrenal gland recovery is the goal, although long standing stress may cause irreversible scarring and the need for lifetime support. Once repaired, it is essential for you to modify your lifestyle to reduce stress. If stress is not reduced, you will, within a few months, experience the same symptoms.

IV. Hormone replacement:

- A. Progesterone- use 1 pump (10MG) am & pm (days 12 thru 26 of each cycle) or days (1 thru 25 of each month) if not cycling
- B. DHEA Gel- use 1 pump (5MG) am & pm daily or DHEA SR Oral Capsules- Not more than 5 to 10mg am and pm daily

V. Liver Support (if needed for Hepatitis, etc.):

- A. R-Lipoic Acid - **100 to 300mg**, once or twice a day
- B. NAC (n-acetyl cysteine) - **500 to 600mg**, once or twice a day; take with double the amount of Vitamin C
- C. Selenium- **200mcg**, once or twice a day
- D. Milk Thistle- **200mg (standardized to 80% silymarin)**, 1 to 2, once or twice a day

VI. Blood Sugar Support (Diabetics: please use caution & closely monitor blood glucose levels when taking these nutrients.)

- A. R-Lipoic Acid (blood sugar reducer)- 50mg.-100mg, once or twice / day
- B. Benfotiamine (anti-glycator; reduces A1C levels) - 80mg.-150mg, once or twice / day
- C. Chromium polynicotinate (insulin-sensitizer)- 100-200mcg, once or twice / day
- D. Vandium or Vanadyl sulfate (insulin-sensitizer) [preferable form: Bis-Glycinato OxoVanadium (BGOV)] - 1mg - 5mg, once or twice / day

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Updated 1/23/07

Progesterone

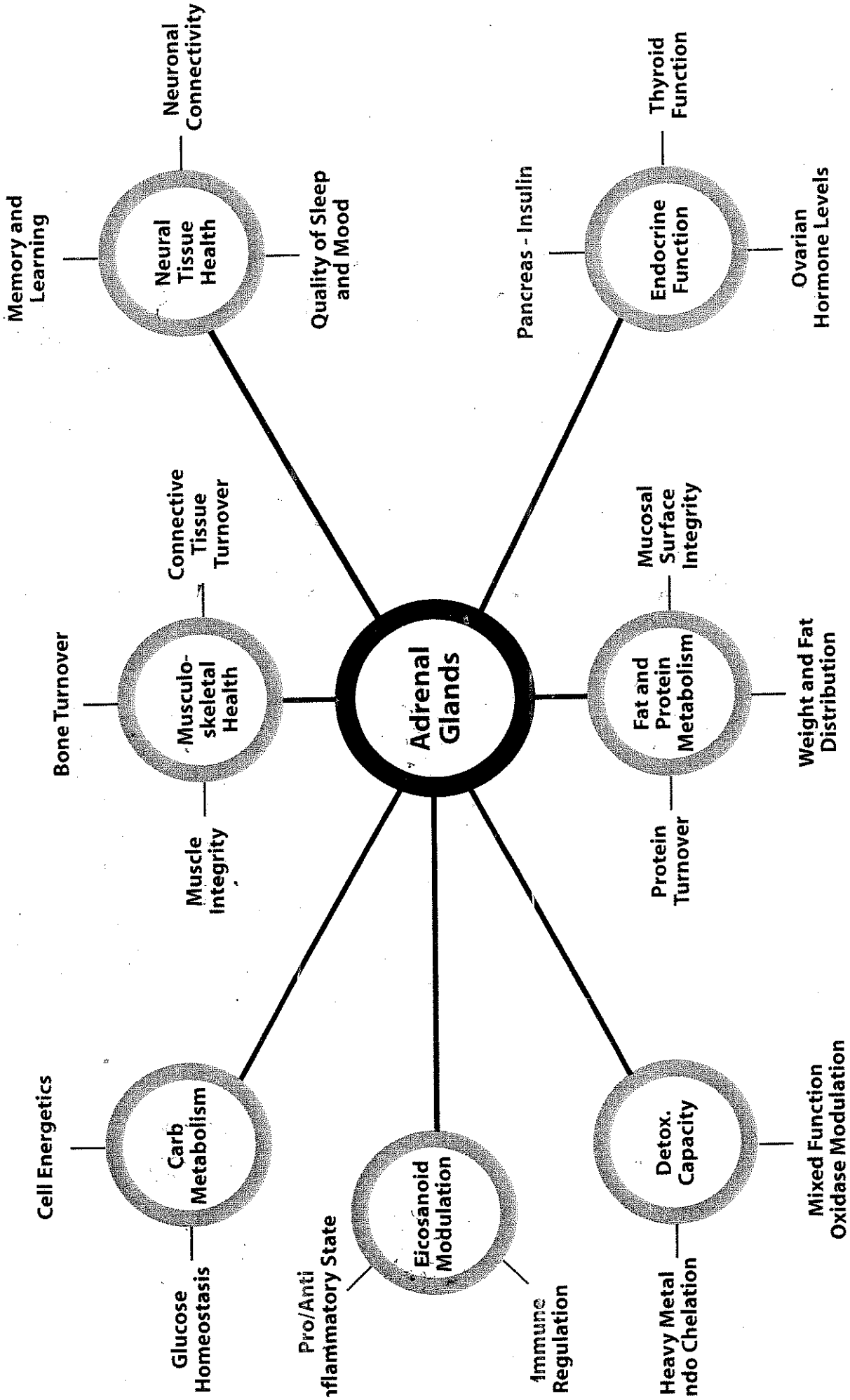
A precursor to most of the steroid hormones and is made primarily in the ovaries

Functions

- counteracts estrogens tendency to induce excess growth in the endometrial lining of the uterus
- builds new bone by stimulating osteoblasts to increase bone mass and density
- assists in raising HDL cholesterol levels (synthetic progestins have a negative effect on HDL)
- is necessary for the survival of the embryo and fetus throughout gestation
- protects against fibrocystic breasts
- is a natural diuretic
- helps us fat for energy
- functions as a natural antidepressant
- helps thyroid hormone action
- normalizes blood clotting
- normalizes zinc and copper levels
- restores proper oxygen levels
- has a thermogenic (temperature raising) effect
- protects against endometrial cancer
- helps protect against breast cancer
- is a precursor of cortisone synthesis by adrenal cortex

The Importance of Adrenal Stress Testing

The adrenal glands regulate many important body functions...



Thyroid Physiology

