

INSULIN RESISTANT & DIABETES PROTOCOL

Lifestyle Recommendations:

- Participate in a regular balanced exercise program that includes wearing a pedometer to ensure that you collect steps and move more, putting in high intensity short bursts (20-60 seconds) of activity during the day to enhance growth hormone release and engaging in resistance training that works all major muscle groups (work each group at least 2 times a week).
- Maintain an ideal body weight and keep your BMI (body mass index) less than 25.
- Practice good sleep habits and get between 8-9 hours of sleep a night.
- Avoid or minimize alcohol consumption.
- Consider the Comprehensive Metabolic Profile Test by DFH/Metametrix to identify your AA:EPA essential fatty acid ratio.

Dietary Recommendations:

- Limit or avoid sugar.
- Avoid white flour and all refined carbohydrates including cereals and pasta.
- Eat a balanced diet with high quality proteins at each meal including: fish, chicken and lean meat.
- Increase your consumption of omega-3 fatty acids, sources include: clean cold water fish (salmon, mackerel, herring, tuna), flax seeds and walnuts, as well as omega-9 fatty acids, sources include: olive oil, olives, almonds, hazelnuts, avocados).
- Substitute complex carbohydrates (non-starchy vegetables and whole grains) for simple sugars. Eliminate simple carbohydrates and sugars from the diet (this includes bread or pasta made with white flour; white rice; white potatoes; sugar; corn syrup; honey; and candy).
- Avoid damaged fats: hydrogenated or partially hydrogenated vegetable oils or fried foods. Also, be sure to cook with olive oil.
- Drink at least 8 – 8 ounce glasses of filtered, mineral or sparkling water every day.
- It is important to consume adequate amounts of antioxidants which can be obtained daily through 5-9 servings of vegetables and fruit (fruits must be limited to 1 -2 per day due to sugar content). If you are unable to get in 5-9 servings of vegetables & fruit you can take 1-2 tablespoons of PaleoGreens and PaleoReds.

Supplement Recommendations:

Metabolic Synergy:	2 capsules with each meal (6 per day)
Omega Synergy:	2-3 softgels twice a day
Carnitine Synergy:	2 capsules twice a day

**To order: call Designs for Health 800-847-8302
and give them Dr. Cabeca's name as your referring practitioner.**

GREAT SKIN PROTOCOL

Lifestyle Recommendations:

- Participate in a regular balanced exercise program that includes wearing a pedometer to ensure that you collect steps and move more, putting in high intensity short bursts (20-60 seconds) of activity during the day to enhance growth hormone release and engaging in resistance training that works all major muscle groups (work each group at least 2 times a week).
- Maintain an ideal body weight and keep your BMI (body mass index) less than 25.
- Practice good sleep habits and get between 8-9 hours of sleep a night.
- Avoid or minimize alcohol consumption.

Dietary Recommendations:

- Eat a balanced diet with high quality proteins at each meal including: fish, chicken and lean meat.
- Increase your consumption of omega-3 fatty acids, sources include: clean cold water fish (salmon, mackerel, herring, tuna), flax seeds and walnuts, as well as omega-9 fatty acids, sources include: olive oil, olives, almonds, hazelnuts, avocados).
- Substitute complex carbohydrates (non-starchy vegetables and whole grains) for simple sugars. Eliminate simple carbohydrates and sugars from the diet (this includes bread or pasta made with white flour, white rice, white potatoes, sugar, corn syrup, honey, and candy).
- Avoid damaged fats: hydrogenated or partially hydrogenated vegetable oils or fried foods. Also, be sure to cook with olive oil.
- Drink at least 8 – 8 ounce glasses of filtered, mineral or sparkling water every day.
- It is important to consume adequate amounts of antioxidants which can be obtained daily through 5-9 servings of vegetables and fruit. If you are unable to get-in 5-9 servings of vegetables & fruit you can take 1-2 tablespoons of PaleoGreens and PaleoReds.

Supplement Recommendations:

Foundation:

Twice Daily Multi:	1 capsule twice a day
ArthroSoothe:	1-2 capsules twice per day
Omega Synergy:	1 softgel twice a day
PaleoGreens:	1 tablespoon in water per day

Skin Boosters:

Q Avail CoQ10 60mg:	1 softgel per day
Lipoic Supreme:	1 capsule per day
EGCg:	1 tablet twice a day with meals
Grape Seed Supreme:	1 capsule twice per day

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HEALTHY PMS/MENOPAUSAL PROTOCOL

Lifestyle Recommendations:

- Quit smoking.
- Limit alcohol consumption.
- Daily exercise, such as Yoga or Tai Chi, will help relieve stress, improve moods, and improve insulin function.
- Practice good sleep habits and get between 8-9 hours of sleep a night.

Dietary Recommendations:

- Foods that contain phytoestrogens are helpful for ridding hot flashes. Examples of these foods are ground flax seeds, fermented soy products like miso and tempeh, tofu, nuts, whole grains, apples fennel, celery, parsley and alfalfa.
- Eat a balanced diet with high quality proteins at each meal including: fish, chicken and lean meat.
- Increase your consumption of omega-3 fatty acids, sources include: clean cold water fish (salmon, mackerel, herring, tuna), flax seeds and walnuts, as well as omega-9 fatty acids, sources include: olive oil, olives, almonds, hazelnuts, avocados).
- Substitute complex carbohydrates (non-starchy vegetables and whole grains) for simple sugars. Eliminate simple carbohydrates and sugars from the diet (this includes bread or pasta made with white flour; white rice; white potatoes; sugar; corn syrup; honey; and candy).
- Avoid damaged fats: hydrogenated or partially hydrogenated vegetable oils or fried foods. Also, be sure to cook with olive oil.
- Drink at least 8 – 8 ounce glasses of filtered, mineral or sparkling water every day.
- It is important to consume adequate amounts of antioxidants which can be obtained daily through 5-9 servings of vegetables and fruit. If you are unable to get-in 5-9 servings of vegetables & fruit you can take 1-2 tablespoons of PaleoGreens and PaleoReds.

Supplement Recommendations:

Women's Twice Daily Essential Packets: 1 packet twice a day

- Twice Daily Multi (1)
- Osteoforce (2)
- FemGuard (2)
- Omega Synergy (1)

CatecholaCalm: 1 capsule with breakfast, lunch and dinner, 3 per day

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WEIGHT LOSS PROTOCOL

Lifestyle Recommendations:

- Participate in a regular balanced exercise program that includes wearing a pedometer to ensure that you collect steps and move more, putting in high intensity short bursts (20-60 seconds) of activity during the day to enhance growth hormone release and engaging in resistance training that works all major muscle groups (work each group at least 2 times a week).
- Maintain an ideal body weight and keep your BMI (body mass index) less than 25.
- Practice good sleep habits and get between 8-9 hours of sleep a night.
- Avoid or minimize alcohol consumption.

Dietary Recommendations:

- Limit or avoid sugar. Avoid white flour and all refined carbohydrates including cereals and pasta. Substitute complex carbohydrates (non-starchy vegetables and whole grains) for simple sugars. Eliminate simple carbohydrates and sugars from the diet (this includes bread or pasta made with white flour, white rice, white potatoes, sugar, corn syrup, honey, and candy).
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Supplement Recommendations:

In addition to the core nutrient program recommended by your Health Care Professional and/or from the results of your most recent Designs for Health Metabolic Profile:

- EndoTrim:** Start with 1 capsule twice daily with food. Increase after several days to 2 capsules twice daily with food.
- CarniClear:** Start with 1/2 tsp daily. Increase after several days to 1 tsp daily.
Note: CarniClear may cause loose stools in some subjects, particularly if the product not taken according to the above instructions or at higher than the recommended dosage.
- CLA:** 1 softgel with each meal, 3 per day
- Pantethine Supreme:** 2 capsules twice daily

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WOMEN'S BASIC HEALTH PROTOCOL

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- Practice good sleep habits and get between 8-9 hours of sleep a night.
- Avoid or minimize alcohol consumption.

Dietary Recommendations:

- Limit or avoid sugar. Avoid white flour and all refined carbohydrates including cereals and pasta. Substitute complex carbohydrates (non-starchy vegetables and whole grains) for simple sugars. Eliminate simple carbohydrates and sugars from the diet (this includes bread or pasta made with white flour; white rice; white potatoes; sugar; corn syrup; honey; and candy).
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- Avoid damaged fats: hydrogenated or partially hydrogenated vegetable oils or fried foods. Also, be sure to cook with olive oil.
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- It is important to consume adequate amounts of antioxidants which can be obtained daily through 5-9 servings of vegetables and fruit (fruits must be limited to 1 -2 per day due to sugar content). If you are unable to get-in 5-9 servings of vegetables & fruit you can take 1-2 tablespoons of PaleoGreens and PaleoReds.

Supplement Recommendations:

Women's Twice Daily Essential Packets: 1 pkt twice a day

- Twice Daily Multi (1)
- Osteoforce (2)
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- Omega Synergy (1)

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