

Boulder Nutritional Therapy



FOUNDATIONAL PROTOCOL

CLIENT'S NAME

DATE

GOALS: INITIATE DIETARY AND LIFESTYLE CHANGES TO RESTORE AND OPTIMIZE THE BODY'S HEALTH AND ITS INNATE ABILITY TO HEAL FROM INJURY AND PREVENT DISEASE.

1. Optimize hydration: $\frac{1}{2}$ body weight in ounces daily. Track and record hydration to insure optimization. Use the same measured bottle. Take it with you everywhere. Drink 12-16 ounces upon awakening, 12-16 ounces prior to bed (taking into consideration sleep continuity) and the remainder sipped throughout the course of the day but away from meals by $\frac{1}{2}$ hour unless needed for swallowing.
2. Increase healthy fat consumption. Healthy fats are organic unprocessed oils, organic seeds, nuts and avocados and organic grass-fed/pasture-raised meat and dairy.
3. Exercise daily within your limits. Walking outside is best.
4. Increase organic leafy greens consumption and variety. All leafy greens should be lightly cooked with the exception of lettuce. Aim for a fist-sized pile or larger with each meal.
5. Increase organic, raw, cultured foods. Eat a small amount with each meal. Cultured foods are: yogurt, kefir, sauerkraut, kombucha, beet kvass, kimchi.
6. Abstain from all grains and grain products including wheat, oats, rye, barley, buckwheat, corn, popcorn, rice, quinoa, etc. Also abstain from potatoes and beans/legumes. Abstain from all soy products.
7. Use smoothies as safe and quick meal replacements when quality foods are not available. See attached smoothie document for recommendations.
8. When eating at a questionable establishment choose relatively safe foods: beef, cooked greens, eggs. Avoid raw salads and dressing and of course dessert.
9. Do your best and enjoy your meals.

SUPPLEMENT RECOMMENDATIONS:

1. Pure Encapsulations Saccharomyces Boulardii. Dose: 1 capsule 4x daily, in between meals for 30 days and then switch to Gut-Pro, 1 in the morning, 1 in the evening. Available from Bob.
2. Rosita Extra Virgin Cod Liver Oil: Dose is 2 capsules 3x daily. Available from Bob
3. Salvestrols Platinum 2000: available from Bob. Dose: 2 capsules with breakfast, two with dinner.
4. Coriolus Versicolor-MRL 500mg. Dose: 2 tablets 3x daily. Available on Wellevate.
5. Livon Labs Liposomal Vitamin C. Dose: 1 packet in a small glass of water, 3x daily. Available from Bob.