

The Five-Part Nutritional Wellness Protocol

This foundational nutritional protocol is based on the scientific research of Alex Vasquez, DC, ND, DO and has proven benefits for not only disease prevention and treatment, but also health maintenance and restoration. If nutrients are lacking, the body cannot function normally let alone optimally. This protocol provides the body with the core essentials necessary for optimal health. Without proper nutrition, illness will eventually follow.

1. **Paleo-Mediterranean Diet:** This diet provides nutrient density while reducing inflammation and blood sugar abnormalities. Emphasis is placed on vegetables, fruits, nuts, seeds and berries to meet the body's needs for carbohydrates, fiber and phytonutrients. High quality sources of protein include fish, poultry, eggs and grass-fed beef. Fats are obtained through consumption of extra virgin cold pressed oils such as olive oil and coconut oil. Avocados, nuts and seeds provide excellent sources of high quality fats as well. Trans fats (common in baked goods) should be avoided at all costs. Grains are discouraged due to their high glycemic index and potential allergic response. Dairy is also discouraged due to allergy, however, plain yogurt and whey protein can be utilized if no reactions are noted. Simple sugars, especially high fructose corn syrup, are to be avoided. Artificial sweeteners, colorings or additives are strictly forbidden.
2. **Multivitamin:** Vitamin and mineral supplementation finally received bipartisan endorsement when researchers from Harvard Medical School published a review article in Journal of the American Medical Association that concluded, "Most people do not consume an optimal amount of all vitamins by diet alone. ...it appears prudent for all adults to take vitamin supplements." Impressively, the benefits of multivitamin/mineral supplementation have been demonstrated in numerous clinical trials. Think of your multi as nutrient insurance. It does not give you freedom to eat whatever you would like. You cannot supplement your way out of a poor diet. However, studies show that our food sources are deficient of many essential nutrients, so a good multi can fill the void.
3. **Vitamin D:** The prevalence of vitamin D deficiency varies from 40-80 percent (general population) to 100 percent (patients with musculoskeletal pain). Research concludes that vitamin doses should be 1,000 IU for infants, 2,000 IU for children, and 4,000 IU for adults. There are some rare conditions that need to be cautious with intake. We will discuss any potential with you. It is highly recommended to measure serum 25-hydroxy vitamin D levels to obtain a baseline and then retest regularly to monitor effectiveness. Although normal test ranges from the lab is 30-100, we recommend maintaining levels between 50-70 for optimal health. This is why testing is essential.
4. **Essential Fatty Acids:** Healthy fats are essential for optimal health. Unfortunately (and incorrectly), fats have received a bad reputation. Fats make up a large portion of every cell of the body. Your brain, nerves and many of your organs are also composed primarily of fats. Hormones such as estrogen and testosterone require high levels of quality fats in order to function properly. Omega-3 fats from fish or flax seeds have proven to be highly anti-inflammatory and therefore help protect against heart disease. Omega-6 fats, on the other hand, are highly inflammatory. Experts recommend a 1:1 dietary ratio of omega-6 to omega-3 fats. The standard American diet (apply known as SAD) contains anywhere from 25:1 to 50:1 omega-6 to omega-3's! The link to chronic disease is undeniable. Two to four grams of quality omega-3's are recommended daily. Cheap sources may contain heavy metal contamination such as mercury. Heavy metals have an affinity for the nervous system and can result in chronic illness due to their cumulative effect.
5. **Probiotics:** You have over 100 trillion good bacteria that make their home in your GI tract! They are essential for proper immune function and intestinal health as well as the manufacture of some essential vitamins. These bacteria must be live organisms and able to survive the acid of the stomach in order to be effective. Many store brands are untested and handled improperly resulting in questionable effectiveness. Using a pharmaceutical grade laboratory that guarantees viability ensures you will receive the incredible health benefits probiotics provide.