

These recommendations are to be followed only if there are no contraindications. If there are any questions or concerns, please speak with your physician prior to starting any new regimen. Please bring a current medication and supplement list with you to every visit unless told otherwise.

### HEALTH AND WELLNESS

1. Multivitamin (i.e. Vitamin Shoppe, Solgar, Twin Labs, Nordic Naturals, GNC or Vitamin Discount Center)
2. Calcium citrate or gluconate: postmenopausal females 500mg three times a day. Premenopausal females and males 600mg twice a day. (Liquid calcium containing calcium, magnesium and vitamin D<sub>3</sub> is also acceptable as a substitute for #2, #3 and #4.)
3. Magnesium 400mg once daily (helps with calcium absorption)
4. Vitamin D<sub>3</sub> 1000IU once daily (helps with calcium absorption if not getting 15-20 min of sunshine a day)
5. Fiber two to three servings or 30g daily (i.e. two to three tablespoons ground Flaxseed daily, bran, Metamucil, oatmeal, beans or whole grains)
6. Increase Omega 3 Fatty Acids by consuming at least three servings of cold water fish per week (i.e. salmon, sardines, tilapia or cod), fish oil capsules \_\_\_\_ grams per day (for patients without bleeding disorders) or walnuts.
7. B complex vitamin. B-100 capsule once a day.
8. Exercise five times a week for thirty minutes or sixty minutes for weight loss as tolerated. Start slowly if just beginning. Check heart rate (pulsation at wrist or side of neck) for number of beats per minute. Target heart rate is (220 - age x 0.8).
9. STOP SMOKING
10. Take time to relax each day in a healthy manner.
11. Alcohol may be consumed in moderation. One drink a day for women or one to two drinks a day for men may be beneficial. One drink equals a six-ounce glass of wine, a twelve-ounce can of beer (lite beer if overweight) or one ounce of hard liquor. Never exceed more than three to four drinks in a twenty-four hour period.
12. Five or more servings of fruits and vegetables daily. 1 serving equals ½ cup
13. Adequate hydration with water (wt in kg is = oz to drink i.e. 100lbs = 50kg = 50oz = 6.25cups).
14. Use sunblock appropriately.
15. Consumerlab.com. Website to check actual content of supplements.

### BLOODWORK

Typical bloodwork for a yearly physical includes a Complete Metabolic Profile, Lipid Profile, Thyroid Stimulating Hormone and Complete Blood Count. Also, you may receive a Tetanus, HPV, or Shingles Vaccine and Electrocardiogram. It is your responsibility to check with your insurance as to your coverage for these tests with a screening or illness diagnosis along with any other tests such as allergy (immunocap or rast) testing. Also, nothing to eat or drink 10-12 hours prior to lab work with the exception of water and any normal medications. If taking medications with food, take before or after fasting.

### REFLUX SYMPTOMS

1. Wait three hours prior to lying down after last meal.
2. Pepcid Complete daily for two weeks and if no relief switch to Prilosec daily for two weeks.
3. Limit trigger foods (i.e. spicy, acidic, tomatoes, orange juice, caffeine, chocolate, alcohol or tobacco)
4. No tight clothes
5. No NSAIDS [i.e. Aleve (naproxen), Motrin (ibuprofen) or Goody powders]
6. Use Gas-X for gas pain.

### COLD SYMPTOMS

1. Rest
2. Drink plenty of water. Your weight in kilograms equals the numbers of ounces of water needed daily. Weight in kilograms is total pounds divided by 2.2. One cup equals eight ounces.
3. Mucinex DM or plain 600mg one to two tab twice a day, Sudafed (with no high blood pressure), Olbas menthol cough drops, humidifier, salt water gargles for sore throat and warm/hot showers for congestion.
4. Vitamin C capsules two grams daily. Emergen C \_\_\_\_\_ grams/packs per day (lite if high blood pressure or diabetes).
5. Antihistamine (i.e. Claritin or Benadryl) for runny nose and allergy symptoms.
6. Limit dairy products.

### HYPERTENSION

1. Measure blood pressure \_\_\_\_ times a week and bring in readings to each appointment. Can measure pressure at pharmacy or use at home blood pressure cuff. Please try to use an appropriate cuff size and notate if the cuff is too large or small. Your blood pressure is \_\_\_\_\_. IDEAL goal BP ≤ 120/70. Elevated BP ≥ 140/90.
2. Low sodium diet (less than 1.5 grams daily). Check serving sizes and try to avoid can vegetables and soup. Substitute fresh or frozen vegetables.
3. Exercise as tolerated \_\_\_\_ a week for \_\_\_\_ minutes.
4. Enteric coated baby aspirin (81mg) if over thirty years old with no history of ulcer disease, bleeding disorders or aspirin allergy.

### DIABETES

1. Measure blood sugar fasting in the AM, one hour after meals and at bedtime. Bring in readings to each appointment. Fasting blood sugar goal is 90-130, one hour after meals <200 and two hours after meals <180. Hold medications for blood sugars less than 60.
2. Check feet daily for cuts.
3. Yearly eye exams unless otherwise noted.
4. Exercise as tolerated.