STASIS DERMATITIS
Nutritional Support Protocol

Lifestyle Recommendations:
1. Avoid aspirin, ibuprofen and acetaminophen if possible to avoid interference with healing.
2. Avoid alcohol consumption and smoking.
3. Relax and avoid stress.
4. Do not exercise without permission from your health care practitioner.
5. Practice good sleep habits and get between 8-9 hours of sleep a night. Take the "Are You Getting Enough Sleep?" questionnaire and follow the Insomnia Nutritional Support Protocol if needed.
6. Wear support stockings as recommended by your health care practitioner.

Dietary Recommendations:
1. Eat protein at every meal emphasizing salmon, mackerel, sardines, albacore tuna and herring.
2. Limit red meat consumption to two meals per week.
3. Avoid omega 6 oils that aggravate inflammation such as corn oil, soybean oil, safflower oil and sunflower oil.
4. Avoid hydrogenated vegetable oils and fried foods
5. Eat spices such as ginger and garlic.
6. Drink naturally decaffeinated green tea in place of coffee.
7. Eat 5-9 servings of fresh fruits and vegetables daily and/or add one serving of an organic greens powder to your favorite drink.
8. Replace sugar with the polyol sugar xylitol.
9. Carry snacks like raw nuts, fruit of ACD Snack Bars with you throughout the day to prevent missing meals or snacks.

Supplement Recommendations:
In addition to the core nutrient program recommended by your Health Care Professional:

**MSM:** 2 caps 3 times daily with meals, 6 per day
**Omega Foundation:** 1-2 gelcaps with meals, 3-6 per day
**Fluid Ease:** 2 capsules per day with food, 2 per day
**Ultra Antiox:** 2 gelgaps per day with food, 2 per day