

BRUISING / CAPILLARY FRAGILITY

CONDITION PROTOCOL

Supplementation Regimen:

15 Day Protocol

- 2 Whole C chewables, 3 times a day
- 2 Optimal 2 Whole Food Vitamin Mineral, 3 times a day
- Optimal Fruit & Veggie Plus, 2 servings a day
- 1 Optimal EFA, 1 time daily

Maintenance Dosages

- 1 Whole C chewables, 3 times a day
- 1 Optimal 2 Whole Food Vitamin Mineral, 3 times a day
- Optimal Fruit & Veggie Plus, 2 servings a day
- 1 Optimal EFA, 1 time daily

Optional Nutrients

- 1 Optimal Iron, 2 times a day
- 1 Opti-Mito-Force, 2 times a day
- 1 EFA, 2 times a day



Nutrition Regimen:

- Consume foods high in antioxidant. These are brightly colored fruits and vegetables (examples; spinach, blueberries, raspberries, carrots, oranges, mango, broccoli, etc.).
- Also consume foods high in essential fatty acids such as cold water fish and salmon. Raw nuts, including peanut butter are also good, as are young coconuts in having a good source of cell strengthening fatty acids.
- Avoid acidic foods that strip the body of nutrients. These foods are; red meats, carbonated drinks, black tea and coffee. White flour and high sugar content foods also rob the body of nutrients that support cell strength.

Exercise Regimen:

- Exercise actually builds the strength of cells and capillaries by increasing blood flow. When blood flow is increased, more nutrients are delivered to the blood and more toxins are removed.
- A minimum of 20 – 30 minutes 3 times a week is recommended.
 - Try to avoid exercises that may cause you to bump into objects. This may cause more bruising until you have built up your nutrient levels.

Additional Recommendations:

- Many drugs have side effects that will compromise your cells and allow for easier bruising. The protocols provided should compensate nutritionally for this.
- Make sure to check the side effects of your prescriptions and ask your health professional about taking antioxidants and fatty acids to improve the situation.
- After condition has subsided, ask for an assessment on your basic nutritional and formula needs. A custom pak of whole food nutrients can be designed just for you. Check out our Nutrients Rx program.