

# SYMPHYSIS PUBIS DYSFUNCTION CONDITION PROTOCOL

## Supplementation Regimen:

- Optimal EFA, 2 capsules morning and night
- NOS Performance Pak, 2 packets daily

### OPTIONAL (if inflamed):

- Optimal Acute, 2 capsules every 4 hours



## Nutrition Regimen:

- 8oz of water with each meal

### Breakfast:

- 1 fist-sized portion of raw fruit
- 1 serving of oatmeal
  - ½ cup old fashioned rolled oats
  - 1 tsp nuts or seeds (slivered almonds, pumpkin, or sunflower seeds)
  - Pinch of flax seeds
  - Organic honey or Stevia to taste

### Morning Snack:

- 1 serving of Optimal Complete Nutrition Plus in 8oz skim milk, soy milk, almond milk, fresh juice, or water **OR** 1 fist-sized serving of raw fruit (berries, if possible) **OR** 1 fist-sized portion of fresh vegetables

### Lunch:

- Large salad (2-4 cups) or raw vegetables including dark, leafy greens
- Lean protein (3-4 oz) chicken, turkey, fish, tofu, or whale beans (try to use salmon at least once a week)
- Dressing: vinegar or lemon juice with 1 tsp of healthy oil (such as grape seed oil or extra virgin olive oil)
- Add Mrs. Dash (or like) seasoning, if desired **NO CHEESES, CREAMED DRESSINGS, CROUTONS, BACON BITS, etc.**

### Afternoon Snack:

- 1 serving of Optimal Complete Nutrition Plus in 8oz skim milk, soy milk, almond milk, fresh juice, or water **OR** 1 fist-sized serving of raw fruit (berries, if possible) **OR** 1 fist-sized portion of fresh vegetables

### Dinner:

- 1 cup whole grains
  - 3-4 oz lean meat
  - 1 cup of vegetables (raw is best)
  - Avoid cheese or processed sauces and dressings.
- **Example meals:**
- Turkey sandwich on whole-grain bread, with vegetables (lettuce, tomato, sprouts, etc.)
  - Fish, brown rice, green salad
  - Chicken fajitas (chicken, onions, peppers) on steamed corn tortillas
  - Marinara sauce on whole wheat or spinach pasta, green side salad
  - Brown rice, chicken, steamed vegetables

## Exercise Regimen:

- Full body stretch, 10 minutes daily
- Kegels, 5 minutes 2 times daily