



MPN™ - 7 Strategies

1. Increase Amt.& Variety of Anti-oxidants
2. Reduce Insulin Resistance
3. Reduce LDL cholesterol & avoid trans fats, reduce sugar intake.
4. Increase Omega-3s & Healthy Fats
5. Reduce Inflammation
6. Assure adequate B, C, D & E vitamins
7. *Eat probiotics and prebiotics (Added in 2017)*




**Disclaimer-Check with your Physician before making dietary changes*



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MPN™ Principles

- Whole foods-not processed
 - More plant foods, fewer animal foods
 - Fish or seafood minimum 3x/week
 - Reduce all forms of sugar & refined carbs.; Desserts
 - Avoid trans fats & HFCS. Read food labels
 - Spices, Leafy greens, Nuts/Seeds, Omega-3's, Whole Grains Every Day; Beans, Legumes or Lentils several times a week
 - Greater **variety** of foods, in moderation
 - How to maintain healthy gut? Pickles? Probiotics? Prebiotics?
- Consume 3 meals with 1-2 snacks
- “Drink Up!” Hydrate with water, tea, herbal teas or 100% fruit juice Supplement if needed-Omega 3s, Vitamins B, C, D3 & E (all 8 forms vitamin E); Herb/Spice or Veggie/Fruit based supplements.

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