

Dysautonomia: Nutrition Guidelines

Your doctor has determined that you are experiencing symptoms of dysautonomia and has recommended the following guidelines to help reduce/eliminate these symptoms.

Nutrition Guidelines:

- 1) Drink eight 8-ounce glasses of water daily.
- 2) Avoid all caffeine and chocolates.
- 3) Avoid simple sugars (i.e., sweetened beverages, candies, cookies, cakes, pies, etc.)
- 4) Eat five smaller meals per day.
- 5) Drink 32-ounces of Gatorade^R or PowerAde^R daily.
- 6) Use extra salt, as directed by your physician.
- 7) If you are exposed to the sun for a prolonged period of time, drink plenty of fluids.

Caution! Talk to your pharmacist about prescription medications and over-the-counter medications that may contain caffeine.

If you need further assistance with these recommendations, ask your doctor to refer you to a registered dietitian (R.D.) who can help you with additional nutrition education, cooking suggestions, shopping tips, menu planning, and individualizing a diet to meet your lifestyle needs.