

Lesson 3, supplementation. Now when a nutrient level is low, we can't just bridge the gap with a supplement. We must go back and understand why. Why is it low? What's happening in the body to create this loss or deficiency? The question also is, what are we trying to do with supplements? What is their purpose? Now as we have discussed many times, supplements do not do the healing on their own. It's the body that's doing the healing.

In order for the body to heal though, it requires certain needs to be met. It needs water, nutrient supply, digestion, nutrient absorption, elimination, sleep. So using certain supplements allows us to supply these needs for the body to use in a way that they are optimum choices and they start to provide a means for creating the right conditions for the body to heal. Overwhelming the body with too many supplements can be very stressful to the body. We mentioned earlier that a dysfunctional cell will not respond the same way to support as a healthy cell. In many cases, no support is evidenced at all. And this could be why. So we might have a client taking these supplements and not experiencing any change. And we might think, okay, well we have to try something different. But the clue is in the fact that a supplementation that has a known reaction isn't happening. So we have to consider first and foremost before doing anything else, are the cells functioning properly?

If the cells aren't working, elements are not moving in and out of the cell. So the cell membrane health must also be a priority. We can't get in there and look at the cell membrane, but we can gather clues about what's happening in the body. For example, if we know that this person has trouble digesting fat, that could be a clue that the cell membrane is not receiving the fats or the phospholipids that it needs to function properly. They could also indicate to us that there is less moving in and out of the cell. This is a guess on our part but I think it's a fair estimation if the body is having real issues absorbing fat and we can see this. We can see this in the symptoms, we can see this in the lab work that it's a safe assumption to believe that the cell membrane itself could be deficient in what it needs to function well.

So with poor diet or poor absorption of nutrients, we are usually not looking at one nutrient or mineral that is low in isolation. We don't have someone with chronic illness who is just low in B6 or low in iron. There is a reason for nutrient deficiency, and it typically encompasses a whole list of nutrients. When these nutrients are low, other areas of the body that generate nutrients will also be low. So, we have to consider that there are many deficiencies. In deeper dysfunction, pathways and systems may be blocked and single nutrients could actually cause symptoms. When we try to supplement in isolation or with single nutrients outside of food that are not packaged up with those enzymes and cofactors, we run the risk of unbalancing the nutrients that are either already in the body or those coming in through food or both. So let's restate that using one nutrient in isolation in supplemental form will promote imbalance in other nutrients.

Once you finish this particular lesson I would like you to go visit lesson 3.2, 3.3, and 3.4. In these lessons, I have detailed the exact antagonistic and synergistic combination of different supplementation in the form of vitamins and minerals. I've used articles from Dr. Deanna Minich and Dr. David Watts and a mineral wheel to show you how these elements perform in the body and why we need everything to be in balance. Now I want you to stop and think about this. I want to come back to something that I just said. When we supply a nutrient in isolation, we are promoting imbalance. You can go to the mineral wheel or you can check out lesson 3.2 and see what happens if you force supplementation of a single nutrient. What will that do to the other nutrients? This is critical to understand because even though your client is low in B6, if they are taking more B6, it will have some unbalancing effect. Many times you can look on the back of a supplement bottle and let's just say it's a multivitamin and you can see all the ingredients that are included and you can also see that these different nutrients aren't set for a hundred percent. Sometimes they're only four percent of our daily need. Sometimes they're three thousand percent of our daily need. Well this makes a difference.

This is not how it's packaged up in food. This is why food choices will always be our best way to supplement the client as long as they're able to digest their food. Now, therein lies the problem. These clients might eat great food, but they're not digesting properly, so they're not getting the benefit of the nutrients in the food. So this is where we have to start looking at full body support. Now consider all that the body is doing. It has very specific nutritional needs. If giving supplementation in isolation is going to create an imbalance, then how can we help support the client who is having digestion issues and absorbing nutrients from a bigger standpoint.

How do we move beyond that single nutrient? So the things that we use must be absorbable and specifically we're going to use them early in the process so that we can see how well their body could function with the right nutrients. Now, there are several things that I look towards from a nutritional need standpoint. For most clients, the product Prime Protein from Equip Foods and desiccated liver caps or desiccated organ caps from Paleo Valley or from Ancestral, both of these products will allow good nutrition to come in and it's in a form that is very easily digested and absorbed. They can make a huge difference in just incorporating some of the very small amounts of nutrients that we need from our food in just this source.

Another product that I use is fulvic acid has a special story. It comes from the ground. It's what helps nutrients get into our food. And because we're very concerned about getting the right nutrients from the foods that we're eating, fulvic acid also has the special job of being able to help nutrients get into the cells of the body. Hydrochloric acid is another product that I really recommend because it is the temporary help that the stomach may need in order to properly break down meat protein. Sunflower lecithin, this is one of my favorite products. is full of phospholipids and the major one being phosphatidylcholine. So, phosphatidylcholine is one of four major phospholipids that exist in the cell membrane. Sunflower lecithin also allows us to consume a food product that is easily absorbed and is really good for the the liver and gallbladder as it continues to thin bile.

Speaking of the liver, I do have specifics that I like for liver support. The first one being Tudka, one single bile salt. In cases where the gallbladder has been removed, ox bile could definitely be a benefit as well. In that particular case, it is also unique the client and it may or may not be necessary. But keep in mind that without a gallbladder we just have bile dripping out from the liver into the digestive tract all day. So it's not coming out in a bolus when we eat and it can help us digest our fats. Bitters is another huge area of support. Bitters allows us to prime digestion. It also is wonderful for the liver. Bacterial support. We can't leave out the gut when we're trying to give the body some basic support that it might need. And again, we're not using any of this as targeted.

It is just general support that could enhance the performance of the body as it's healing. is the one product that I do rely on to perform this function. Now it can be taken by capsule or opened up and put directly in the food. Either way, it has a job to do and it will go in and act as a weed and feed system for the large intestine and for soothing the small intestine as it goes through. There are many other products made by Microbiome Lab and all of these products together can certainly work to heal the gut lining and improve digestive and gut function. But strictly from a 30,000 foot view, looking at supporting the gut in a very general sense, Megasporebiotic 1 or 2 per day will certainly do this. Another product to consider if the gut is truly having issues with overgrowth of bacteria or pathogens or there are a lot of symptoms would be olive leaf extract.

Now, I'm not a big fan of antimicrobials, but there is a place for them if we use them gently and wisely. And we'll talk about that shortly when we get into sequence rotation and pulsation. General support and lifetime supplementation for me has been an ever-evolving scope of looking at what we can use to support what our needs might be in the body. There are a lot of supplements out there that people take that we can get from other sources and we don't need supplementation in that. One thing might be vitamin D. You know, we need to spend more time out in the sun. That's a more natural way of getting vitamin D. So I've made this small list. It is by no means conclusive and you

may have your own small list of lifetime supplementation that you recommend. But I'm going to go through this today and I want you to think about this list and think about how you can add to this list. How you can use this to help your client enhance what they are doing. My list starts with Solei water. If people are in a healing environment, they're eating clean. They're not eating junk food, refined foods, and lots of junk sodium. Therefore, they need some electrolyte support. And that takes me to my second one, electrolyte powder. I find it difficult for most people to take in enough foods with potassium.

And electrolyte powder, along with the sodium and potassium and the other electrolytes, can also work to restore that balance and give the cells what they need. Vitamin C powder. Percigard is the vitamin C powder because this is something that the body doesn't make and we can use this as an addition, as an antioxidant. And also, vitamin C plays a key role in the absorption of other nutrients. Zinc. We might think that we get enough zinc from the fact that of all the minerals, zinc and magnesium make up 75% of the most used minerals. They are involved in almost every process of the body.

And one of the things that concerns me the most is the fact that through many studies we can see that zinc can be chelated by glyphosate. I want to bring this up because we have control over what we do, over what we eat, over what we drink, over maintaining the health of our body, but we don't always have control over the toxins and chemicals that fill our world now. And they're just getting worse. up to date on what our knowledge is about the effect that chemicals and toxins have on our cells and our cell receptors. Glyphosate will also sit in the glycine seat and not allow glycine to work in the body. So if zinc is absolutely critical to the function of our body. Magnesium as well. Maintaining magnesium in small amounts is important. And while I don't feel that we need an overabundance of it, we need a consistent amount of magnesium as supplementation.

My favorite magnesium is Remag by Carolyn Deane's company. And for cognitive support, I also really like the product called Magteen. Now Magteen is the main ingredient, it's trademarked, and you can find it sold by many different brands. Jero's brand that uses Magteen is called Magmind and the Now brand is called Magteen. CoQ10 from organ meats and that is my preference for bringing in the CoQ10 as it was meant to be delivered by nature. This is why I continue to use and support the use of either desiccated liver or desiccated organ meats in capsule form so that we have a steady delivery of CoQ10 in what we're taking each day and we don't need much. Tudka remains on my list of necessary lifetime supplements as an assist to the liver. Now the liver has all of these functions. It's one of the hardest working organs in our body. So we need to love on it. Remember we just talked about the fact that we don't have control over toxins and chemicals and that is the organ that is helping us excrete them. Bitters is the last one on my list. Now besides Tedka, bitters can do a beautiful job of giving the liver the support that it needs, the nutrition that it needs.

And I use a product called Liver Bitters by Urban Moonshine. Now let's talk a little bit about sequence, rotation, and pulsation. You might think that just taking the supplement, taking it is the proper way. But everything about our body is so dynamic. Everything moves up and down, it pulses out. When we look at hormones, we see that they have a pulsation. They spike very high and then fade down. We eat a couple times a day and because of all of this, because the body is full of ups and downs and changes and fluctuations, enhancing our health also comes down to enhancing how we take our supplements. When we talk about a sequence, we are referring to the order and what order in which to use our supplements. Sometimes a supplement is best taken with food. When we look at vitamin C, zinc, magnesium, coQ10, all of these are best taken with food because that is where we originally get them.

Taking them with food allows us to digest and absorb them at the same time that we are digesting and absorbing our food. It will act as support in the exact same way. Does it matter which one we start with? It doesn't. Making sure that your client is getting in the supplementation that they do need

for support is the most critical part. Sequencing the supplement also includes titration. Some of the best moves that we can make to explain to a client how to take their supplements is to take the first supplement, start low and slow, increase it until they get to the dosage on the bottle, and then add the second supplement in using the exact same procedure.

Now if we take all of our supplements, let's just say you've made a recommendation to a client for three supplements, and they take them all at the same time, if they have an adverse reaction, how will we know which one it is? We won't. It could be that the adverse reaction was just because they started too high too soon. So we take each supplement, we start it very low and slow until the client can be assured that it's not causing any adverse reaction, and then a week off. Now on the off week, we might add a different supplement in so that we are constantly rotating these two supplements that may do similar but not the same things. So in other words, it could be olive leaf and potentially one of the MBL products like HU58. By doing this, we're giving the body a chance to recuperate, be able to take a breath, direct resources where they're needed for healing, and it's also telling the body that it still has work to do.

We're not trying to take over its job. We're giving it the support that it needs. Pulsation allows us to take our supplementation for a few days on and then a few days off, giving the body a break from any supplements. This has been one of the most successful areas of working with clients by using the pulsation method so that they can allow their body to again take a break, take a breath, do the healing that it needs, but at the same time, they're able to supply the nutrients that are necessary.