

Daily Supplements: ALL SHOULD BE CAPSULES

- Before taking any of the supplements listed, please consult with your physician.
- Stop half way through a meal and take any vitamins and supplements one at a time. Wait one hour after finishing your meal and then drink plenty of fluids.
- This handout is a list of supplements that have benefitted others. It is intended for informational purposes only. These statements have not been evaluated by the FDA.

BREAKFAST:

- Multivitamin
- Curcumin with black pepper extract – 400-600 mg
- Vitamin C – 1000 mg
- Omega-3 – 10000 mg
- Calcium magnesium – 250 mg

LUNCH:

- Multivitamin
- Omega-3 – 1000 mg
- Curcumin with black pepper extract – 400-600 mg
- Vitamin C – 1000 mg

DINNER:

- Calcium Magnesium – 250 mg

Discuss with your physician first before starting any of these supplements.

Sources for Supplements

Pink Salt, and Vitamin Code:

<https://www.amazon.com/>

Bio-Gest, Ascorbic Acid (Vitamin C), and Vitamin D:

<https://www.thorne.com/>

Biofreeze:

<http://www.biofreeze.com/>

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THE AUTONOMIC BALANCE — TRAINING SYSTEM —



SUPERFOODS are packed with great nutrients that support health and can be incorporated into any nutritional plan. Below are some suggestions for you to try; add them to dishes you know and love, create a new dish, or eat them on their own!

Fruit	Vegetables	Grains (gluten-free)	Meat & Seafood
Avocado	Asparagus	Amaranth	Alaskan Halibut
Blackberries	Bell Peppers	Chia	Canned Albacore Tuna
Blueberries	Bok Choy	Gluten-Free Oats	Clams
Grapefruit	Broccoli	Ground Flaxseed	Sardines
Guava	Brussel Sprouts	Millet	Sea Bass
Kiwifruit	Cabbage	Nut Flours	Skinless Chicken Breast
Kumquat	Carrots	Quinoa	Turkey
Lemons	Collards	Rice (white, brown, or wild)	Wild Salmon
Limes	Kale		
Oranges	Mustard Greens		
Persimmon	Pumpkin		
Pomegranate	Romaine Lettuce		
Purple Grapes	Spinach		
Raspberries	Squash		
Strawberries	Sweet Potato		
Tangerines	Swiss Chard		
Watermelon	Tomatoes		
	Turnip Greens		
Dairy	Seeds & Nuts	Beans & Legumes	Tea*
Yogurt	Sunflower Seeds	All Beans	Green
Greek Yogurt	Pumpkin Seeds (pepitas)	Lentils	Mint
Kefi	Almonds	Soymilk	Peppermint
	Walnuts	Soynuts	Chamomile
	Pistachios	Edamame	*de-caffeinated, if possible

Prepared by a Licensed Registered Nutritionist.

Protein Smoothie

1 Banana or Blueberries

1 Orange

2 Tablespoons freshly ground organic nut butter or any nuts

1 tablespoon organic coconut oil

2 teaspoon chia seeds or flax seeds or hemp seeds

1 teaspoon cocoa bits (optional)

1 cup Almond milk or Coconut Milk

2 Tablespoons of Great Lakes Gelatin (Green container or orange if you are Vegan)

2-3 ice cubes

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Benefits of Drinking Water



Water suppresses the appetite naturally and helps the body metabolize stored fat. Studies have shown that a decrease in water intake will cause fat deposits to increase, while an increase in water intake can actually reduce fat deposits. Here's why: The kidneys can't function properly without enough water. When they don't work to capacity, some of their load is dumped onto the liver. One of the liver's primary functions is to metabolize stored fat into usable energy for the body. But if the liver has to do some of the kidney's work it can't operate at full throttle. As a result, it metabolizes less fat more fat remains stored in the body.

Drinking enough water is the best treatment for fluid retention. When the body gets less water, it perceives this as a threat to survival and begins to hold on to every drop. Water is stored in extracellular spaces (outside the cell). This shows up as swollen feet, legs and hands.

The best way to overcome the problem of water retention is to give your body what it needs -- plenty of water. Only then will stored water be released.

The overweight person needs more water than a thin one. Larger people have larger metabolic loads. Since we know that water is the key to fat metabolism, it follows that the overweight person needs more water.

Water helps to maintain proper muscle tone by giving muscles their natural ability to contract and by preventing dehydration. It also helps to prevent the sagging skin-- shrinking cells are buoyed by water which plumps the skin and leaves it clear, healthy and resilient.

Water helps rid the body of waste. Again, adequate water helps flush out the waste.

Water can help relieve constipation. When the body gets too little water, it siphons what it needs from internal sources. The colon is one primary source. Result? Constipation. But when a person drinks enough water, normal bowel function usually returns.

When the body gets the water it needs to function optimally, it's fluids are perfectly balanced. When this happens, you have reached the "breakthrough point."

What does this mean?

- Endocrine-gland function improves.
- Fluid retention is alleviated as stored water is lost.
- More fat is used as fuel because the liver is free to metabolize stored fat.
- Natural thirst returns.

If you stop drinking enough water, your body fluids will be thrown out of balance again, and you may experience fluid retention, unexplained weight gain and loss of thirst. To remedy the situation you'll have to go back and force another "breakthrough."

Recommended daily water intake for wellness: 64 ozs

GABA

Disclaimer: This is not a substitute for medical advice from a health professional.

Gamma- Amino Butyric Acid (GABA)- neurotransmitter that enhances brainwaves to operate in harmony and results in calmness (brain rhythm). Without GABA, the muscles would be constantly tensed, the mind would never stop racing and the overall ability to function would be severely impaired.

Helps with: Loss of brain rhythm

-Maintains balance between the mind and body functions

-Symptoms associated with low GABA:

Carbohydrate craving, trembling, twitching, tachycardia, flushing palpitations, sweating, cold clammy hands, chest pain, lump in throat, blurred vision, restlessness, butterflies in stomach, unusual allergies.

Conditions related to decreased brain rhythms:

Anxiety, hypertension, cystitis, GI disorders, tinnitus, PMS

Extreme cases of decreased GABA- seizures, tense muscles

Foods rich in glutamic acid which produces GABA

Bananas/oranges

Broccoli

Spinach

Lentils

Brown rice

Nuts-almonds

Oats/whole grains

Halibut

Herbal teas- e.g. green tea decaffeinated

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Serotonin Food Sources

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Serotonin:

- Need tryptophan and complex carbohydrates to enhance sleep
- Decreased serotonin:
 - o Depression, obesity (compulsive eating), decreased self esteem, constant worry, difficulty making decisions

Foods rich in Tryptophan that help the body produce more Serotonin:

Chicken, turkey, beef, lamb, salmon/tuna, Cornish hen

dairy/soy, nuts, beans, cottage cheese, and swiss cheese.

Foods rich in Complex CHO:

bananas, beets, brown rice, fennel, figs, pineapple,

potatoes, spinach, pasta, and whole grains.

Sleep Recommendations

1. Cal-Magnesium capsules, 250 mg at dinner/ 250 mg at breakfast
2. 5-HTP (5-Hydroxytryptophan)-50 mg-100 mg→150 mg→200 mg max if needed (only take for 12 weeks. Gradually stop on the twelfth week) *5HTP→Serotonin→ Melatonin
3. Turkey
4. Banana (Complex carbohydrate needed to absorb tryptophan)
5. Black-eyed Peas
6. Sunflower seeds
7. Sesame seeds
8. Steep a Chamomile tea bag with decaf mint in a cup of hot milk for 10-15 minutes. Add one teaspoon of honey.
9. No news or video games after 9 p.m (including all bright screens: computer/phone).
10. Lukewarm bath with Epsom salt (EPSOAK from Amazon) and eucalyptus or lavender or peppermint. Breathing exercise for 20 minutes while soaking in Epsom bath.
11. Read a relaxing book
12. Breathing/relaxation

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