

# Do You Need a Basic Nutritional Supplement?

Most Americans are eating a less than optimal diet, so some kind of multivitamin and mineral supplement (or a whole food nutrition supplement) is needed to supply nutrients that may be missing from the diet. To find out if you need a basic nutritional supplement, check the answer that best applies to you for each of the following questions. Then, score the total number of points for each answer at the bottom of the page.

## How often do you eat at fast food restaurants?

- 1 time or less per week (15 points)
- 2-3 times per week (10 points)
- 4-6 times per week (5 points)
- Every day (0 points)

## What kind of bread do you usually eat?

- White (0 points)
- Whole grain (5 points)

## How often do you eat a home-cooked meal that is not composed primarily of canned, frozen or pre-packaged foods?

- Every day (15 points)
- 3 or more times each week (10 points)
- 1-2 times per week (5 points)
- Less than once a week (0 points)

## How many servings of fresh, frozen or dried fruits and vegetables do you usually eat each day? (Canned foods don't count!)

- 7 or more (20 points)
- 5-6 (15 points)
- 3-4 (10 points)
- 1-2 (5 points)
- Less than 1 (0 points)

## Do you purchase organically or locally-grown food whenever possible?

- Yes (10 points)
- No (0 points)

Total Your Points Here \_\_\_\_\_

**Interpreting Your Results:** If you scored 45 or more, you're doing great! Score less than 45, you probably need a basic nutritional supplement. If you scored less than 25, you definitely need a basic nutritional supplement.

## Choosing a Basic Nutritional Supplement

Why do people purchase insurance? Because it offers some peace of mind that they're "covered" in case of accident, illness or other emergencies. Well, a basic nutritional supplement can be thought of as your nutritional health insurance. It's something you take to make sure you're getting most of the basic nutrients the body needs everyday.

There are many reasons why we might not get the nutrition we need. It's easy to see that refined and processed foods have been stripped of much of their nutritional value, but there are other "hidden" causes of nutrient depletion.

For starters, most "fresh" produce at the supermarket is at least 10-14 days old. This long delay between harvest and consumption results in the loss of both flavor and nutrition. This produce is often picked before it is fully ripe, which means it never developed its full nutritional content. And, if that isn't bad enough, modern agricultural methods have resulted in the loss of minerals (and to a lesser degree vitamins and other nutrients) from our food.

If we lived in an ideal world where we had access to really fresh, organically grown natural food all the time, we wouldn't need nutritional supplements at all. But because most of us have to "cheat" on nutritional quality for the sake of convenience, it makes sense to take a basic nutritional supplement to ensure we're at least getting the basic amounts of the nutrients the body needs.

Do not take cheap vitamin and mineral supplements. They're the "junk food" of the supplement industry. Use a high-quality vitamin and mineral supplement like **Super Supplemental**.

Even better, instead of a multi-vitamin, use a whole food supplement like **pH GreenZone** or **Ultimate GreenZone**. This will give you extra vitamins and minerals in a whole food form, which is even better.

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# Do You Need Digestive Enzymes?

Most people eat primarily cooked and processed foods. Raw foods or naturally fermented foods (like sauerkraut and kimchi) supply enzymes that help food digest and take stress off of our digestive and immune systems. When these enzymes are lacking in the diet it strains the digestive system and can contribute to food and respiratory allergies. To find out if you need an enzyme supplement, check the answer that best applies to you for each of the following questions. Then, score the total number of points for each answer at the bottom of the page.

What percentage of your diet is raw food?

- 60% or more (20 points)
- 40-60% (15 points)
- 20-40% (10 points)
- 20% or less (5 points)
- I rarely eat raw food of any kind (0 points)

How often do you experience digestive upset? (acid indigestion, severe belching or intestinal gas, bloating, heartburn or acid reflux)

- Rarely (one or two times a month or less) (15 points)
- Occasionally (3-4 times per month) (10 points)
- Frequently (more than once a week) (5 points)
- Constantly (almost every day) (0 points)

Do you take antacids or acid blockers?

- No (10 points)
- Occasionally (5 points)
- Frequently (0 points)

Do you suffer from food or respiratory allergies?

- No (10 points)
- Yes (0 points)

Do you eat naturally fermented foods like raw sauerkraut, raw pickles, raw kimchi, etc. regularly with meats and other cooked foods?

- Never (0 points)
- Sometimes (5 points)
- Usually (10 points)

Total Your Points Here \_\_\_\_\_

**Interpreting Your Results:** If you scored 45 or more, you're doing great! Score less than 45, you probably need an enzyme supplement. If you scored less than 25, you definitely need a basic nutritional supplement.

## Choosing an Enzyme Supplement

Enzymes are found throughout the animal and plant kingdom. They are known as the spark plugs of life because their role is to catalyze, or speed up, chemical reactions. 5,000 enzymes have been discovered since the 1930s, with 3,000 found in the human body. These enzymes both build up and break down all the substances the body needs to function, repair tissues, break down toxins, regulate immune responses and, last, but not least, digest our food.

Since enzymes are destroyed by heat and processing, most of the foods Americans consume contain no enzymes. Instead, they often contain enzyme inhibitors in the form of preservatives. In traditional diets, a large portion of food was consumed raw. In traditional diets where more cooked food was consumed, naturally fermented foods were nearly always consumed with cooked food. Naturally fermented foods are rich in both enzymes and probiotics (friendly bacteria).

Many of the digestive problems people experience in modern society (acid reflux, acid indigestion, upset stomachs, gas, bloating and belching) are caused by a lack of enzymes. This lack also contributes to other health problems, including food and respiratory allergies, sinus congestion, auto-immune conditions, intestinal infections, parasites and more. Enzymes also help reduce inflammation and pain in the body by supporting immune functions.

So, taking an enzyme supplement like **Proactazyme Plus** is a wise choice for many people. Proactazyme Plus contains plant enzymes, the kind we would naturally find in the diet if we were eating more raw and fermented foods. It will not only help food digest better, thus preventing digestive upset and intestinal gas, it will also improve absorption of nutrients.

Elderly persons, or people with extremely poor digestion may need a stronger enzyme product. In this case, **Food Enzymes** is a better choice. Food Enzymes supplement the enzymes and digestive secretions the body produces to break down food. The secretions typically decline with age, resulting in both loss of appetite and increasing health problems.

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# Do You Need Probiotics?

Our intestinal tract is home to two to three pounds of friendly microorganisms that are collectively known as friendly flora. The health of our intestinal tract is largely dependent upon maintaining a healthy balance of these microbes. Lactobacillus bacteria (also known as probiotics) help make nutrients available to the body and protect the body against infection from E. coli, yeast and other unfriendly microbes. Antibiotics, chlorinated water and certain medications can kill these friendly microbes causing us to develop chronic yeast overgrowth and compromising both bowel health and general immune resistance. To find out if you need a probiotic supplement to rebuild your friendly flora, check the answer that best applies to you for each of the following questions. Then, score the total number of points for each answer at the bottom of the page.

## Have you ever taken antibiotics?

- Never (20 points)
- A few times (10 points)
- Many times (0 points)

## How many bowel movements do you generally have?

- My bowels generally move 2-3 times daily (10 points)
- My bowels generally move once a day (5 points)
- My bowels generally move less than once a day (0 points)

## How often do you eat yoghurt with live bacterial cultures, or fermented foods with live bacterial cultures?

- Never (0 points)
- Less than once a week (5 points)
- Several times a week (10 points)
- Daily (15 points)

## Do you suffer from yeast or fungal infections of any kind (athlete's foot, toenail fungus, vaginal yeast infections, etc.)?

- No (10 points)
- Yes (0 points)

## Do you primarily drink chlorinated (tap) water?

- No, I generally drink purified or filtered water (10 points)
- Yes (0 points)

Total Your Points Here \_\_\_\_\_

**Interpreting Your Results:** If you scored 45 or more, you're doing great! Score less than 45, you probably need a probiotic supplement. If you scored less than 25, you definitely need a probiotic supplement.

## Choosing a Probiotic Supplement

Our small intestines provide a perfect environment for the population of billions of beneficial bacteria known collectively as friendly flora. The intestinal flora perform many beneficial tasks for us. They help break down the food we ingest and manufacture specific nutrients. They are also part of our immune system, protecting us against unwanted and infectious bacteria, yeast and other microorganisms from multiplying in the gut. They also play a role in reducing allergies.

Antibiotics, chlorinated water and certain drugs (like corticosteroids) destroy these friendly bacteria making people prone to bowel disease, yeast infections and compromised immune function. Anyone who has taken multiple rounds of antibiotics has probably killed off a lot of their friendly flora and has an overgrowth of yeast and other unhealthy microbes in their intestines.

Probiotic supplements replace these friendly microbes. Probiotic supplements should be taken after completing any round of antibiotics. They should also be taken when traveling as they help protect the body against infections from drinking water and food. Probiotic supplements are helpful for anyone suffering from any kind of yeast or fungal infection, or for people with chronic sinus problems, weak immunity or other chronic infections.

**Bifidophilus Flora Force** is a good supplement to help replace these friendly microbes. Yogurt that contains live lactobacillus and other beneficial bacteria is also helpful—frozen yogurt is not. Probiotics can also be found in kefir, cottage cheese and raw pickles and sauerkraut.

**L. Reuteri** is another probiotic to consider. It is very helpful for aggressively knocking down yeast after taking antibiotics or when suffering from yeast infections. It should be followed by taking Bifidophilus Flora Force.

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## Do You Need Essential Fatty Acids?

Most Americans have been brainwashed to believe that all fats are bad for you. However, the body needs good fats for brain and glandular function, cellular health and immune regulation. We crave fats because our body is looking for essential fatty acids that may be missing in our modern diet. To find out if you need an essential fatty acid supplement, check the answer that best applies to you for each of the following questions. Then, score the total number of points for each answer at the bottom of the page.

**Do you eat wild salmon (farm-raised salmon doesn't count), sardines or ocean fish 2-3 times per week?**

- Yes (15 points)
- No (0 points)

**Do you eat wild game or organic, grass-fed beef and poultry two or more times each week?**

- Yes (15 points)
- No (0 points)

**Which of the following fats do you usually use for "buttering" bread, etc.?**

- Organic butter (10 points)
- Regular butter (5 points)
- Margarine (0 points)
- I am on a very low fat diet and eat almost no fat (0 points)

**How often do you eat commercially fried foods?**

- Less than 1 time per week (15 points)
- 2-3 times per week (10 points)
- 4-6 times per week (5 points)
- Every day (0 points)

**Do you want to reduce your risk of heart attack, stroke, cancer, diabetes and other degenerative diseases?**

- No (0 points)
- Yes (10 points)

Total Your Points Here \_\_\_\_\_

**Interpreting Your Results:** If you scored 45 or more, you're doing great!

Score less than 45, you probably need an essential fatty acid supplement.

If you scored less than 25, you definitely need an essential fatty acid supplement.

## Choosing an Essential Fatty Acid Supplement

Contrary to all the propaganda to the contrary, we need fats in our diet to stay healthy. Fats play critical roles in the body. Brain and nerve tissue, for instance, requires the proper kind of fats, and low fat diets can lower the intelligence of children. The heart burns fat as its primary source of fuel. Fats are also burned to keep the body warm in cold weather. Fats are also necessary for the production of many hormones.

Extremely low fat diets aren't good for us and can actually raise cholesterol, since about half of the cholesterol in our body is used to make bile to digestive fats. However, we need to get the right kinds of fats in our diet and most of the fats we're eating are the wrong kind of fats.

For starters, Americans tend to get too many omega-6 fatty acids and not enough omega-3 fatty acids. Omega-3 fatty acids protect us against heart disease. They also benefit the immune system because they help control the chronic inflammation that underlies the development of hardening of the arteries, arthritis, memory loss in aging and other degenerative disease. The best sources of omega-3 are wild game, grass fed beef, eggs and poultry and deep ocean fish (not farm raised). Avocados and nuts, especially walnuts, also contain good fats.

Since most people eat very little of these foods, they need to supplement their omega-3. **Super Omega-3 EPA** is a good supplement to ensure you're getting these important fats in your diet. **Flax Seed Oil** is another good source. Flax seed oil contains the correct balance of omega-3 and omega-6 essential fatty acids.

To avoid bad fats, avoid fried foods, processed foods and saturated fat from commercial meat and dairy products. But, not all saturated fats are bad, either. The medium chain saturated fatty acids in organic butter from grass fed cows and coconut oil benefit the immune system, the thyroid gland and the brain. So add some of these fats to your diet, too. Extra virgin olive oil contains mostly omega-9 fatty acids and is another good fat to include in your diet in moderate amounts.

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# Do You Need Antioxidants?

More and more research is emerging showing that chronic inflammation and oxidative stress due to free radical damage are the underlying causes of many of the chronic illnesses so prevalent in our society. Heart disease, cancer, diabetes, arthritis, dementia, Alzheimer's, Parkinson's and a host of other chronic diseases aren't the inevitable products of old age, they are caused by a lack of antioxidants in the diet to protect the body from inflammation and free radical damage.

These antioxidant nutrients are found primarily in fresh fruits and vegetables. In fact, the bright colors of fresh produce are due to the presence of these anti-aging and disease preventing compounds. However, most Americans eat very little fresh produce. To find out if you need an antioxidant supplement, check the answer that best applies to you for each of the following questions. Then, score the total number of points for each answer at the bottom of the page.

**How many servings of fresh, frozen or dried fruits and vegetables do you usually eat each day? (Canned fruits and vegetables don't count!)**

- 7 or more (35 points)
- 5-7 (25 points)
- 3-4 (15 points)
- 1-2 (5 points)
- Less than 1 (0 points)

**Do you have any kind of inflammatory disease (anything that ends in "itis" such as arthritis, colitis, etc.)?**

- No (10 points)
- Yes (0 points)

**Do you want to reduce your risk of heart attack, stroke, cancer, diabetes and other degenerative diseases?**

- No (0 points)
- Yes (10 points)

**Do you suffer regularly from chronic aches and pains (stiff neck, sore back, headaches, indigestion, etc.)?**

- No (0 points)
- Yes (10 points)

Total Your Points Here \_\_\_\_\_

**Interpreting Your Results:** If you scored 45 or more, you're doing great!

Score less than 45, you probably need an antioxidant supplement. If you scored less than 25, you definitely need an antioxidant supplement.

## Choosing an Antioxidant Supplement

Research has established that a major cause of aging and degenerative disease is chronic inflammation and free radical damage. Free radicals are substances that steal electrons. They cause oxidative damage that "burns" tissues leading to simple things like wrinkles and more serious problems like heart disease, cancer and memory loss.

Antioxidants can be thought of as the body's cooling system. They soak up the free radicals that cause oxidative stress and inflammation. Antioxidants help prevent (and even heal) heart disease, diabetes, cancer, arthritis, auto-immune diseases and most other chronic diseases. They also slow the aging process and keep us looking and feeling young.

Antioxidants are abundant in fresh fruits, berries, greens and other vegetables. They are depleted by shipping, storage and processing, which is why few of us get enough of them even if we are eating the recommended 7-9 servings of fresh fruits and vegetables daily.

**Thai-Go** is an excellent antioxidant supplement that not only has a higher capacity for neutralizing free radicals than any other antioxidant beverage in the marketplace, it also contains bioflavonoids and xanthones, which reduce inflammation, decrease pain and promote tissue healing. Even better, Thai-Go actually tastes good, which makes it a pleasure to take. Thai-Go can be taken straight or mixed with water or juice to reduce free radical damage, inflammation and pain and to promote tissue healing and better health.

Another good choice for an antioxidant supplement is Super ORAC, found in the **Super Trio** pack. The Super Trio program is a good basic supplement program, containing Super Supplemental, a high-quality multiple vitamin and mineral supplement, Super Omega-3 EPA, which provides essential fatty acids to reduce inflammation and promote general health, along with the Super ORAC capsule, which supplies similar benefits to Thai-Go, in a capsule form.

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# Do You Need Trace Minerals?

One of the major problems with modern agricultural methods is that it depletes foods of trace minerals. Added to this is the fact that many of the most mineral-rich portions of plant and animal foods are discarded in most kitchens. As a result, few people obtain the trace minerals they need to keep teeth, bones, hair, skin, etc. healthy. To find out if you need a trace mineral supplement, check the answer that best applies to you for each of the following questions. Then, score the total number of points for each answer at the bottom of the page.

How many fillings do you have?

- None (15 points)
- 1-5 fillings (5 points)
- More than five fillings (0 points)

How many teeth have you lost? (Do not include teeth lost through a physical accident.)

- I have all my teeth, including my wisdom teeth, and have no root canals. (15 points)
- I have lost 1-3 teeth (include wisdom teeth) and/or have at least one root canal. (5 points)
- I have lost more than three teeth (include wisdom teeth) and/or have two or more root canals. (0 points)

Are your teeth crooked or did you require braces?

- No (10 points)
- Yes (0 points)

How often do you make and consume homemade stock by simmering bones and vegetables as a base for homemade soups?

- I never make homemade stock (0 points)
- I sometimes make homemade stock (5 points)
- I make stock almost every week (10 points)

Do you have any problems with your skin, hair, fingernails, bones or joints such as (hair loss, skin disorders, brittle fingernails, arthritis, osteoporosis, etc.)?

- No (15 points)
- Yes (0 points)

Total Your Points Here \_\_\_\_\_

**Interpreting Your Results:** If you scored 45 or more, you're doing great! Score less than 45, you probably need a trace mineral supplement. If you scored less than 25, you definitely need a trace mineral supplement nutritional supplement.

## Choosing a Trace Mineral Supplement

Agriculture practices over the last 100 years have severely depleted the soils which in turn has depleted the mineral content of our foods. Foods grown organically have 200-800% more minerals than crops grown commercially with fertilizers. Minerals are not only essential for healthy bones, muscles, skin, hair, teeth and fingernails, they also act as catalysts for numerous biochemical processes.

Dr. Weston Price, author of *Nutrition and Physical Degeneration*, discovered that native people living on traditional diets had almost no tooth decay, rarely lost teeth, including wisdom teeth, and their teeth were always straight without needing braces. He determined that the mineral content of the foods they were eating, along with intake of fat-soluble vitamins, was the main factor in their excellent dental health. His conclusion, dental problems were an early sign of a lack of proper nutrition in the diet.

Since it is rare for anyone in our culture to have excellent dental health, it is likely that just about everyone suffers from a lack of trace minerals in their diet. Besides eating organically grown produce, one can also increase mineral intake by making stock, which provides minerals and other nutrients needed for healthy teeth, bones and connective tissues.

A multiple vitamin and mineral supplement will contain major minerals, like calcium, magnesium, potassium and zinc, but there are numerous other trace minerals the body needs in very tiny amounts. This is where a trace mineral supplement comes in handy.

Chinese **Mineral Chi Tonic** is a great way to replenish your trace minerals. It contains liquid colloidal trace minerals to make up for the lack of minerals in the diet, but it also has the added benefits of containing adaptogenic herbs that will help to lower your stress level (and who doesn't need that). If you don't like the taste of Mineral Chi Tonic, try **Colloidal Minerals**. It doesn't have the herbs, but you'll still get the trace minerals your body needs for optimal function.

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# Do You Need Fiber?

The fiber in foods is very important to intestinal and general health. Not only is fiber important for proper elimination, it also inhibits toxins from being absorbed into the body. Fiber can help to lower cholesterol and slow the absorption of sugar from the digestive tract to help balance blood sugar in diabetes. Fiber also feeds the friendly bacteria (probiotics) found in the colon. To find out if you need a fiber supplement, check the answer that best applies to you for each of the following questions. Then, score the total number of points for each answer at the bottom of the page.

**Do you primarily eat whole grains (whole grain bread, brown rice, etc.) or refined grains (white rice, white flour, etc.)?**

- I mostly eat whole grains (15 points)
- I sometimes eat whole grains (5 points)
- I mostly eat refined grains (0 points)

**Do you usually eat the peelings on potatoes, cucumbers, apples and other fruits and vegetables or do you usually discard the peelings?**

- I usually eat the peelings of fruits and vegetables (15 points)
- I usually eat peeled fruits and vegetables or I rarely eat fruits and vegetables (0 points)

**How often do your bowels eliminate?**

- Twice a day or more (15 points)
- Once a day (5 points)
- Less than once a day (0 points)

**What is your stool like?**

- Soft, long pieces and easy to pass (15 points)
- Hard, lumpy and difficult to pass (10 points)
- Frequent diarrhea or watery stool (5 points)
- Other (5 points)

**Do you have high cholesterol (over 250)?**

- No (5 points)
- Yes (0 point)

Total Your Points Here \_\_\_\_\_

**Interpreting Your Results:** If you scored 45 or more, you're doing great! Score less than 45, you probably need a fiber supplement. If you scored less than 25, you definitely need a fiber supplement.

## Choosing a Fiber Supplement

The American Dietetic Association recommends that healthy adults consume 20-35 grams a day of dietary fiber and children 5 grams a day. Unfortunately, few people get adequate amounts of fiber. This lack of fiber comes from not eating enough fruits, vegetables, whole grains and legumes and eating too many refined and processed foods.

You can get more fiber in your diet naturally by eating whole grains instead of white bread, polished rice and other refined grains. You can also learn to eat the peelings of foods like potatoes, cucumbers and apples instead of discarding them. Finally, fruits and vegetables are not only good sources of fiber, they also provide antioxidant nutrients and enzymes, when eaten raw.

Increasing fiber intake has many benefits. It can help relieve constipation (when taken with lots of water) and prevent the development of diverticulosis, diverticulitis, colon polyps and colon cancer. Regular consumption of fiber also lowers blood cholesterol levels and helps to normalize blood glucose and insulin levels. This makes fiber a great protection against the top three causes of death, heart disease, cancer and diabetes.

For most people, **Psyllium Hulls Combination** is a great fiber supplement. It is much stronger and more effective, than other psyllium-based fiber supplements.

When taking Psyllium Hulls Combination, mix it with a little water or juice and drink it quickly. Follow with a full glass of water and drink at least 6-8 glasses of water during the day. Start with a small amount and increase it gradually.

People suffering from irritable or inflammatory bowel disorders may find Psyllium Hulls Combination a little uncomfortable for their highly sensitive digestive tracts. In that case, **Everybody's Fiber** would be a better choice. This is a gentler fiber product for people with sensitive colons.

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