



HealthyBodyHealthyLife  
with *Melissa Koerner*

## Total Transformation

### Module 2 – Part 9:

# Top 5 Essential Supplements to Boost Your Health

With Nutrition, Fitness & Integrative Medicine Health Coach Melissa Koerner

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## Why Take Supplements?

- Our soils and foods today are **not as nutrient dense** as they once were.
  - Supplements help fill in **nutritional voids**.
- Keep in mind supplements are meant to **supplement** your diet.
  - They do **NOT** replace real food.
  - They are **NOT** intended to compensate for eating crappy food.
  - **Whole foods** provide the best nutrients.
  - Supplements can very beneficial when **combined** with a whole-foods diet.

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Vitamins are like nails and macronutrients are like wood on a ship...



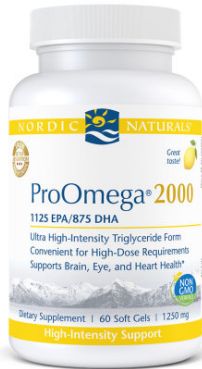
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## Top 5 Essential Supplements

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## Omega-3 Fatty Acids



- Omega-3s are **essential** fatty acids – the body does not produce them on its own.
- Omega-3s are essential to **brain** and **nervous system** function as well as digestive health; they help make the microbiome more **diverse**.
- They have **many benefits**: they can help lower blood pressure, cholesterol, and inflammation, fight autoimmune conditions and Alzheimer’s Disease, improve mental disorders, prevent cancer, improve bone and joint health, improve your sleep and mood.
- Recommended Product and Brand: **ProOmega 2000 by Nordic Naturals**

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## Multivitamin



- Our foods and soils today are extremely **deficient** in vitamins and minerals.
- Taking a multivitamin is **essential** to maintaining a healthy gut, weight and overall health.
- Various vitamins and minerals help with **digestive functions** like supporting gut flora and breaking down proteins, fats and carbs.
- Recommended Product and Brand: **Mega Food**.
  - Multi for Women
  - Daily Multi Powder for Women Over 55 (no iron)

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## Probiotics



- **Dysbiosis** can lead to many other health problems like weight gain, eczema, IBS, arthritis, & diabetes to name a few.
- It's essential to **replenish** the gut with **healthy bacteria** to keep pathogens at bay.
- Recommended Product and Brand: **HLC High Potency by Pharmax**
  - **4 strains** of human sources probiotics
  - **10 billion** organism per capsule

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## Vitamin D-3 & K-2



- Vitamin D affects **gut flora** – low vitamin D is linked to inflammatory bowel disease.
- Vitamins D and K are essential for **optimal** bone and arterial health and for maintaining the immune system in proper **balance**.
- Recommended Product and Brand: **Now Vitamin D-3 & K-2**
  - Vitamins D & K work as a team.
  - Critical for formation of bone.

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## Trace Minerals



- Our foods and soils today are extremely **deficient** in minerals.
- Minerals are the **catalysts** for all the vitamins and other nutrients your body uses for developing and maintaining good health.
- They help **support** gut flora and help modify the inflammatory response in the gut.
- Recommended Product and Brand: **Trace Mineral Tablets by Trace Mineral Research**
  - Contains a full spectrum of over **72** minerals in a balance natural to the body.

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## Essential Supplements Guide

- See your Essential Supplements Guide:
  - It has **descriptions** of each supplement and **instructions** of how to order them through **Fullscript** and save **15%**.
  - I **personally** buy all of my supplements through Fullscript.
  - They're the largest **online dispensary** of professional-grade supplements.
  - After much research, I've found that they are a **trusted** and safe way to get **high quality, professional-grade** supplements.
  - It's very important to take **high-quality** supplements – the recommended brands are **top-grade**.
  - **Consult your physician** before taking any supplements.
  - I suggest starting the supplements **AFTER** you've completing the testing phase of the Comprehensive Elimination Diet.

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