



Wellness Minute

Health Information You Can Use On Your Path To Wellness



Ways To Take Nutrients

“The goal is to build cellular reserves, and the best way to do that is to find ways to make things taste good.”

If we have a problem taking the supplements that our wellness clinician recommends, we just won't take them long enough to build a foundational reserve. That's the extra reserve you need when under physical, mental, or immune stress. Our goal is to assure we have nutrients in reserve, so they are available to restore and repair.

After being in this industry for over 40 years, I have heard a lot of challenges and have worked with my clients to solve them. Things like taste, nausea, the size of tablets and capsules sound daunting, but they can be overcome. So, I thought it would be fun to review some ideas to make nutrients more user friendly for us, as well as kids and spouses.

In fact, let me tell on myself before we go further because I started taking a new product called Immune Support Pack by Biotics. It's nine different nutritional supplements in one pack. The pack contains five capsules. The goal is one packet a day for foundational immune support. I love the convenience. I take one in the morning with food, and bam, I'm done for the day. But sometimes I forget and end up gulping them down before bed.

Have you ever felt like a supplement doesn't go down right? I mean, it doesn't get stuck, but it irritates as it goes down and when you lay down it feels weird. It's such an easy fix, and it's one to consider when taking all supplements.

Of course, you can consider taking less supplements at one time. I usually take about five or six at a time. Here's the secret: always make sure the capsules or tablets in your mouth are completely saturated with water. I mean, let them soak in your mouth for 10 or 15 full seconds before you swallow. And remember, just because you have six supplements in your mouth, that doesn't mean you have to swallow all of them at once.

I know it sounds pretty basic, but I have helped a lot of people with this simple trick, especially kids. When they get the supplements good and wet, have them imagine they are logs going over a waterfall.

This is a transcript from a “video magazine” we send out each week called the Wellness Minute. If you're not getting our Wellness Minute videos each week, sign up at the front desk.

Let's talk about nausea next. The easy fix to avoid nausea is to take nutrients with food. Have a couple bites of food and then take your supplements. I like taking supplements with breakfast, but that doesn't seem to work for some people.

One of the reasons people feel nauseous with nutrients, especially with minerals like manganese or zinc, is because we need hydrochloric acid to cleave the mineral from its substrate and make it available for transport. If you have gas, burping or bloating, especially within 30 minutes of eating, talk to your wellness clinician about a clinical trial using hydrochloric acid. It will make a world of difference.

The key to compliance is finding foods kids or adults like, then putting them in a liquid form with a coffee grinder, bullet or kitchen blender. Here's a smorgasbord of things I have found fun and tasty: apples made into apple sauce. Consider adding a little cinnamon and honey.

Organic nut butters, my favorite is almond. I stay away from peanut butter as it is highly allergic and often sprayed with antifungals. Bananas added to anything makes it sweeter and adds a creamy texture. Nutrients can be powdered and then made into frozen pudding or juice pops.

Berries, especially blueberries, can be blended at home or purchased as a jam. Frozen fruits like peaches, nectarines, or pears blended into smoothies.

Locally harvested honey makes anything taste good. Consider using the reusable syringes as well. Kids love the whole process. And don't

forget about companies like Sweet Leaf that make copious flavors of Stevia. You can find everything from apricot, lemon, and orange, to chocolate, toffee, and berry. They are available from most health food stores or online.

The key with kids is to find the stuff they like before you add the nutrients. Use diluted doses at first as a tester, then you can make them stronger. Make it fun... always trying new things.

For meal replacements or powders, I have found using almond, coconut, or cashew milk, or a blend of them to be a quick base for almost any powdered product. When I have a few extra minutes, I use the Nutri-Bullet or Vitamix and make a fruit/veggie smoothie and add the powders at the end.

Today I used 8 ounces of almond milk, 2 scoops of NutriClear, 1 scoop of isolated whey protein, 1 tsp of IAG, 1.5 scoops of NitroGreens, and 10 drops of Bio D-Mulsion Forte. It was mixed and enjoyed in less than 5 minutes. It doesn't get any quicker than that.

By the way, Dr. Abbas Qutab, who wrote a book on nitric oxide, encourages athletes to use a scoop of NitroGreens with their protein powders. NitroGreens will facilitate nitric oxide, which in turn dilates blood vessels, increasing nutrient cellular uptake before or after a workout.

Remember, the goal is to build cellular reserves, and the best way to do that is to find ways to make things taste good. Give yourself the freedom to think outside the box.