



Wellness Minute

Health Information You Can Use On Your Path To Wellness



Creative Ways To Incorporate Supplements Into Your Daily Routine

Supplement Innovations

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Nutritional supplements can be applied in different ways, and there are creative ways supplements can be ingested. You can grind up tablets or break open capsules for kids and put them in honey, berry blends, or nut butters. You can add an organic green drink blend called NitroGreens to shakes or mix it into no bake brownies made from dates. You can add MCT oil in shakes or add it to coffee or mix it into salad dressing.

I usually squeeze a couple of drops of emulsified Vitamin D, K, and A right into my shake made with a protein medical food called NutriClear. Many supplement powders can be added into organic juices or mixed into smoothies. A new protein powder from Biotics

Research Corporation called Hydrolyzed Collagen Protein comes in chocolate and vanilla cream and is great blended in shakes or even blended and stirred into coffee with a little cinnamon. I have a friend who likes the pleasant flavor of the new Hemp Oil from Biotics. Before bed, while he chews 2 or 3 berry flavored probiotics called Children's ENT Pro, he adds a dropper of Biotics Hemp Oil under his tongue. He says, the combo is nice before bed.

Recently, someone shared with me another innovation I thought you might be interested in. It's combining several products to make a refreshing afternoon iced drink that is packed with nutrients and flavor. The first product is GI Resolve. GI Resolve was specifically

formulated to support gastrointestinal health and function, without any added flavors, colors, sweeteners, gums or common allergens. GI Resolve contains Zinc Carnosine, L-Glutamine, N-Acetyl D-Glucosamine, MSM, Licorice, Okra, and Aloe Vera. Since GI Resolve alone has a natural unsweetened ice tea flavor, it made the perfect base for his innovation.

The next product is Acti-Mag Plus, another powdered drink supplement. Acti-Mag Plus delivers 400 mg of magnesium per scoop, plus thiamine, riboflavin, niacin, vitamin B6, folate, pantothenic acid, organic beet juice, bamboo, and taurine. Here's the thinking behind his innovation... Acti-Mag Plus has a pleasant berry flavor.

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.

Combine the berry flavor into the iced tea flavor of GI Resolve, and you have a delicious berry iced tea. In about 8 oz. of water, stir in a hearty teaspoon of GI Resolve. Add 1 scoop of Acti-Mag Plus. He adds a packet of Stevia for sweetness, but you can leave it out. The natural berry flavor of Acti-Mag Plus is very satisfying. But here's the bonus step. He often adds a half teaspoon of IAG, sometimes a half teaspoon of Potassium HP, Mixed Ascorbate Powder, or D-Ribose. occasionally rotating them to cover the bases. After a good solid stir, because the ingredients need to dissolve. Add ice for a refreshing drink packed with nutrient power.

So, the rest of the story is this... since my friend began incorporating this drink into his afternoon

routine, he's noticed dramatic improvements in digestion and profound changes in gut health. He told me since he takes capsules and tablets at other times of the day, getting a magnesium boost and digestive support in a drink is a nice addition. Innovations like these are fun and practical.

I'm sure you have come up with your own, or you've picked up ideas from your wellness clinician, but I wanted to inspire you to enjoy your wellness journey and let creativity be a part of it. YES, there ARE capsules and tablets we just need to take. But there's so many options for us to enjoy. SO... let's enjoy!