



# Wellness Minute

Health Information You Can Use On Your Path To Wellness

## Unleash The Power Of Nutrition *With Supplements*



## Supplement Scenarios

“Every year new research is revealing newer scientific ways that we can unleash the power of nutrition through supplements. Wellness is the medicine of the future!”

Let me give you a few scenarios to illustrate how supplements play a role in the wellness approach to health. Let's say, allergy season arrives, and you begin to experience symptoms: sneezing, watery eyes, headaches. In the past, you reached for an over-the-counter allergy medication, took a pill, and within a few hours, you felt some relief. You felt a little drowsy, but you sneezed less. If you stopped taking the drug, the symptoms returned.

But let's imagine THIS allergy season you decide, I think I'll try the natural approach. You see a wellness clinician, and they evaluate some of the root conditions going on, and you begin a program. You take your first round of supplements and

wait a few hours. Are you hoping the relief kicks in within a few hours like the allergy medication? After all, this is suppose to work, right? Well, the answer is not that simple. You are on the right path, but taking supplements and taking drugs are not the same.

The real scenario plays out more like this. You are aware that every year during allergy season you have trouble. You begin working with your wellness clinician, detoxing to lower your toxic load. In the process, you lower your overall inflammation level. You change your diet. Your immune system gets stronger. You feel your overall health improving. Now, along comes allergy season. To your amazement, no reaction, no sneezing, no symptoms.

Happily, you don't need the over-the-counter medication.

This is just one illustration of a wellness approach. I give this explanation because sometimes people miss this concept. Sure, there are some quick fixes with certain supplements, but restoring health with supplements is an accumulative process.

Here's another scenario. A patient came to one of my colleagues because her health was declining. For several years, the patient had seen traditional doctors including specialists. She was on 17 different prescription drugs, yet she was still in pain, gaining weight, fatigued all the time, unable to sleep, and feeling hopeless. The endocrinologist

This is a transcript from a “video magazine” we send out each week called the Wellness Minute.  
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was prescribing medicine to help with the side effects from the other medicines. It was a downward spiral.

My colleague began a wellness program, including supplements and lifestyle change, and monitored her every step of the way. At the end of the first year, she was significantly better and off all but 3 medications. Within another 6 months, she was improving tremendously and off ALL the medication. She continued with a wellness lifestyle and today feels amazing.

So you see, even though many supplements come as capsules or tablets and look like medicine or pills, supplements are so much more. Here's another scenario we need to consider with supplements. Your clinician has many clinical and lab evaluations to target nutrient deficiencies, organ dysfunction or antagonistic pathogens, toxins, and infections. Yet, sometimes it still takes detective work and detours to solve the puzzle. Let's say your clinician recommends melatonin for sleep, but it doesn't help. As a next approach, your clinician addresses your blood sugar with a non-sleep related supplement, recommends a hemp oil before bed, and you sleep like a baby.

Here's another example. Your clinician recommends gut-healing supplements to help with

headaches. But why gut healing, if you are having headaches? Because of something called the gut-brain connection. Surprisingly, when the gut is healed, many brain related problems improve.

In ways that traditional medicine does not consider, the wellness approach uses supplements and natural therapies to treat the whole body and its interrelated systems. Supplements DO work, but not ALL supplements work. And here's why. As an eye witness for over 40 years in the field of wellness, low quality supplements get poor results and often no results. Many over-the-counter supplements do not contain the potency or even an active nutrient. Supplements are ALWAYS effective when you have the quality control and the science working for you. That means working with a clinician to get a clinically proven protocol and to use nutraceutical grade quality supplements that have been tested.

Every year new research is revealing newer scientific ways that we can unleash the power of nutrition through supplements. Wellness is the medicine of the future! Contact your wellness professional, take the first step, and begin a life changing scenario for YOU.