



Wellness Minute

Health Information You Can Use On Your Path To Wellness



Creative Ways To Supplement

“Wellness is a journey, and the more we explore and then share our experiences, the more it encourages others to think outside the sickness box.”

More and more research is coming out showing the value of daily levels of foundational nutrients. I know there is a value for high dose nutrients, but it takes a deeper understanding of nutrients and how to apply them. But adding low dose foundational levels of nutrients to our daily diet is powerful. So, I thought it would be fun to just shotgun ways I have learned to incorporate nutrients in daily living.

Let's start with kids. You can grind up tablets or break open capsules and put them in honey, berry blends, berry jams, or nut butters. The commercial product Sambucus elderberry syrup flavor is my grankids favorite.

Let's move to adults. Nitro-Greens is a great product to increase multiple nutrients. It's organic, comes from heirloom seeds, and free of toxins. It's the cleanest green drink on the market, but with just water, it can be intense for some people. Here's a novel idea – you can add NitroGreens into no-bake brownies made from dates. Or you can easily add to shakes. My personal favorite combo is to add NitroGreens to Metabolic Biome Collagen Vanilla. I usually add a couple of drops of emulsified Vitamin D, K, and A right into my morning shake.

Today, I added a teaspoon of Biomega-3 liquid. It has a nice lemon flavor. My brother often uses Biomega-3 liquid on his salad instead of olive oil.

Bio-MCT oil is a medium chain triglyceride product that has 95% C-8 oil, and is virtually tasteless, and can be added to shakes or salads. I know people who make a 50/50 olive oil blend, add a little crushed garlic or basil, and use it as a dipping sauce with gluten-free pita, lavash, or toast. Of course, you can add it to coffee to make keto coffee.

Speaking of keto coffee, Biotics has 2 different collagen products both of which can be added to coffee. One is called Hydrolyzed Collagen Protein and comes in chocolate and vanilla cream and is great blended in shakes. I like to add it to steel cut oats with some organic seeds, nuts, and dried fruit. I also add a little grass-fed butter, it's really yummy. A new

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.

product called Optimal Collagen mixes even better and can be stirred in coffee. Some people add a little cinnamon. Because it mixes so well, you can add it to anything, and it's flavorless. And contains types 1,2,3, 5 and 10 forms of collagen. It has a bioavailable type of silicon that helps your body make its own collagen.

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 iced 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. 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 an immune enhancing arabinogalactan fiber called IAG. Stir well to allow the ingredients to dissolve and then add ice for a refreshing drink packed with nutrient power.

Here's the power of using foundational nutrients like this for refreshment. Since my friend began incorporating this drink into his afternoon routine, he's noticed dramatic improvements in digestion and profound changes in bowel 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. Talk to your wellness clinician about these and other fun combinations. Wellness is a journey, and the more we explore and then share our experiences, the more it encourages others to think outside the sickness box.