

Elevate Your Health with Whole Foods and Key Supplements

For optimal health, prioritize whole and organic foods over processed ones. Most of us struggle to get all our nutrients from food alone. The lack of nutrition in our foods and our environment control up to 98% of the way our bodies health and wellness expresses itself.

There is a big difference in supplements, and I suggest high quality supplements made from whole foods whenever possible. You can find a link on my website to a website to obtain high quality products.

Most people struggle to know what their body truly is missing in nutrition. Therefore, before choosing a supplement or protocol, I highly recommend do a hair analysis to identify your body's specific nutritional and environmental needs.

Here are my top 5 Supplements for Optimal Health:

1. Complete Probiotics:

- Boosts gut health, aiding digestion and improving B vitamin synthesis.
- Enhances calcium absorption and balances intestinal microflora.
- Promotes immune system and supports vaginal health in women.
- Contains the Lactobacillus acidophilus DDS-1 strain, well-adapted to the human gut and acid-bile resistant.

2. Krill Oil:

- Offers superior antioxidant and omega-3 benefits compared to fish oil.
- Delivers fatty acids directly to cells, aiding heart health.
- Supports joint, brain, immune system, and mood health.
- Helps maintain normal blood sugar and cholesterol levels.

3. Ubiquinol (CoQ10):

- Direct and efficient source of CoQ10, especially beneficial for those over 25.
- Improves cardiovascular health and boosts energy levels.
- Acts as an antioxidant, protects against free radicals, and maintains blood pressure.
- Essential for those on statin drugs to replenish depleted ubiquinol.

4. **Magnesium:**

- Vital for over 600 enzyme reactions in the body.
- Deficiency risks include processed food diets, diabetes, alcohol consumption, certain medications, and vitamin D deficiency.
- Low levels can lead to bone issues, irregular heartbeats, blood sugar problems, and fatigue.

5. **Vitamin D:**

- 85% of Americans lack sufficient vitamin D due to indoor lifestyles.
- Sun exposure is the best way to get vitamin D.
- Expose large portions of your skin to achieve a light tinge of pink on the skin. This is the marker to use to know your body has absorbed its fill.
- For those with limited sun exposure, opt for vitamin D3 supplements, more effective than D2. Target a level of 40-60 ng/ml with a dosage of 5,000-6,000 IUs.

Quick Tips on Supplement Care:

- Always check the scent of your supplements; if it doesn't smell fresh, avoid it.
- Use a small tackle box to store and carry your supplements to prevent spoilage.
- Take your supplements just before eating.
- Whole food vitamins are more easily absorbed.
- Fat-Soluble Vitamins, including vitamins A, D, E, and K, are much better absorbed when taken with fat in the food.

Visit my website for high quality supplements and to order your hair analysis today.

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<http://lbdhealthyliving.com>