



BASIC HEALTH

Taking Care of YOU & Your Family

Multi-Vitamin & Mineral Supplement: DAILY

We need a Multi-Vitamin & Mineral Supplement daily. In the past I didn't recommend this for those who ate healthy balanced diets. However, our soil is no longer as nutrient dense as it used to be therefore our food doesn't contain all the vitamins and minerals we need on a daily basis.

Women under 40	Basic Nutrients 2/Day	1 Breakfast, 1 Supper
Women over 40	Meta Fem	1-2 Breakfast, 1-2 Supper
Men under 40	Basic Nutrients III	2 Breakfast, 2 Supper
Men over 40	Al's Formula	1-2 Breakfast, 1-2 Supper

Omega 3: DAILY

The Omega's are important as an antioxidant and anti-inflammatory support in our body. I recommend fresh ground flax or Krill oil (pure fish oil).

Krill Oil is the best Omega for improving cholesterol and relieving joint aches and pains – studies have shown a 30% reduction in pain associated with its use. It is also more convenient. I recommend one morning and night (2/day). Krill are the crustaceans whales eat. Pure Encapsulation's Krill-plex oil is exceptionally pure and tested to contain no measureable mercury, lead, cadmium, or PCB's. It doesn't cause the typical fish burp or sweating the smell of fish. It is more expensive but worth the quality.

Take 1-2 day depending on symptoms.

Flax is the least expensive and can help to relieve constipation. Buy organic flax seed – available at Kroger or check the health food section of your grocery store. Buy a cheap coffee grinder – around \$10. Dump in a couple tablespoons of the seed, put the lid on, and push the button to grind. Store in the refrigerator and grind it fresh twice/week. Use 1-2 teaspoons in the morning on cereal, oatmeal, yogurt, applesauce, etc., or at lunch on a salad. Don't ever buy flax seed already ground – it is rancid/spoiled. Using fresh ground flax will often help you to have a soft, formed bowel movement daily.

Sea Salt: USE DAILY TO TASTE

Use on food & in cooking, trust your body to tell you how much you need. Sea Salt contains 80 micro-minerals that nourish all the cells in our body. It also tastes amazing. I recommend Celtic Sea Salt due to the high mineral content. We have a comparison chart reflecting the various sea salts and their mineral contents – ask if you'd like one.

Table salt contains sodium, chlorine bleach, and iodine. None of us need the bleach, the sodium isn't balanced, and it lacks the iodide necessary to work with the iodine to fully support our thyroid. Throw it out.

Kosher salt contains no preservatives but lacks the mineral content of sea salt.

Iodine

We need 2-12mg/day in the form of iodine/iodide or sea kelp.

We need iodine and iodide daily so our thyroid has what it needs to make thyroid hormones. Without it our thyroid doesn't work well and we can develop goiter (swelling of the thyroid gland). Overdosing is rare and can result in the following symptoms – metallic taste in the mouth, increased salivation, sneezing, headache, and acne.

Vitamin D

It is safe to take 1,000 IU to 5,000 IU daily without testing.

We have become a Vitamin D deficient nation as a result of sunscreen and covering up. I recommend checking your vitamin D through the lab, replacement based on your lab results, then retesting to evaluate treatment response. Vitamin D isn't actually a vitamin – it is a pre-hormone. It is vital for our body for many reasons – strong bones – it is a key player in bone building, cancer prevention, cardio-vascular protection, and lowering risk of diabetes. We make our own vitamin D when we are exposed to the sun. We need 20 minutes of full body exposure daily between the hours of 11am – 3pm without sun screen. Ten minutes on one side, flip, 10 minutes on the other. Put on a bikini or jog bra and skimpy shorts no matter what size you are. Use sunscreen if you are in the sun for prolonged periods of time. Sunburn causes skin cancer. Replacement should be with D3. D2 is plant D. D3 is animal D – we are animals we need D3. If it doesn't say D3 on the label then it is D2. Unfortunately, prescription D is D2 and I don't recommend it.

Calcium

Supplement with 600-800 mg/day.

Most of us consume the other 600 mg/day through dietary sources such as dark green vegetables and dairy products. The conferences I attended in 2008 emphasized that taking too much isn't helpful and may be hard on the kidneys.

Magnesium

To relieve constipation take 140 mg to 840 mg/day.

Magnesium also makes up our bone health. We need to take enough to balance our calcium for our body to use it well. That balance/ratio is 2:1 – for every 600mg of calcium we need 300mg of magnesium. Remember we also need to balance our dietary intake of calcium which means we need magnesium daily. If you find yourself searching for chocolate try increasing your magnesium!!

Vitamin E

We need 400-800 IU of Vitamin E daily

in the form of mixed tocopherols – alpha, beta, gamma, & delta. It contains antioxidants that aid in preventing cancer, and helping to relieve fibrocystic breasts, PMS, menstrual problems, and mood problems. Purity matters and is worth your money – synthetic, inexpensive forms don't have the same benefits.

WHY, WHY, WHY?

I have created this handout to help guide you in health maintenance and/or health restoration. Information and knowledge changes daily. I'm studying regularly to keep informed but I can't know everything. Please read and keep yourself informed. I spent months researching which products I wanted to recommend to my patients based on Purity, Quality, and Absorbability. These products have exceeded my expectations in improving my patient's labs and their symptoms. I am very grateful to have them available for you. I am also grateful for what they have done for me and my family - my daughters and my 79 year old mother who still helps run our family farm in Missouri.

Lisa Roberts, CNM

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