

Supplementation Guidelines

Supplementation Priorities

PRIORITY 1 is to **nourish the body** with a wide range of vitamins, minerals, phytochemicals, probiotics, enzymes, and oils/fats.

NOURISHMENT SUPPLEMENTATION – Keep the body's normal processes working properly – metabolism, immune system, neurological system, glands, hormones, etc.

PRIORITY 2 is to **address degeneration**.

The degenerative diseases (cancer, heart disease, diabetes, Alzheimer's, etc.) are caused by lack of adequate nourishment, imbalance, and toxins – free radicals, chemicals in processed foods, fluoridated water, air pollution, chlorinated water, accumulation of heavy metals, and such. Toxins directly cause disease, and they weaken the immune system, making degenerative diseases worse and infections more common and severe.

1. Getting **toxins** out of the body is the first job.
2. Boosting the **immune system** is the second job, because 1) everyone in modern societies has immune systems assaulted daily by toxins, 2) everyone has multiple chronic infections that cause internal inflammation and blood clotting, and 3) the numbers of harmful organisms are always increasing.
3. **Thinning the blood** is the third job, because blood clots directly cause almost all heart attacks and strokes, and because thin blood allows the body to adequately fight infections and get rid of abnormal cells such as cancers.

REGENERATIVE SUPPLEMENTATION – Get bad things out and create balance

- **Detoxification #1**
 - Pick up heavy metals and carry them out of the body
 - Pick up or neutralize harmful chemicals
 - Pick up free radical molecules
 - Clear junk from the body so that the body can detox itself normally
- **Immune System Support #2**
 - Help the body recognize and kill invaders
 - Help the body eliminate invaders
 - Help the body kill out-of-control cells (pre-cancer and cancer)
 - Help the body control chronic incurable infections
 - Thin the blood
- **Cardiovascular Support #3**
 - Get rid of free radicals
 - Control chronic infections
 - Modulate lipid production
 - Stimulate the body to excrete excessive lipids
 - Thin the blood
- **Hormonal Support** – for those over 40

Kinds of Supplements

GENERAL SUPPLEMENTS

Four different kinds of general supplements should be taken **DAILY** to round out the body's general nutritional requirements: **general nutrition**, **detoxifiers**, **immune boosters**, **cardio boosters**. The amount taken depends on the body's needs at a particular time, and on the kind and quality of foods that are available for daily meals.

Necessary Supplementation. A healthy diet + the above types of supplements fulfills the body's nutritional needs for a normal person, and protects the body from disease, illness, and premature aging.

- Broad spectrum vitamins & minerals – water soluble and fat soluble – contained in, or derived from, whole foods. The following items are needed in relatively large amounts but are largely devoid from modern foods.
 - Multi-vitamins & minerals without iron
 - B-Complex vitamins (especially for stress)
 - Vitamin C – **very large amounts** needed for cardiovascular protection
 - Vitamin D3 – **very large amounts** needed for prevention of cancer and other major chronic diseases
 - Magnesium – **very large amounts** needed for cardiovascular system and metabolic system (including insulin response system)
 - Potassium (make sure to eat high-potassium foods) – **very large amounts** needed for metabolic system
 - Vitamin K2
 - Zinc
 - Note: Vitamin D and Magnesium must be taken in large amounts together, because a large amount of one will cause the other to be depleted if it is taken in small amounts.
- Food-based nutrients
 - Omega 3 oils (ALA, DHA, EPA)
 - Turmeric/curcumin
 - Green food powder (or chlorella + spirulina)
- Sulphoraphane (eat sprouted broccoli seeds, instead)
- Ubiquinol (Co-Q10)
- Enzymes taken with meals
- Antioxidants (especially astaxanthin)
- Collagen?

Extra Supplementation: These supplements provide extra protection against toxins and degenerative disease. They also provide support if in a disease state.

- Trace minerals
- Fiber
- Probiotics
- Enzymes taken without meals (proteolytic enzymes)
- Resveratrol (taken while fasting)

SPECIAL-USE SUPPLEMENTS

Four different kinds of special-use supplements should be taken **BI-YEARLY** as part of a program – involving special eating guidelines, fasting, and rest – to detoxify the tissues, especially the intestines and liver; kill parasites; clean mucous and putrefied food out of the intestines; boost the immune system; and normalize body processes.

- Intestinal cleansers
- Body detoxifiers (Always take bentonite clay or activated charcoal or zeolite when detoxifying, to absorb microtoxins, molds, heavy metals, etc.)
 - EDTA
 - NAC
 - Red algae
 - Garlic
- De-parasiters
- Immune system boosters
- Adaptogens

SUPPLEMENTS TO AVOID

- Vitamin A and beta carotene. (Eat sweet potato, kale, sweet red peppers, butter, eggs, cheese.)
- Vitamin E. (Eat nuts and seeds.)
- Iron
- Copper
- Cysteine – excitotoxin
- Glutamate / glutamic acid / glutamine – excitotoxin
- Selenium? (Viruses thrive in selenium-depleted environment.)

Supplementation Protocol

Daily Fiber	Tri-Fiber Complex or Swanson Psyllium Husks
Brain & Nervous System	Swanson High Potency Activated B-Complex High Bioavailability or Swanson Super Stress Vitamin B-Complex with Vitamin C
Intestines	Probiotics*
Antioxidants	Astaxanthin gluathione

PRIORITY ► PROGRAM ▼	Detoxification & Cleansing	Immune support	Cardio support	General Nutrition
General Supplementation Daily	Probiotics*	Real Foods: Chlorella + Spirulina krill or other fish oil 200 mg curcumin/turmeric Multivitamin Plus (Mercola) or Whole Food Multivitamin w/o Iron (Swanson) or Green food powder or O.N.E Vitamin (Pure Encapsulations) or Nutrient 950 (Pure Encapsulations) Sulphoraphane, if not eating sprouted broccoli seeds Vitamin D3 10k-20k IU Vitamin C 4-6 grams Magnesium** 400-1000 mg Potassium Zinc 50 mg Trace Minerals [especially chromium picolinate] Parvenzyme (with meals) or Total Gest (with meals) or Jarro-Zymes (with meals) or Multi-Enzyme (with meals) or N-Zymes (with meals) or Swanson Digestive Enzymes (with meals)		
		Ubiquinol 100-200 mg Wobenzym N (without food) or Swanson Serrazimes (without food) or any Proteolytic enzymes*** (without food) Resveratrol (while fasting)		Collagen?
				Vitamin K2 (MK7) 200 mcg

PRIORITY ► PROGRAM ▼	Detoxification & Cleansing	Immune support	Cardio support	General Nutrition
Intestinal Cleanse Bi-Yearly 5-30 days	<ul style="list-style-type: none"> ● Intestinal Formula #2 ● Fiber Perfect ● psyllium ● Sonne's bentonite ● bentonite clay 			
Body Detox Bi-Yearly 5 days fasting +/-3 weeks post-fasting	<ul style="list-style-type: none"> ● Liver/Bladder Formula ● Detoxification Tea ● Detox Formula <hr/> <ul style="list-style-type: none"> ● Whole Body Program ● Multi-Herb Digestion & Detox Support ● MSM ● silymarin ● peppermint tea 			
De-Parasiting Bi-Yearly +/- 2 weeks		<ul style="list-style-type: none"> ● PC-123 ● arginine + ornithine <p style="text-align: center;">or</p> <ul style="list-style-type: none"> ● Dr. Clark's Para Program ● arginine + ornithine <p style="text-align: center;">or</p> <ul style="list-style-type: none"> ● Parastroly 		
Immune Boost Bi-Yearly +/- 3 weeks		<ul style="list-style-type: none"> ● Echinacea Plus ● Astralagus ● Jarro-Dophilus-EPS ● [Immune System Boosters] ● [Antioxidants] 		
Body Process Normalizing Bi-Yearly +/- 4 weeks	Adaptogens			
Heavy Metal & Calcium Cleanse Yearly	<ul style="list-style-type: none"> ● EDTA 			

Purple = Necessary Supplementation to make up for common nutritional deficiencies

Green = Necessary Supplementation that is a real food and should be taken as actual food if possible

Orange = Extra Supplementation – buy, as money allows, only those that seem helpful or needed

Yellow hilight = Most recommended

*The important probiotics are: Bifidobacterium longum, Lactobacillus rhamnosus, Bifidobacterium lactis, Lactobacillus acidophilus (helveticus), Bifidobacterium bifidum, Lactobacillus casei, Lactobacillus plantarum, Bifidobacterium breve, Padiococcus acidilactici, Lactococcus lactis, Lactobacillus bulgarius, Lactobacillus reuteri, Streptococcus thermophilus, Saccharomyces boulardii, Bacillus subtilis

**Magnesium types: #1 Magnesium malate (fatigue), #2 Magnesium taurate (heart & cardiovascular system), #3 Magnesium glycinate (safest form for correcting long term deficiency), #4 Magnesium chloride (cell detox, metabolism), Magnesium carbonate (turns into magnesium chloride), Magnesium citrate (generic, mild laxative)

... do not take oxide, sulfate, glutamate, or aspartate

***Proteolytic enzymes = papain, bromelain, rutin, pepsin, trypsin, chymotrypsin. (These break down proteins into simple elements, but serve as components of other processes when taken without food. Some serve only in a very small capacity in the digestive process, and serve greatly in non-digestive processes.)