

the
Nutrition Heretic



The Nutrition Heretic Bares All:

**My Most Secret
Supplements**

EXPOSED!



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Many people claim that they prefer to get their nutrients from food. They're right!

Supplements don't replace food, but that doesn't mean that they serve no purpose.

Besides the fact that supplements fill the nutritional gap for our ever-depleted food system, it is wise to keep some supplements on hand for emergencies and acute conditions.

Let's take a look at 10 supplements I routinely keep on hand for those unexpected moments and why. Keep in mind that I have not included doses as they vary from one situation (and individual) to the next.

1

Vitamin C



is a powerful antioxidant with wide ranging benefits, particularly for improving immunity and supporting the adrenals. In a pinch, we have used it to stop a case of hives. At high doses, also known as bowel tolerance (taking 500 mg every half hour until it produces a bowel movement, then dropping the dose by one), it has been safely used to stop an oncoming cold or flu before it takes hold and to alleviate constipation. After learning from me that high doses given year round functions as a natural sunscreen, a friend who normally burns attests that it has helped her tremendously.

2

Zinc



Like Vitamin C, Zinc functions as an antioxidant and has proven itself useful in boosting our immune systems and minimizing allergic reactions such as itching, sneezing and runny mucous membranes. It is important to keep in mind that zinc functions in opposition to copper. In other words, long term supplementation of zinc will deplete copper stores.



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3

Vitamin D



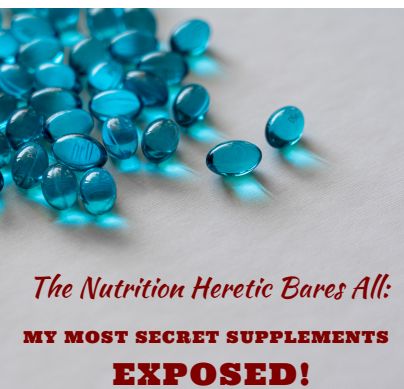
Technically a hormone, Vitamin D is finally getting its day in the sun, which is good because exposing your bare skin (without sunscreen) to the sun is the most effective way to obtain this all around health boosting vitamin. The darker the complexion, the longer the exposure required. It builds in the epidermis over time with repeated access to sun, so optimize your uptake by not scrubbing your skin in the shower -- just hit the "hot spots" (armpits and crotch) ;) It is fat soluble, so whether you supplement or lay outside, you will want to make sure you consume plenty of fat. As a matter of fact, it naturally occurs abundantly in pastured pork fat and fish livers -- in that order. It is vitally important for many processes from bone density to good mental health and most modern people are deficient, so not a bad one to consider taking daily.

4

Cod Liver Oil



It is a good source of vitamin D, which nearly every human on the planet is currently deficient in, but also vitamin A -- the "anti-infective" vitamin. My girls took this daily as little ones when we lived in New Jersey and even now (eldest is 18) I can count on one hand how often they both have been sick.



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5

Enteric coated oil of oregano



Frequently used to treat yeast conditions such as candida, enteric coated oil of oregano also works great for food poisoning which has happened only when we eat mass produced food -- like in a restaurant. Enteric-coated peppermint oil is a suitable substitute for food poisoning.

6

Digestive enzymes



While some folks need to take them daily due to a past or current crap diet, high doses of digestive enzymes also have the ability to consume bacteria, viruses and other invaders in your gut. Besides amylase, protease and lipase, I like to keep serrapeptase and nattokinase in the supplement closet. They both help dissolve biofilms in the intestinal tract (think: big sheets of snot) that provide a safe haven for the bad guys.

7

Scram



It is an antiparasitic, which also helps with a wide variety of digestive upsets by killing parasites and yeasts with powerful herbs combined with enzymes to digest and eliminate these unwanted entities from the gut.



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8

Magnesium



While it's opposing element calcium gets lots of press time, magnesium is an unsung hero in better health that barely gets added to foods or other supplement combinations. It is crucial to over 600 enzymatic reactions in the body, magnesium is necessary to prevent the abundance of calcium added to many foods from hardening everything in our bodies (think: arteries, for example). While I don't take magnesium supplements daily, I find that it helps with improving sleep and relaxing the bowel if I have eaten something that doesn't wanna leave anytime soon. ;)

9

Activated Charcoal



The same substance commonly used in water filtration, Activated Charcoal is well known for helping gather and eliminate toxins in the gut. Food poisoning? Take AC. Virus? Take AC. Feel a cold coming on? Take AC.



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9

Niacin



Fevers are one of the body's most efficient ways of killing of parasites, bacteria, viruses and other unwanted guests (not like your in-laws though). Niacin, known for its uncomfortable flushing effect, delivers the effects of a fever without making you sick. It'll make you hella itchy though. Some say you need this for it to be most effective. If you take it with a meal, you can offset that discomfort (intense itching). Start with a low dose of 25g and titrate up gradually every few days. Whatever you do don't take no-flush niacin or niacinamide, which are worthless as the therapy comes with the flush.

This is by no means an exhaustive list. Sometimes other supplements or lifestyle habits rotate in or out of my toolkit. You can see my expanded [immunity arsenal list in my shop.](#)



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