

EXTREME WELLNESS

MODULE 7 STEP 2

SUPER POWER SUPPLEMENTS

It is difficult to give the body everything it needs with just food. Since we have a higher toxic burden like never before and a lower food quality than ever before, we sometimes must look beyond whole foods to get what we need.

Below is a list of supplements that I have found to be extremely helpful to many people. These do not include herbs and essential oils covered in previous sections.

Astaxanthin

A carotenoid pigment found in marine plants and animals. Called “kind of carotenoids” and considered one of the most powerful antioxidants found in nature. Doesn’t become a pro-oxidant in the body so never causes oxidation.

Superoxide Dismutase

Created within the body, a powerful protector of cells. It breaks down superoxide, a damaging free radical. The enzyme breaks down the superoxide into a regular molecule and works to prevent wrinkles, rebuilds tissues and reduces inflammation.

Vitamin D3

Reduce your risk of diabetes by helping the pancreas make insulin, lower your risk of heart attacks, rheumatoid arthritis, multiple sclerosis and regulates the immune system. Recommended dosage is 1000IU daily or 30 minutes of sun shine in a bathing suit each day. It is recommended that you take Vitamin D3 along with K2 for better results.

NAC – N-Acetyl Cysteine

NAC supplementation is able to reliably increase glutathione concentrations in cells specifically. (<https://examine.com/supplements/n-acetylcysteine/#hem-anti-oxidant-enzyme-profile>). This is important because we want more glutathione! “It’s the [body’s] most important antioxidant because it’s within the cell.” According to one researcher Gustavo Bounous, MD, retired professor of surgery at McGill University in Montreal. Glutathione one of the functions that GSH is responsible for include being a cofactor for certain enzymes that protect your body from oxidative damage, helps produce leukotriene’s that help fight inflammation, aids the liver in detoxifying fat, detoxifies the body of methylglyoxal produced during metabolism and increases apoptosis or programmed cell death of cancer cells.

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MODULE 7 STEP 2

SUPER POWER SUPPLEMENTS

Spirulina

A blue-green algae that is high in protein, vitamins and minerals as well as antioxidants that protect cells from damage. Spirulina may improve immune functions, reduce allergies and even fight cancer. In animal tests spirulina increased the growth of probiotics within the gut. It also shows promising results for protecting the liver from damage and liver failure from hepatitis. You can take about 500mgs daily, be sure to get a reliable source that is not contaminated with microcystins or heavy metals, a common problem with spirulina supplements. (University of Maryland Medical Center)

DHEA

Dehydroepiandrosterone (DHEA) is a hormone that comes from the adrenal gland. It is also made in the brain. DHEA leads to the production of androgens and estrogens (male and female sex hormones). DHEA levels in the body begin to decrease after age 30. Levels decrease more quickly in women. Lower DHEA levels are found in people with hormonal disorders, HIV/AIDS, Alzheimer's disease, heart disease, depression, diabetes, inflammation, immune disorders, and osteoporosis. Corticosteroids, birth control taken by mouth, and agents that treat psychiatric disorders may reduce DHEA levels.

Evidence suggests that DHEA may help treat depression, obesity, and osteoporosis. However, more research is needed to support its use for hormonal disorders, sexual function, and lupus (an autoimmune disorder that affects the skin and organs). (<http://www.mayoclinic.org/drugs-supplements/dhea/background/HRB-20059173>)

L-Glutamine

This amino acid helps to build and protect the intestinal lining. When the intestinal lining is damaged due to chronic inflammation it opens the door to leaky gut syndrome. Leaky gut syndrome is associated with many autoimmune disorders.

When the body is stressed (from injuries, infections, burns, trauma, or surgical procedures), it releases the hormone cortisol into the bloodstream. High levels of cortisol can lower your body's stores of glutamine. Several studies show that adding glutamine to enteral nutrition (tube feeding) helps reduce the rate of death in trauma and critically ill people. Clinical studies show that taking glutamine supplements strengthens the immune system and reduce infections, particularly infections associated with surgery. Glutamine may help prevent or treat multiple

EXTREME WELLNESS

MODULE 7 STEP 2

SUPER POWER SUPPLEMENTS

organ dysfunctions after shock or other injuries among people in the intensive care unit. Glutamine supplements may also help in the recovery of severe burns.

Glutamine helps protect the lining of the gastrointestinal tract known as the mucosa. For that reason, some researchers believe that people who have IBD (ulcerative colitis and Crohn disease) may not have enough glutamine.

(<http://www.umm.edu/health/medical/altmed/supplement/glutamine>)


Probiotics

One of the most important factors in gut health is how much friendly bacteria you have going on in there. If you have ever taken antibiotics, your army of good bacteria has been diminished. Consider how many rounds of antibiotics you may have had in your lifetime and you can easily see the need to rebalance the body by adding beneficial bacteria back in in the supplement form of probiotics as well as fermented foods including yogurt, kefir, kombucha and sauerkraut. The 2 most common strains of good bacteria include lactobacillus and bifidobacterium. Probiotics can help with IBS, IBD's, diarrhea, skin conditions, UTI's, yeast infections and other symptoms caused by the overgrowth of Candida (not so friendly) yeast. (www.webmd.com)

Magnesium

Magnesium is a cofactor in more than 300 enzyme systems that regulate diverse biochemical reactions in the body, including protein synthesis, muscle and nerve function, blood glucose control, and blood pressure regulation [1-3]. Magnesium is required for energy production, oxidative phosphorylation, and glycolysis. (<https://ods.od.nih.gov/factsheets/Magnesium-HealthProfessional/>)

Pycnogenols (OPC's) and resveratrol from grapes seed and skin exhibit 50 times more antioxidant power than vitamin E and 20 times more than vitamin C. They easily cross the blood-brain barrier and prevent free radical damage to the brain and nervous system. OPC's bind to collagen and help increase elasticity of skin, muscles, tendons and ligaments. It also acts as a smooth muscle relaxant in blood vessels. OPC's have antihistamine effects that make it useful for allergies and asthma.



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MODULE 7 STEP 2

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CoQ10

Coenzyme Q10 is a potent antioxidant produced by the body. It functions as an “energizer” to the mitochondria, the body’s energy producing units. Although it is manufactured in the body, aging humans produce only 50% of the CoQ10 that young adults do. Cholesterol-lowering drugs including statins are known to lower CoQ10 levels.

CoQ10 is need for heart health, periodontal disease, immune deficiency, cancer, chemotherapy side effects, overweight and obesity, fatigue and for enhancing athletic performance. The suggested dose is 50mg per day for health maintenance and 100-400mg per day for heart disease, cancer and weight loss programs.

Melatonin

Melatonin is a hormone manufactured from serotonin in the pineal gland. This hormone helps regulate the sleep/wake cycle and set the Circadian rhythms (24-hour cycle) of the body. This, in turn, regulates the release of all other hormones.

Melatonin is a potent antioxidant that helps protect the central nervous system from disease, free-radical injury and aging. Melatonin increases the production of immune cells and is used in cancer medicine for its immune-enhancing and antioxidant effects. (DO NOT use in leukemia or lymphoma until more is known). Recent studies have shown that melatonin helps reduce high blood pressure. Many researchers consider melatonin to be one of the most powerful anti-aging substances available, but like many other hormones, secretion of melatonin declines with age.

Recommendation: A typical preventative dose is 3mg at bedtime, although higher doses are used (10-20mg) in cancer and certain advanced disease states.

