

SUPPLEMENTS:

Which ones are important? Which ones are effective?

In a perfect world, we would get optimal nutrition from our diet. But in the real world...we don't! So some supplements help us improve our diets from "adequate" to "optimal".

And there are many other reasons you may want to take supplements. Some of these include: 1) Losing bodyfat 2) Gaining muscle 3) Increasing athletic performance 4) Helping address a health problem 5) Simply feeling better

Let's take a look at these areas of interest one by one:

BASIC SUPPLEMENTS FOR OPTIMAL HEALTH:

- *High quality multi-vitamin and mineral formula*
- *High quality fish oil capsules...preferably enteric coated (3-6 grams/day)*
- *Vitamin D3 (5,000 IU/day)*
- *Anti-oxidant formula*
- *(Less critical, but very beneficial): Pomegranate juice, undenatured whey protein, n-acetyl cysteine)*

SUPPLEMENTS THAT ENHANCE FAT LOSS: *All of the following substances have proven science behind them. They either increase your overall metabolism, aid in fat being mobilized for energy, inhibit fat storage, curb hunger, improve mood and focus for better workouts, or increase T3 (thyroid hormone) production.*

Caffeine, green tea extract, yohimbine, ephedrine/synephrine, forskolin, raspberry ketones, l-carnitine, quebracho, sesamin, hops extract, OEA, TTA, Innula racemosa (aka pushkarmoola), ALCAR, hydroxycitric acid, bacopa moniera, phenylethylamine, capaicin, geromamine, hoodia gordonii, glucomannan, 5-HTP, olive leaf extract (olea europaea), fish oil, gugglesterones, 7-keto DHEA.

Do these substances really work? The answer is "yes" if you're doing everything else right. But remember...losing bodyfat is (at least) 85% diet, 10% exercise, and 5% supplements. An excellent exercise and/or supplement program cannot and will not overcome a poor diet! So put first things first!

SUPPLEMENTS THAT ENHANCE MUSCLE GAIN:

- *Testosterone boosters: Tribulus terrestris, vitex agnus castus, eurycoma longifolia, forskolin, zinc, D-aspartate, ashwagandha white mushroom extract (Vitamin D, boron, and zinc are all important as well)*
- *Pre-workout boosters: Caffeine, nitric oxide (NO)*
- *Protein powders (both whey and casein), amino acids, and branched-chain amino acids (encourage protein synthesis)*
- *Creatine (increases cell hydration and glycogen deposition...thereby putting your muscles in an anabolic state, and increasing muscle performance)*
- *Glutamine (helps minimize muscle breakdown following intense weight training)*

SUPPLEMENTS THAT ENHANCE ATHLETIC PERFORMANCE:

- *DIRECTLY Pre-workout: Caffeine, nitric oxide (NO), L-Tyrosine, Beta-alanine, Phosphatidyl choline, DMAE, taurine, (Biotest's "Spike" tablets, and "Power Drive" powder are both effective products)*
- *INDIRECTLY (OVER TIME) Testosterone boosters, protein powders, amino acids, branched-chain amino acids, creatine, glutamine, chiropractic care (post-workout window very important)*

SUPPLEMENTS THAT HELP SPECIFIC HEALTH CONCERNS:

- *There are way too many products that fall into this category to discuss. It is critical to buy from a company with 100% integrity and science-backed products! 2 companies that I can recommend with full confidence are:*
- *Life Extension Foundation (www.lef.org)*
- *Bronson Laboratories (www.bronsonvitamins.com)*

SUPPLEMENTS THAT HELP ENHANCE MOOD:

The most effective way to enhance mood is to exercise and eat healthy foods!
Getting enough quality sleep and staying hydrated help as well.

The most effective supplements are:

- *Fish oil (omega 3 fatty acids...particularly EPA)*
- *B complex vitamins*
- *Vitamin D*
- *5 HTP*
- *SAMe*
- *(Saint John's Wort)*

CONSIDER SUPPLEMENTING YOUR HEALTH PROGRAM WITH PERIODIC CHIROPRACTIC CARE!

Chiropractic care has many benefits for anyone working towards improve health!

- *Increased athletic performance (enhanced strength, endurance, balance, and coordination)*
- *Your muscles are able to relax, and work more efficiently*
- *Your endocrine system (including stress and sex hormones) will work more efficiently*
- *The “tone” of your blood vessels will normalize (This is why chiropractic care often helps with chronic headaches and hypertension)*