

A Box of Supplements Anyone?

By David Scott, A Natural Health Advocate.

This article does NOT offer medical advice and you should always consult your physician before taking any supplement.

A patient had 29 bottles of supplements all on doctor's orders. Did it help? No. At his house the problem was worse in bed or the front reading room. The wall and dresser were in between where thick black mold was growing. No amount of supplements could help.



Another patient spent \$4,000 a month in supplements. Could this be reduced?

Nature gathers nutrients in trees, plants, animals, and all living things. Look for where that gathering is profound. A beet goes down 16 feet in the Earth. An alfalfa plant goes down over 100 feet. Trees root and share their bounty with other trees. That is the gathering of nature.

Worker bees wear out their lives gathering pollen for the hive making honey with every vitamin, enzyme, and trace element known to man. Water hosts many miracles in live, nutrient-rich kelp and algae.



I did not feed my koi & goldfish pond for most of the year. They were healthier on algae and water plants.

Plant bitter herbs in the fall winter months and chew their leaves daily. They help fight colds and flu. Herbs like oregano are both antibacterial and antiviral. A little bit of oregano is bitter, better, for health.

So look to nature for perfect supplements. I do not sell these products, these recommendations are not based on financial gain. Here is the do daily list with why.

Foods include Nuts as the perfect natural oils with minerals, Orange or citrus fruit or juice for vitamin C & bioflavonoids; an

egg for vitamin A with the perfect pool of amino acids; 1 tablespoon local raw honey for enzymes, vitamins, trace elements, & local pollens (anti-allergy); plain yogurt boosted with probiotics; a potato or sweet potato for anxiety & depression, onions for clearing toxins; lettuce for K2 to balance calcium, carrots for the eyes; oh, and an apple a day to keep the doctor away! Salmon or fish 2-3 times a week, 4 ounces is plenty.



Liquids include one cup of unsweetened flaxseed milk or a chia seed drink for omega 3s.

Powders include vitamin C packets with

electrolytes but look for low or no sugars, AREDS 2 formula with known ingredients to keep eyes healthy (Maxi-Vision Whole body eye formula). Consider Vitality C for chronic illness.

Gummies include whole body vitamins made of food and an eye formulation with lutein and zeaxanthin which can always use supplementing but are not as complete as AREDS 2.

Chewables include pre and probiotics like Garden of Life's Dr Formulated enzymes made with food. Add 200 IU of vitamin E soft gels three times a day for an antioxidant that treats vision, reproduction, blood, brain and skin for chronic illness.

Can your body absorb a box of tablets?

Supplement heaven is choosing wisely and sparingly.

Prefer food, liquids, powders, gummies, and chewables for absorbability — from 29 percent typical of pills to over 90 percent absorbability. Buy organic.

The worker bee travels the distance of the equator to produce one pound of honey picking out the best for the hive.



**Here's To Your
GOOD Health!**