

WHAT'S IN YOUR SUPPLEMENTS?

On average, Americans are exposed to over 85,000 chemicals a day. These harmful substances are found in our food, air, cosmetics, cleaning agents, textiles, and more. An accumulation of fast-farming practices, and the addition of pesticides and herbicides is depleting the nutrients our bodies need to grow and thrive, and leading to common, but NOT normal symptoms.

Why supplementation? The health of our gut microbiome is only as healthy as the state of our soil. Supplementing with whole-food sources from high quality soil can help our intelligent bodies heal from this cellular damage and regenerate a healthy environment.

Commonly Added to Supplements:

- **magnesium stearate**
 - *ground up old clothing - contains cottonseed oil - some of the highest amounts of pesticides in commercial oils*
 - *trans fat - linked to cardiovascular disease*
- **magnesium silicate**
 - *in commercial deodorants and cosmetics*
 - *composition of talc and asbestos, known carcinogens, linked to lung and stomach diseases*
- **silicon dioxide**
 - *increase intestinal inflammation*
- **titanium dioxide**
 - *used in paint, cosmetics, paper and sunscreen*
 - *gives pills, powders and tablets a white appearance*
 - *linked to stomach cancer, autoimmune disorders, organ toxicity*
 - *carcinogenic when inhaled*
 - *found in many multivitamins, including kid's gummies*
- **starch**
 - *comes from genetically modified sources*
- **microcrystalline cellulose**
- **stearic acid**
- **vegetable gum**
- **talc glycol**
- **propyl glycol**
- **simethicone**

*These agents are added to either bind the supplement together or as an anti-caking agent to help the manufacturing equipment yield more supplements faster.

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Dangerous Ingredients Linked to Neurological Conditions:

- **artificial flavors**
 - *'high fructose corn syrup', 'hydrolyzed vegetable protein', 'artificial sweeteners', 'flavor enhancers'*
 - *these intervene with the opioid receptors in our brain and contribute to addiction and neurological damage (Alzheimers, dementia)*
- **natural flavors**
 - *although the first ingredient has to be derived from a fruit, vegetable, yeast, plant material, meat, fish, poultry or eggs, they are unregulated and can contain up to 42 additional chemicals or additives, which do NOT have to derive from a natural compound and this does not need to be on the label, per the FDA guidelines*
 - *can show up in organic foods as well*
- **artificial colors (dye)**
 - *red 40, blue 2, yellow 5*
 - *added to make supplements more appealing - linked to changes in our DNA, hyperactive behavior*
- **hydrogenated oils**
 - *genetically modified and known to cause cardiovascular problems, diabetes, nervous system problems and lack of absorption of essential fatty acids*
- **lead, mercury, PCVs** (chemical compounds for binding)
 - *most commonly found in fish oil supplements - linked to neurological changes and thyroid health*
 - *coconut, chia seed, flax seeds, and hemp seeds are a good replacement, as they are high in omega 6 & 9 fatty acids*

Other Additives:

- **sodium benzoate**
 - *preservative to increase shelf life and prevent the growth of microbes - reacts with vitamin C and turns it into benzene, a known carcinogen*
 - *Panera and Whole Foods banned this preservative :)*

SO WHAT DO I LOOK FOR IN A HIGH QUALITY SUPPLEMENT?

- **Whole-Food Source**

- Isolates, like a tablet of just Vitamin D for example, are made in a lab and not recognized by the body
- These release free radicals and lead to an imbalance in our minerals, like calcium and phosphorus
- We can only absorb so much of each nutrient as composed in a whole-food source. The rest is a waste product and stresses the liver.

- **Certified Organic**

- **Regeneratively Grown**

- This ensures that the quality of the soil is rich, the plant contains the micronutrients our bodies need, and contributes to a healthier gut microbiome.

- **Free from Common Allergens**

- Is it free from soy, corn, gluten, wheat or peanuts?

- **Wind Dried**

- Unlike dehydrated plants, wind dried plants are dried in the sun to maintain their micronutrients.

As a consumer we vote with our dollars, so every purchase we make towards our own health, is also contributing to the the availability of safer products, and a healthier environment for future generations.

If you are interested in sourcing some of the best whole-food supplements out there, please reach out. My regenerative health team and I have solutions for you!