

Tim's Essential Nutrients Routine*

<u>SUPPLEMENT</u>	<u>PRODUCT</u>	<u>PURPOSE</u>	<u>ROUTINE</u>
Probiotics	Dr. Ohhira's Probiotics 12 Plus	Friendly bacteria found in gut critical for digestive health & nutrient absorption. Killed by tap water, preservatives, drugs, etc. Supplements help "seed" new colonies. A healthy person's probiotics population weighs 3-4 lbs. in the gut.	1 pill/day taken first thing in the morning on an empty stomach (with fish oil also) until the box is finished. Wait 20 minutes before breakfast if possible.
Omega-3 Oil	Nordic Naturals Cod Liver Oil	One of the <i>essential</i> fatty acids, meaning the body can't synthesize these oils and must get it from the diet. Easily destroyed by heat, processing, time. Long list of benefits from supplementation. Found naturally in salmon and some seeds, but correcting deficiency often requires concentrated supplements.	1 tsp/day taken first thing in the morning on an empty stomach (with probiotic also). Wait 20 minutes before breakfast if possible.
Vitamin D3	Jarrow Vitamin D3 5000IU	Involved in 2000+ bodily reactions. One of the world's most common deficiencies. Naturally produced from sun exposure, but chronic state in 85-95% of people.	2 pills/day taken with breakfast for one month, then reduce to 1 pill/day as maintenance until bottle is finished.
Iodine	LiveLikeTim Lugol's Solution	Key nutrient for thyroid health, the gland that regulates metabolism. <i>Many</i> other health benefits. Over 2 billion people worldwide deficient, including approx. 95% deficiency in overweight people. No longer found in food. Consult a physician before taking if you think you may be allergic to iodine.	5 drops/day in water with breakfast (or morning protein shake) for ONE MONTH, then reduce to 1-2 drops as a maintenance dose. Do not take at the same time as probiotics if possible.
Digestive Enzymes	Enzymedica Digest Gold	By 30 years old most people are depleted of enzymes, which act as the spark plug for nearly every metabolic reaction in the body. Digestion is the foundation of health and enzymes allow for the breakdown of food for nutrient absorption.	1 pill with every meal. Best taken 30 min. before every meal or up to 15 min. after meal.
Magnesium Oil	Nutricology Magnesium Chloride	Involved in 325+ critical bodily reactions, one of the most abundant minerals in the body. Part of the "Big 6" minerals (calcium/magnesium, sodium/potassium, chlorine, phosphorus). Reported over 80% of people deficient. Often major imbalance with calcium causing many symptoms. Causes bowel flush if large amounts taken orally. Correct deficiency with topical absorption. Not really "oil", its texture is oily.	Rub oil into large area of skin (approx. 25% of body) before bed until for one month, then use periodically as needed. Target sore or tight muscles. May be tingly. Wait at least 20 minutes before washing off, but keep on the whole night if possible.
Magnesium Pills	Nutricology Magnesium Citrate	Aids with bowel elimination and magnesium supplementation. Same benefits as magnesium oil.	2 pills before bed until bottle is finished.

*Tim's Essential Nutrients Routine is for reference only and the accuracy of this information is not guaranteed. Use this information at your own risk! These statements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure or prevent any disease. This represents how Tim corrected his deficiency and is designed for his body only. Everyone is different and you may require a more personalized supplementation routine as directed by a qualified health professional. Tim is not a medical doctor or licensed health professional.