

The Basics of Nutrition and Supplements

Your physical body is nothing more than a walking bundle of nutrients. We used to get more nutrients, but cooking, processing, transportation, over farming and pesticides have greatly reduced the nutrient content of food. A proper diet and certain nutrient supplements are required for good health, otherwise illness and disease develops.

Weight loss is directly related to nutrition. Hunger is initiated in our body for 2 reasons:

1. **Calories** for energy
2. **Nutrients** for bodily functions

Ironically, most Americans are simultaneously overweight and malnourished. **We get plenty of calories but too few nutrients and our hunger switch is never shut off.** *Our body craves food searching for nutrients and stores the excess calories as fat.* **Addressing nutrient deficiencies will naturally lead to weight loss!**

There are **4 classes of nutrients that are essential**, meaning the body can't synthesize them and **must obtain them from the diet or supplements.** These are all *mandatory* for human life.

1. **Vitamins** – chemical compounds needed for bodily functions
2. **Minerals** – natural elements from the environment that also are needed for bodily functions
3. **Amino Acids** –obtained by digesting proteins and used to building tissues and organs
4. **Fatty Acids** (Oils/Fats) – Omega-3 & 6 needed for cell structure and inflammation

Two other classes of “nutrients” are also critical for health.

5. **Probiotics** – friendly bacteria needed for digestion found naturally in our body
6. **Enzymes** – the spark plugs of every chemical reaction in our body, without enzymes you'd die

The overwhelming majority of Americans are deficient in the 6 critical nutrients. ***Healing the body should FIRST start with addressing the essential nutrients,*** then proceed to other medical therapies. The following plan is recommended:

1. **Correct the most important deficiencies** by “refilling the tank” with large doses of specific supplements – vitamin D3, iodine, magnesium, Omega-3 fatty acids, digestive enzymes & probiotics
2. **Balance all nutrients** by taking broad spectrum supplements at medium doses in proper ratios
3. **Maintain balance** with smaller amounts of broad spectrum supplements
4. **Address specific health issues** with targeted nutrients based on individual needs (this step can be combined with steps 1 – 3)

Essential nutrients, balancing & maintenance packages can be purchased at www.liveliketim.com