

# Wellness From Within

## Protocol

### Diet

#### Avoid too much sugar

Avoid high-sugar foods and sugar-sweetened beverages. This one simple change can go a long way toward enhancing energy and avoiding energy crashes throughout the day.

#### Eat more garlic & onions

Garlic and onions are part of the group of plants called “alliums.” These spicy plants are high in phytochemicals that support the immune system and are antimicrobial in their own right.

#### Eat a rainbow

Vary your fruit and vegetable intake to include as much diversity as possible. This increases various fibers and prebiotics and provides nutritional antioxidants, vitamins, and trace minerals. Some examples of low-glycemic vegetables include kale, bok choy, spinach, purple cabbage, asparagus, peppers, cauliflower, Brussels sprouts, and chard.

#### Cook with herbs & spices

Rosemary, ginger, turmeric, coriander, parsley, and thyme all provide supportive phytochemicals that encourage robust health.

#### Indulge in fermented foods

Fermented and cultured foods support a healthy gut flora, which in turn has immune-supportive benefits. Choose plain, unsweetened yogurt or kefir, fermented sauerkraut, kimchi, or other vegetables, or miso. These provide live cultures that add to your microbiota. Check the labels (especially on fermented vegetables) to ensure they contain live, probiotic cultures, as not all do.

### General Notice & Disclaimer:

General Notice & Disclaimer: This information is to be used as a basis for supporting your foundational health. Always check with your health care provider when considering taking a supplement. The information provided herein is based on a review of current existing research; Cherise FNP-BC LLC does not accept responsibility for the accuracy of the information itself or the consequences from the use or misuse of the information.

### Lifestyle

#### Start an exercise routine

Regular mild-to-moderate exercise has been shown to support overall health as well as a healthy immune system. Extreme exercise, however, has been shown to have a suppressive effect on the immune system.

#### Minimize alcohol consumption

Try to abstain from alcohol. Alcohol is known to cause inflammation and suppress the immune system.

#### Sleep is key

The immune system is very active when we are asleep. Ensure proper sleep hygiene with a cool, dark room. Also consider powering down electronics about 45 minutes before sleep as these can worsen sleep quality.

#### Address stress

Stress is directly linked with immune suppression. Increase ways to focus on relaxation in your life. Consider a meditation app or yoga class. Lower stress leads to increased energy for the things you want to do.

#### Increase hydration

Increasing healthy hydration with pure, filtered water supports all aspects of our health, body, and mind! Aim to drink half your body weight in fluid ounces per day. For example, someone that weighs 170 lbs should aim to drink at least 85 fl oz per day.

#### Healthy home microbiome

Our homes have a rich and diverse microbial environment. These microbes and their by-products can help trigger and regulate the various immune processes that either defend against pathogens or help us to tolerate normally harmless things in our air, food, or our own bodies. Healthy home microbiome practices include: adding good bacteria to the environment with probiotic cleaning sprays; avoiding tracking in herbicides/pesticides by taking off your shoes inside; and steering clear of anti-bacterial soaps and opting for natural cleaning products instead.



## Optimized Supplement Plan

**Head to Toe** provides a potent 1500 mg of omega-3 fatty acids (750 mg each of EPA and DHA per 2- softgel serving) in order to support an optimal body balance of these beneficial fatty acids. This formula also includes lipase, a digestive aid to ensure maximum absorption. Lipase helps to prevent any fishy aftertaste, known as 'repeat,' (a.k.a. "fishy burps") which sometimes occurs with fish oil supplements. This formula has a 75% concentration of EPA+DHA, which enables a faster body enrichment with these beneficial fatty acids. This concentration is much higher than that of most other fish oils commonly available, which allows it to impart its health benefits much faster. EPA and DHA each have unique beneficial characteristics for optimizing health. EPA often competes with DHA for absorption and incorporation into cell walls, thus a balanced ratio of EPA/DHA provides them with equal opportunity to impart their function and optimize the corresponding body contents. A balanced 1-to-1 ratio of EPA to DHA is similar to that found naturally in seafood.

**Dose Me Daily** is a first-of-its-kind multivitamin, mineral and phytonutrient blend specifically formulated to mimic the nutrient intakes found in an optimal evolutionary human diet. The ingredients in Dose Me Daily have been sourced to be naturally occurring or bioidentical. In addition to key vitamins and minerals, this formula contains select phytonutrients that are known to have beneficial effects for health (such as lutein, lycopene, resveratrol, wild blueberry, broccoli seed/sprout, citrus bioflavonoids and more), which were likely consumed in greater quantities in the evolutionary past than they are in the modern diet.

**Mellow Me Out** is an essential mineral that assists in over 300 biochemical reactions in the body. It is the second most abundant mineral inside cells, where it also participates in converting food (especially carbohydrates) to energy. Over 60 percent of the body's magnesium is stored in the skeleton, and the remaining portion is primarily housed in the muscles. It is crucial for energy production, bone and muscle health, physical strength and mobility, neurological health, and metabolism.



### HEAD TO TOE (WILD CAUGHT ALASKAN FISH OIL)

#### Purity

Head To Toe also includes vitamin E isomers (as DeltaGold® tocotrienols), which protect these fragile oils from rancidity. Additionally, these fish oils are molecularly distilled and filtered to ensure purity and to maximize the removal of metals, pesticides, PCBs, and other contaminants.

#### Recommended Use:

Take two softgels per day with meals, or as directed by your health care practitioner.

### DOSE ME DAILY (POWERFUL BLEND OF PHYTONUTRIENTS)

#### Highlights

Mineral chelates: Calcium, magnesium, zinc, copper, manganese, molybdenum, chromium and boron are provided in chelated forms. Chelation is the bonding of minerals to amino acids, which results in molecules that are more easily absorbed and assimilated by the body.

#### Recommended Use:

Take two capsules twice daily with food, or as directed by your health care practitioner (divided dosing recommended).



### MELLOW ME OUT (BIOAVAILABLE MAGNESIUM)

#### Highlights

Mellow Me Out is one of the best absorbed forms of magnesium, where a magnesium ion is bound between two glycine amino acids, forming a very stable chelate, which eliminates the traditional loose stools or upset stomach that may occur with magnesium supplementation.

#### Recommended Use:

Take two capsules per day, or as directed by your health care practitioner.

