



Look & Feel Great Method

Nine Steps to Healthy Lifestyle

Step 4: Introduction to Nutraceutical Regime

The goal for living a healthier lifestyle incorporates many factors and if one is deficient in nutritional markers then first we turn to healthy eating and compliment it with individualized supplementation to assist the body to get in balance and try to reach optimal functioning. This is why I utilize functional medicine testing since it is proactive and show how the body is functioning across key systems as well as nutritional markers.

Details about the organic acid are included in this document and I think you will see why I utilize this proactive testing. Instead of guessing what your body needs, the best way to implement a supplement regime is one that is supplementing the nutrients, enzymes, etc that you need because you are deficient in them or there is an imbalance that you need to reset. This is where functional medicine lab work comes in. It's the instrument to gain insight into how your body is functioning or not.

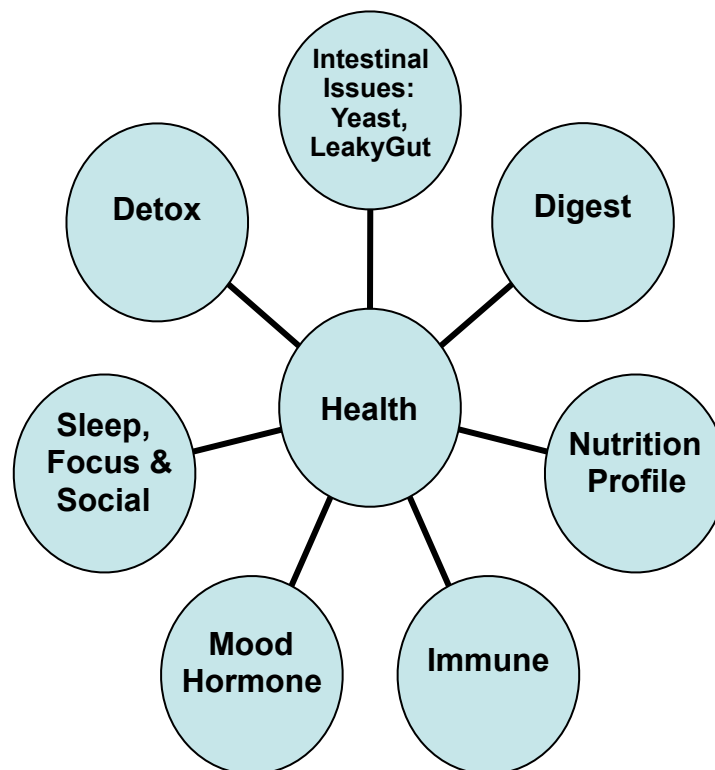
There is much to review in this section with a Health Survey, Nutritional Considerations of Chronic Conditions, Nutrient Functions & Deficiency Symptoms so you can be empowered with a comprehensive understanding of supplements. In addition, if you are taking prescriptions then included is the chart showing what possible depletion of your nutritional status the medications may cause and possible health problems.



Why would a person have nutritional deficiencies?

- Biochemical individuality: our bodies are uniquely made
- Absorption: you may not be able to absorb your nutrients, minerals, antioxidants
- Chronic Illness: you may experience health conditions that deplete your nutrients
- Aging: as we age, our depletion changes and so do our nutritional needs
- Lifestyle: physical activity, sleeping, smoking, drinking, medication, sedentary habits all impact micronutrient demands.

Healing Phases of Supplementation:





What to Avoid in supplements:

- any supplement that contains artificial colors, or artificial dyes
- any supplement that contains corn starch
- anything that contains sugar or sugar alcohols
- anything that contains modified ingredients
- anything that contains gluten, soy, corn dairy
- any 'generic' brand
- do not recommend to purchase from Amazon or online websites that are not associated with a medical practitioner that you know; just having a picture of a medical practitioner does not warrant that anyone is really behind that website. Unfortunately, there is a black market of individuals selling out-dated supplements and removing labels providing less than standard supplements.

This is why I recommend the distributor that I purchase my personal supplements from: Wellevate. Their products are purchased directly from the companies that make the supplements and everything is fresh and throughout the year, some products will be 'back-ordered' because the next batch needs to be made...as opposed to going to a retail store and you do not know how long the product has been on the shelf. The most important thing is that you are now aware of what is going on in the supplement industry. The goal is for you to have access to quality supplements.

Another option is to buy directly from Klair Labs and you can find the link and authorization code on <https://nancyguberti.com/purchase-quality-supplements/>

What to look for in quality supplements:

no gluten
no soy
no corn
no artificial ingredients
purchased from reliable source
probiotics are delivered along with an ice-pack
made in U.S.A.
labels clearly indicate what the ingredients are
if they are testing for glyphosate exposure



Step 4 Action:

Take the ***Health Survey below***, review the ***Nutritional Considerations of Chronic Conditions PDF, Nutrient Functions & Deficiency Symptoms checklist PDF*** and determine if any apply, if taking prescription medication then review that ***Prescription Medication checklist PDF*** as well. If taking any supplements then answer the ***Current Supplement Review*** questions.

Healthy Survey:

Circle or check the following conditions that you may experience:

Symptoms of Nutritional Deficiency:

Fatigue	Reduced muscle mass
Anxiety	Muscle weakness
Weight loss	Diarrhea
Weight gain	Bloating
Loss of appetite	Hair loss
Tingling hands	Numbness
Muscle cramping	Nausea
Vomiting	Constipation
Heart flutter	Impaired wound healing
Skin conditions	Low libido
Depression	Hormonal issues
Bruising	G.I. issues



Current Supplement Review:

1. Analyze your current supplement regime - and now check out the quality of your current supplement regime by reviewing the ***What to Avoid in supplements list.***
2. Do any of your current supplements fall into the category of What to Avoid in supplements list?
3. Do you feel any different when you are taking supplements?
4. If you are not taking anything, are there any areas that you feel your body is imbalanced? Look over the ***Nutritional Considerations of Chronic Conditions, and, Nutrient Functions & Deficiency Symptoms checklist.***
5. Are you taking any medications that may be depleting your nutritional status. Review the **Prescription Medication checklist** and review with your medical practitioner.
6. Are you keeping a Supplement journal indicating when you are taking the supplements and how you feel?
7. If you take supplements or not, how much better would you feel if you were incorporating a customized regime?

Added Bonus:

If you want me to review your current supplement regime then send over copies of the supplement labels and I will review them.



Basic Supplement Protocol: Before starting any new supplement regime, always discuss with your medical practitioner.

Supplement with digestive enzymes to fully absorb your nutrients.

Goto www.nancyguberti.com then click on Purchase Supplements page. These products code are from Wellevate.

1. **Probiotics: Take one capsule in morning with water. Vital-Plex® (Product Code: VIT72) or Ther-Biotic Factor 6 (Product Code: KTF6)** Research indicates that low beneficial bacteria can lead to weight gain, suppressed immune and detoxification system and affect focus and mood.
2. **Digestive Enzymes: Product Code: VITAL-ZYMES™ COMPLETE 120 VEGCAP (Product Code: VI210) OR ABSORBAID DIGESTIVE SUPPORT 90 VCAPS (Product Code: ABS90)**
3. **Spirulina Product Code: N2704 for nutrients and energy**
4. **B Complex-75 Product Code: BCO40 for nourishing adrenal system and nutritional markers**
5. **Vitamin C Product Code: Tapio this is corn-free**

Vitamin D3 should also be a part of your regimen and when going to your medical practitioner for blood work, remember to ask them to check your Vitamin D levels and then supplement if depleted.

*****NOTE:** You must check with your medical practitioner before starting any new supplements. Introduce one new supplement at a time then add in the next a week later so you can monitor how you feel once starting supplement.



Information about the non-invasive Organic Acid Test (kits available at <http://nancyguberti.com/services/>)

It provides a metabolic “snapshot” based on the products the body discards through the urine. These small, discarded organic acid molecules are byproducts of human cellular activity, the digestion of foods, and the metabolism of gastrointestinal flora. At certain levels, organic acids in urine may be indicators of toxicity or “markers” of the function of metabolic pathways. Levels of yeast or gastrointestinal bacteria metabolites are compared to normal levels of human metabolites, providing an assessment of yeast and bacterial activity. The test includes 74 urinary metabolites and two neurotransmitter ratios and offers most complete and accurate evaluation of intestinal yeast and bacteria. These factors are of critical importance in neurological, gastrointestinal issues.

Abnormal toxic metabolites of these microorganisms can cause or worsen mood regulation, affect energy levels and immune function. Yeast can attach to the intestinal wall causing “leaky gut” syndrome, which can cause or magnify food allergies, impede absorption of vitamins and minerals, and cause intestinal disorders. Many people with chronic illness, allergic conditions, and neurological disorders often have one or more abnormal levels of organic acids in their system. Factors which can cause or affect the intestinal yeast overgrowth include oral antibiotic use, oral birth control, excessive sugars in the diet, selective or combined immune deficiencies, genetic and other factors. Once any abnormalities are detected, there is a variety of options available to treat the condition. Treatments include antifungal or antibacterial products, probiotic supplementation, vitamins, antioxidants and dietary modification.

Patients have reported significant improvement upon treatment including: decreased fatigue, regular bowel movements, increased energy and alertness, increased concentration, better sleep patterns, and decreased abdominal pain.

Other Important Markers evaluated are other important compounds including Krebs cycle metabolites and neurotransmitters. This reliable test detects the overgrowth of yeast and a bacteria species, Clostridia, commonly missed by conventional culture methods. These organisms and their metabolites can produce or magnify symptoms of many medical conditions. Identification of a yeast or bacterial overgrowth paired with a successful treatment can increase the probability of recovery.



CONGRATULATIONS for completing Step #4!

Next is Step Five:

Health Benefits of Exercise and Movement



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