



Important Supplements Missing from Your Health Regime

- Why you need to focus on mineral supplementation
- Testing to customize supplements
- Toxic metals that cause fatigue – and the best supplements to detox them



Best Supplements for Fat Burning

- How detox helps with weight loss
- Top 5 tips to burn fat most don't know about
- How to maximize human growth hormone – to burn fat!



Supplements To Crush Sugar Cravings

- Stress and other causes of sugar cravings
- How cravings are caused by gut bacteria
- Best supplements to repair damage to the body from sugar



Food Based Vs Synthetic Supplements, Issues with

- Probiotics – soil-based vs. human strains
- Why most brands of supplements are synthetic – how to know
- Pros and cons of food-based supplements



Genetics: Your Personalized Blueprint to Supplementation

- Where to get genetic testing
- How genetic testing can help you to customize supplements
- Common SNPs and how they help guide supplementation



Best Supplements for Glowing Skin

- Favorite foods for the skin
- How amino acids give you amazing skin
- Toxic ingredients to avoid in skin care products



Best Supplements for Stress

- How Stress kills
- Top supplements to reduce stress
- Best lab tests for stress markers



Rethinking Iron for Anemia and Iron Toxicity

- How and why most people are iron toxic
- How iron toxicity is an underlying cause of chronic illness
- Why you should rethink taking iron for anemia



Best Supplements for Parasites and Candida

- How to know if you have candida or parasites
- How candida and parasites cause fatigue and brain fog
- Why everyone has parasites



Best Supplements for Diabetes

- Pitfalls of diabetes medications
- The most important factors to get blood sugar under control
- What one can do about diabetes complications



How Adaptogens Can Improve Energy and Heal Adrenals

- Why you want whole herb adaptogens – and not just the extracts
- Can herbs be dangerous – why some contain toxic metals
- What you should avoid when choosing herbs



Best supplements for Lyme Disease

- Homeopathy's effectiveness in treating lyme
- Why you must disrupt biofilms when treating lyme
- Alternative protocols to help eradicate lyme



HOT Herbs to Harmonize Hormones and PMS

- Root causes of estrogen dominance
- What causes PMS and best supplements to ease it
- Heavy hitting solutions to balance hormones



How natural supplements can assist in weight loss

- The importance of mindset in weight loss
- How supplements can help with weight loss
- The many factors you need to address when losing weight



Best and Worst Fitness Supplements

- What types of protein powders should you avoid?
- The ingredients on protein powder labels you should avoid
- Best foods and diet to burn fat!