

BASIC NUTRITIONAL SUPPLEMENT SUPPORT FOR NEUROLOGICAL HEALTH.

A Multivitamin and Mineral:

I.e. anything that is food-based or naturally derived is preferred.
In addition to age-appropriate as well as sex-specific.

B Omega fats:

This should be what is considered whole omegas.
With an emphasis on omega 3's: EPA and DHA.

C Essential amino acids:

(EAAs) To provide building blocks for neurotransmitter synthesis.

D Probiotics:

This is to support barrier function, cytokines balances, and the ecology.
Also helps facilitate nutritional manufacturing and uptake.

- 1a) New Chapter, Thorne, Metagenics, Natural Factors, Quicksilver Scientific, Natural Health Partners
- 2b) New Chapter, Thorne, Metagenics, Now Solutions
- 3c) Thorne, Pure Encapsulations, Now Solutions
- 4d) Metagenics, Natural Health Partners, Thorne, Body Ecology

FOODS: Protein-centric. I.e., majority of weight of each meal. Sea vegetables, tubers, vegetable-fruits: squashes, gourds, low-sugared fruits: avocados, cucumbers. Seasonal Fruits/frozen 'out-of-season.'
Sweeteners: Honey, monkfruit, stevia, D-Ribose.

WE WISH YOU DEEP HEALING.