

...“TO EAT IS A
NECESSITY, BUT TO
EAT
INTELLIGENTLY IS
AN ART.”

-LA ROCHEFOUCAULD

Maria Mind Body Health

KETO-ADAPTED

your guide to
accelerated weight loss
and healthy healing

Foreword by Dr William Davis
Author of “Wheat Belly”



"This book will certainly change the lives
of many in an incredibly positive way."
David Perlmutter, MD Author “Grain Brain”

maria emmerich

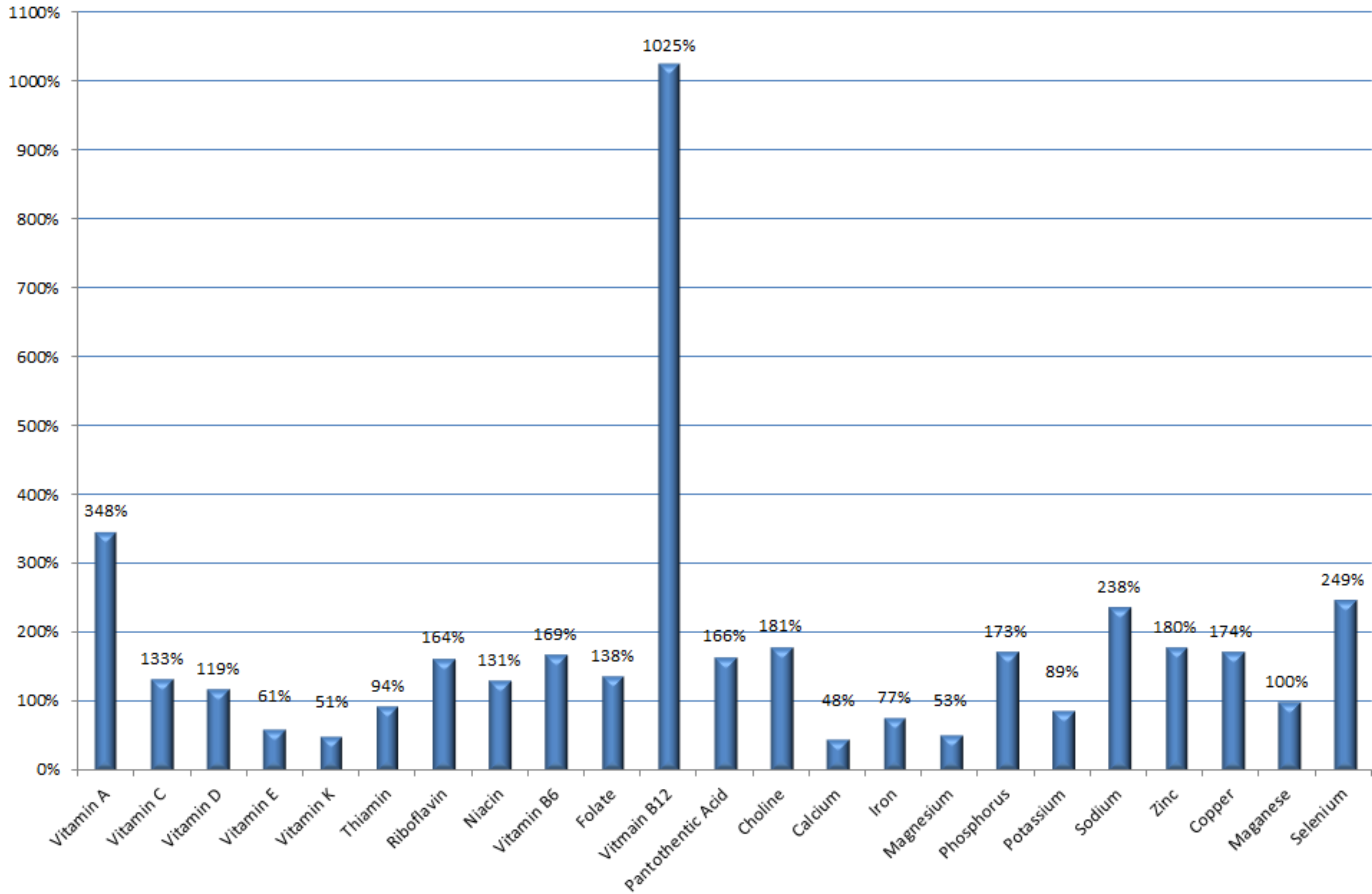
Agenda

- Introduction
- Nutrients in a keto lifestyle
- Supplements
 - Basics (great for everyone)
 - Thyroid Health
 - Gastric Function
 - Babies and Kids
 - Skin Acne and Wrinkles
- Athletes
- Menopause, Ovarian Function and PCOS
- Migraines
- Joint, Fibro and Chronic Pain
- Hair Loss
- Weight Loss and Cravings
- Sleep

Keto Lifestyle and Nutrients

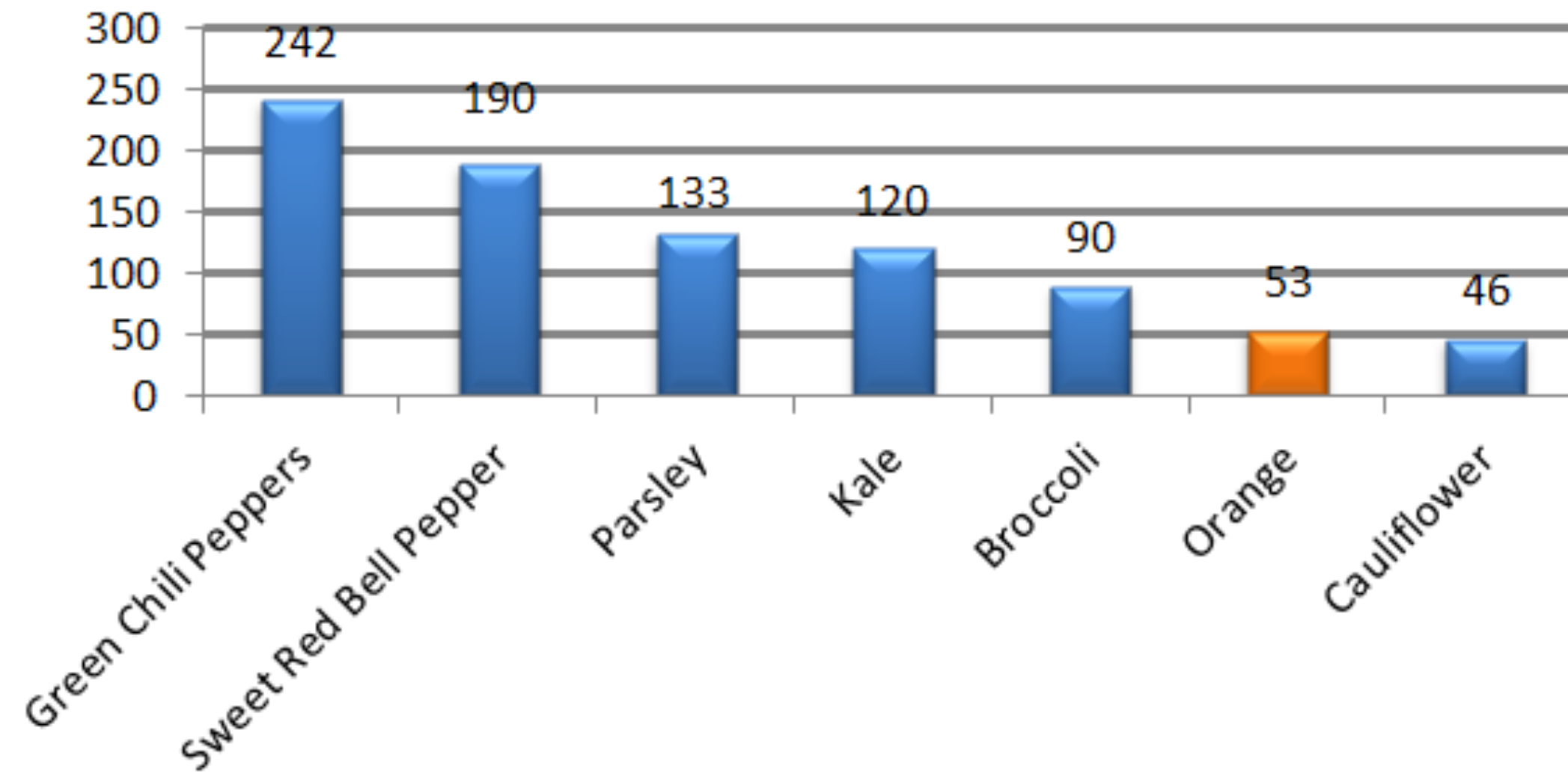
Nutrients

- If I'm not eating fruit and lots of veggies, how do I get my nutrients?
- Example:
 - “Break”fast of Eggs Benedict
 - Last meal of Chili and smoked salmon
 - Snack of keto fudge.
- Note: Doesn't include water (minerals), etc. Add bone broth for even more (calcium, etc).

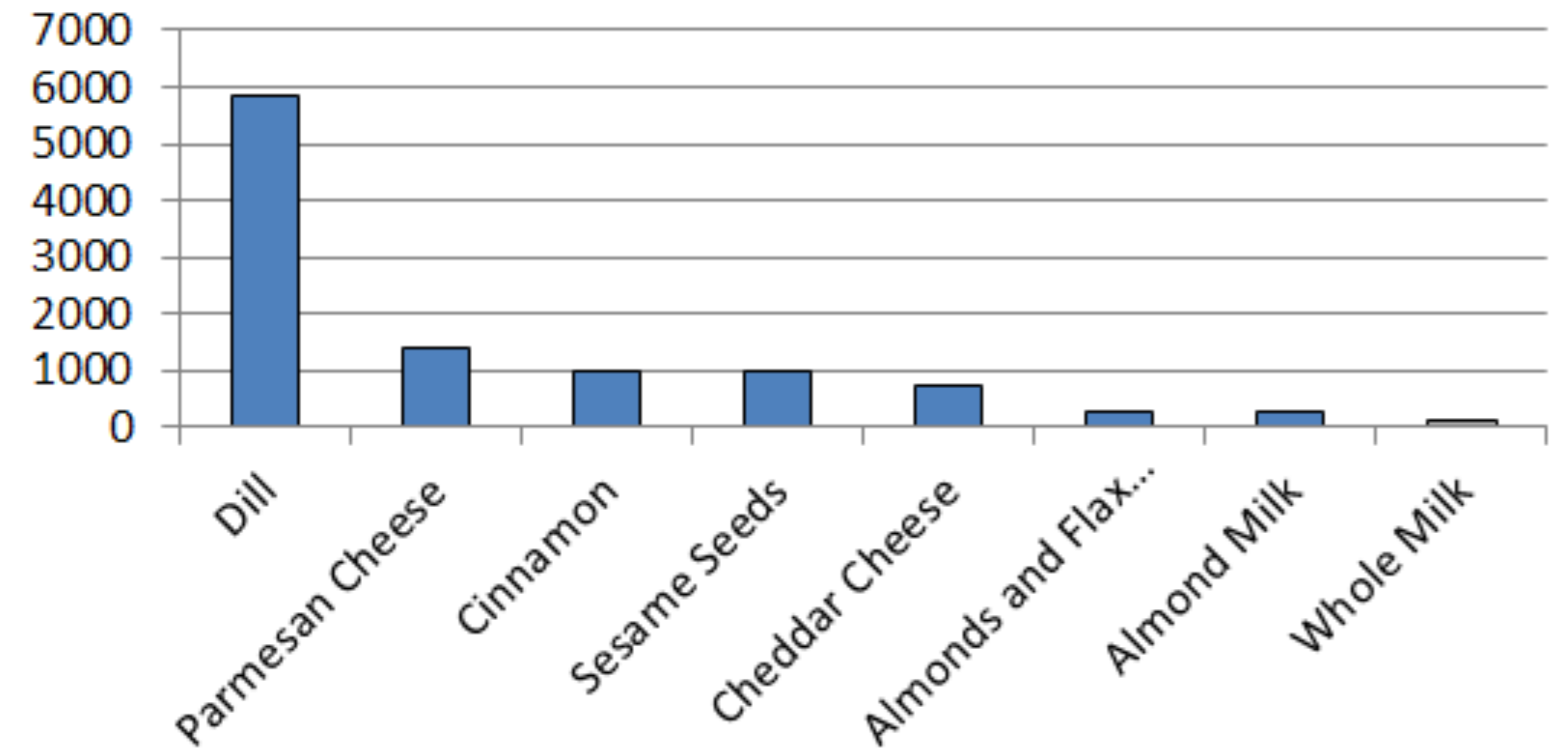


Herbs

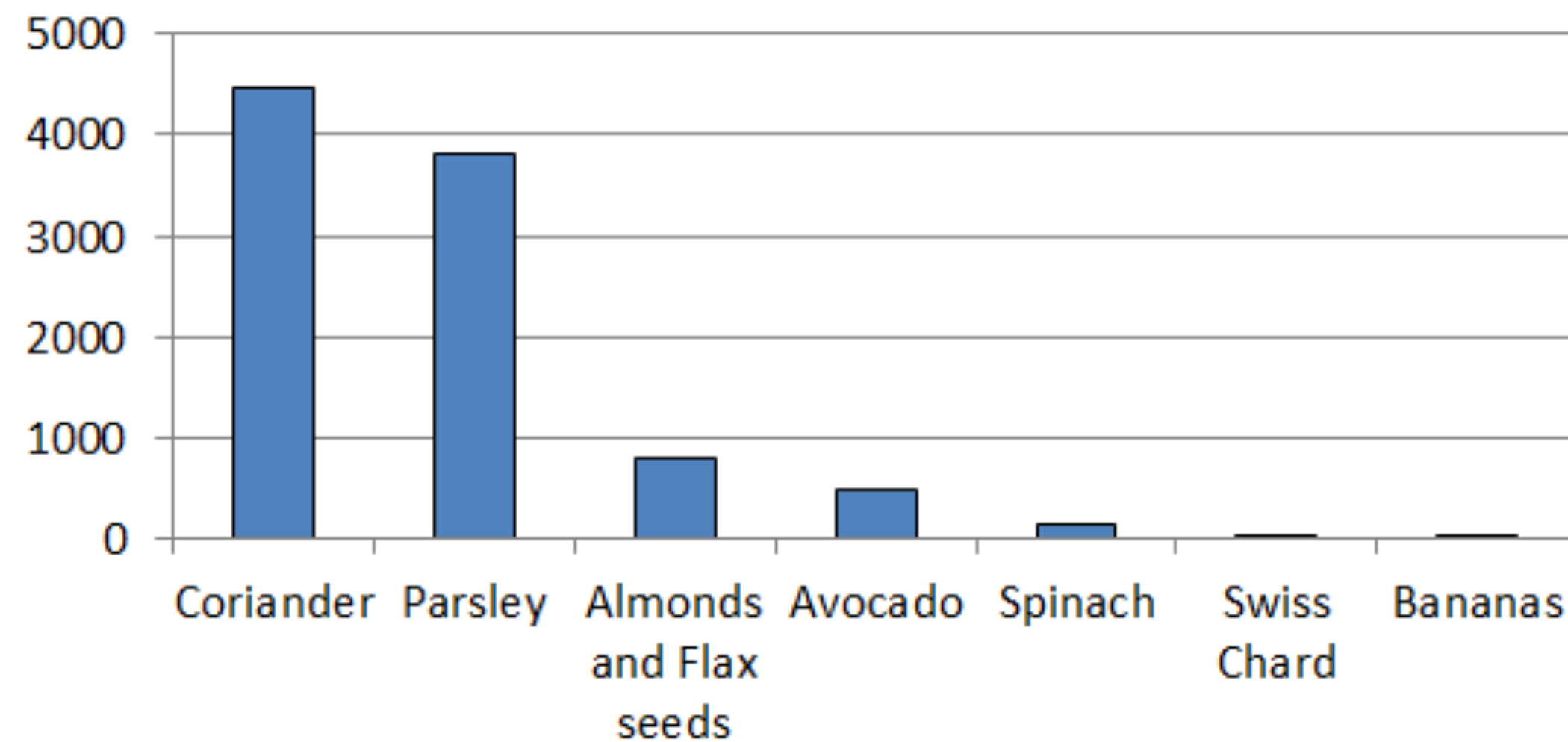
Vitamin C Amount (mg/100g)



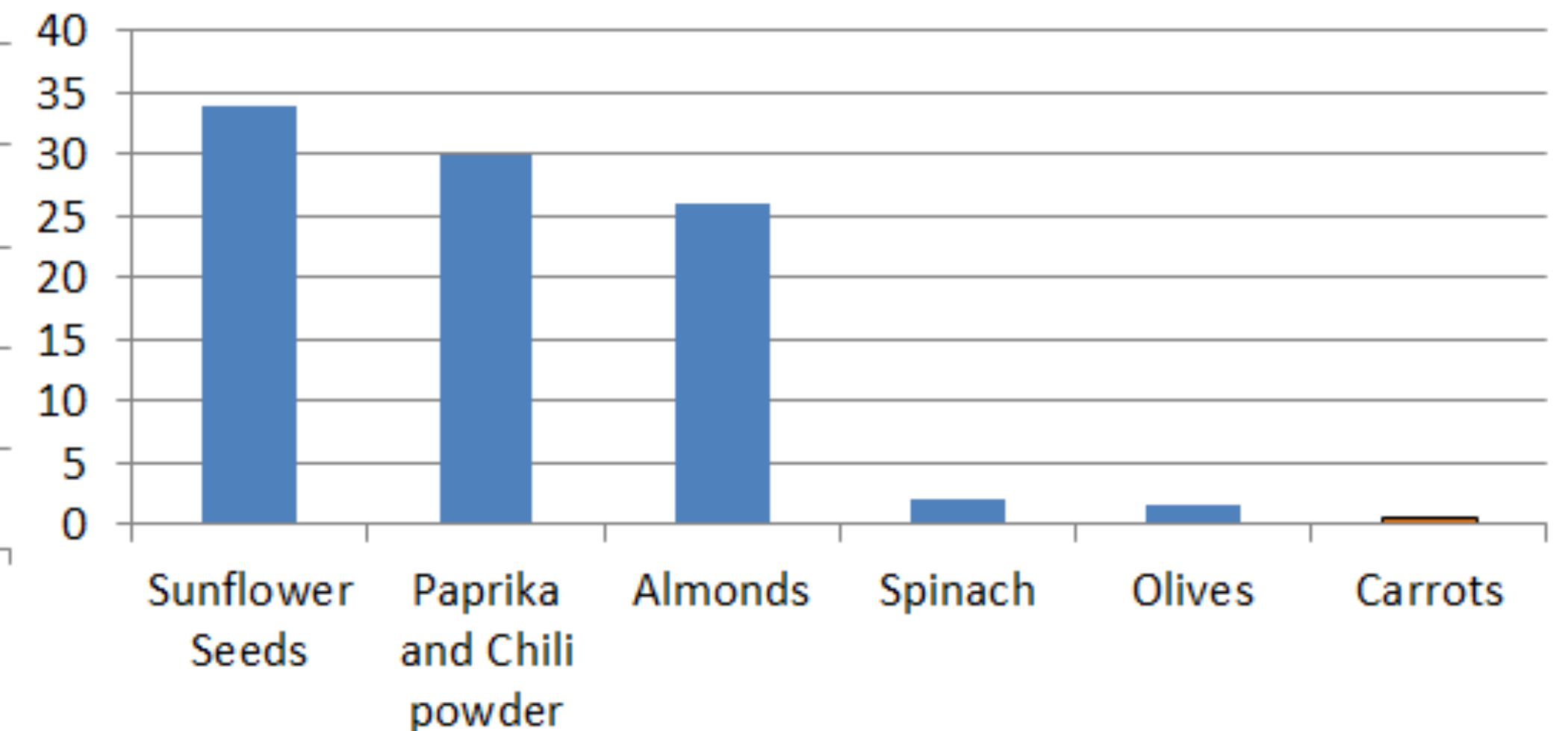
Calcium Amount (mg/100g)



Potassium Amount (mg/100g)



Vitamin E Amount (mg/100g)



Nutrient Density

- <http://www.oracvalues.com/sort/orac-value/>

Antioxidant Values of Foods Sorted by ORAC Value

Sort by ORAC Value

Sort Alphabetically

Page 1 2 3 4 5 6 > Last >

Item	ORAC Value
Sumac, bran, raw	312,400
Spices, cloves, ground	290,283
Sorghum, bran, hi-tannin	240,000
Spices, oregano, dried	175,295
Spices, rosemary, dried	165,280
Spices, thyme, dried	157,380
Spices, cinnamon, ground	131,420
Spices, turmeric, ground	127,068
Spices, vanilla beans, dried	122,400
Spices, sage, ground	119,929
Spices, szechuan pepper, dried	118,400
Acai, fruit pulp/skin, powder	102,700
Sorghum, bran, black	100,800
Rosehip	96,150
Sumac, grain, raw	86,800
Spices, parsley, dried	73,670
Sorghum, bran, red	71,000
Spices, nutmeg, ground	69,640
Spices, basil, dried	61,063
Cocoa, dry powder, unsweetened	55,653

So Why Supplements?

- Most Bodies need Therapeutic doses to help cells heal
- Only about 5 percent of Americans actually follow the "Dietary Guidelines for Americans, 2010" recommendations, according to the University of Rochester Medical Center.

Supplements

No Fish Oil Supplements

- Omega-3's are Poly Unsaturated Fatty Acids (PUFA's)
- PUFA's are very easily oxidized.
- We need only a little omega-3 if we greatly limit Omega-6 (only a few mg per day)
- Even if omega-3 supplements are kept in fridge, fresh, etc. they will oxidize in our bodies if you take large amounts (more than the body needs).
- Best to get from fresh food sources (Salmon, Sardines, etc.)
- [More Details HERE](#)

Basics (Great for Everyone)

Basics (Great for Everyone)

- **Vitamin K2**
- **Function:** Regulates Calcium Metabolism
 - Gets calcium where it should be (bones, etc) and keeps it out of where it shouldn't be (plaque, stones, etc)
- **Food Source:** Cheese (Gouda is 75 mcg per 3.5 ounces), butter and egg yolks (15 mcg per 3.5 ounces), ground beef (about 6 mcg per 5.3 ounces)
- **Supplement:** Look for MK7 K2. [CLICK HERE.](#)
- **Dose:** 100-200 mcg per day.

Basics (Great for Everyone)

- **Magnesium**

- **Function:**

- It was mainly found in healthy water supply in paleo days (as much as 200mg per liter) but most bottled and tap water do not contain significant amounts anymore.

- Naturally lowers blood pressure and migraines by relaxing blood vessels.

- **Food Source:** Spinach (156mg per cup), Swiss Chard (150mg per cup), Sunflower seeds (125mg per 1/4 cup), Almonds (61mg per 1/4 cup)

- **Supplement:** Look for glycinate. Citrate is constipated. [CLICK HERE](#).

- **Dose:** 800mg at bedtime.

- If for memory take: Magnesium L-threonate is especially good for brain function and cognition, Alzheimer's, etc. [CLICK HERE](#)

Basics (Great for Everyone)

- **Zinc**
- **Function:**
 - We lose a lot of zinc as you sweat. Thyroid is a zinc hog and requires a lot. Athletes are typically low. White spots on nails.
 - Crave salty or something sweet after meal. Start adding slowly. Start with 15mg and move up to 50mg daily with or without food.
- **Food Source:** Oysters (33mg in 6), red meat (4mg in 4 oz), Spinach (1.3mg per cup), Asparagus (1mg per cup).
- **Supplement:** [CLICK HERE.](#)
- **Dose:** 15 up to 50mg daily with or without food.

Basics (Great for Everyone)

- **Bifido bacteria**
- **Function:**
 - 70% of immune system is in gut
 - Take with a tablespoon of coconut vinegar for maximum absorption.
- **Food Source:** Naturally fermented foods (sauerkraut, pickles, kimchi, etc.)
- **Supplement:** [CLICK HERE.](#)
- **Dose:** 1 to 3 per day.

Basics (Great for Everyone)

- **Potassium:**
- **Function:**
 - Since you lose a lot of sodium through the diuretic effect of a low-carb diet, you'll eventually lose a lot of potassium as well. Keeping your potassium levels up helps to safeguard your lean muscle mass during weight loss. Also, just as with sodium, adequate potassium prevents cramping and fatigue. A deficiency in potassium causes low energy, heavy legs, salt cravings, dizziness, and you may cry easily. Causes of low potassium would be dehydration from having diarrhea, sweating, and low carb diets that are not well formulated.
- **Food Source:** Swiss Chard (960mg per cup), Brussels Sprouts (494mg per cup), Tomatoes (426mg per cup), Bell peppers (194mg per cup), Avocado (727mg per cup), Herbs (parsley 168mg per 1/2 cup)
- **Supplement:** [CLICK HERE](#).
- **Dose:** 99mg twice a day with or without food.

Basics (Great for Everyone)

- **Vitamin D3**
- **Function:**
 - Always take Vitamin K2 with D3. Low levels of vitamin D3 can cause low moods, hormone issues, and many other things such as insulin resistance.
- **Food Source:** Salmon (511 UI in 4 oz), Sardines (175 UI in 3.2 oz), Tuna (93 UI in 4 oz), Eggs (44 UI in 1 egg), the sun! (10,000 to 25,000 IU it time it takes just before skin turns pink)
- **Supplement:** [CLICK HERE.](#)
- **Dose:** 5,000 IU per day if levels are less than 50

Basics (Great for Everyone)

- **Quality Multi-Vitamin**
- **Function:**
 - For good insurance. Take with food at first meal.
- **Food Source:** Many
- **Supplement:** [CLICK HERE.](#)
- **Dose:** Recommended by bottle.

Basics (Great for Everyone)

- **QUALITY SALT**

- **Function:**

- When you first start your well-formulated low carb lifestyle and you notice if you stand up quickly and get dizzy or feel faint, you are dehydrated! Just drinking water isn't going to work like it would with a high carbohydrate diet. You need to add more sodium! You can add more salt to your food, drink bone broth or take sodium tablets. Salt is not the evil nutrient that your doctor warns you about. You've got to start thinking differently. Just like understanding that eating more fat lowers your cholesterol, understanding that a well-formulated low carb diet requires more a lot more sodium.

- **Food Source:** Adding Salt to food. Cured meats (Bacon, etc), cheeses, canned fish

- **Supplement:** [CLICK HERE.](#)

- **Dose:** ADDING IN 1 TSP CELTIC SEA SALT or drinking homemade bone broth A FEW TIMES A DAY WILL HELP WITH ENERGY! AS WELL AS POTASSIUM

Basics (Great for Everyone)

- **Berberine**
- **Function:**
 - Berberine has been used for centuries as a way to naturally protect the body from parasites, fungi, yeast and bacteria but has gained steam recently as a diet jump-starter. Berberine may improve weight management, glucose metabolism, insulin sensitivity and offer cardiac support.
- **Supplement:** [CLICK HERE.](#)
- **Dose:** 1000mg (2 capsules) at each meal

Thyroid Health

Thyroid Health

- **HCL**
- **Function:**
 - A healthy thyroid produces stomach acid. If you are deficient in hydrochloric acid you can't absorb the nutrients for bone health and thyroid function. You could be taking a "magic pill" and if you don't have enough hydrochloric acid, you wouldn't benefit from the "magic". So focusing on your digestion is step one. Metagest is a great product: 1 capsule of Metagest at breakfast, lunch and dinner: features betaine HCl and the proteolytic enzyme, pepsin, along with gentian root, an herbal bitter traditionally used to support digestion.
- **Food Source:** Vinegar, Black Olives, Lemon juice, celery
- **Supplement:** [CLICK HERE](#).
- **Dose:** 500-700 mg before meals

Thyroid Health

- **L-Tyrosine**

- **Function:**

- L-Tyrosine is a non-essential amino acid that plays an important role in the production of neurotransmitters dopamine and norepinephrine. In addition, because L-Tyrosine is necessary for the synthesis of thyroid hormone and epinephrine (adrenaline), L-Tyrosine supports healthy glandular function and stress response. Tyrosine is an amino acid found in red meat and other animal products. Tyrosine can also be made by another amino acid, phenylalanine, but it needs iron for conversion. Many women lack iron because of heavy periods or uterine fibroids. They can't make tyrosine and may end up with low thyroid function. People who have stress use more tyrosine to deal with stressors, which also leads to low thyroid. Low thyroid leads to low blood pressure, cold hands and feet, and restless leg syndrome.

- **Food Source:** Cottage Cheese, peanuts, almonds, avocado

- **Supplement:** [CLICK HERE.](#)

- **Dose:** Take 1000mg twice daily on an empty stomach (1000mg right away in the AM with HUGE glass of water and don't eat for at least 30 minutes)

Thyroid Health

- **Kelp (a SUPER sea vegetable) for Iodine**
- **Function:**
 - ALL of our hormones NEED iodine to function. Over 80% of the US is deficient in iodine causing: sluggish and tired, have difficulty losing weight, have dry skin, hair loss, constipation or cold sensitivity, miscarriages, poor brain development in children.
- **Food Source:** Kelp (750mcg per TBS), Scallop (135mcg per 4 ounces), Cod (132mg per 4 ounces), eggs (27mcg per egg)
- **Supplement:** [CLICK HERE.](#)
- **Dose:** Take 325mcg of Kelp a day

Thyroid Health

- **Ashwagandha**
- **Function:**
 - This extract enhances thyroid function and produces a significant increase in T4 thyroid hormone. It also works with guggal to improve the conversion of T4 to the more active T3.
- **Food Source:** Ashwagandha (herb)
- **Supplement:** [CLICK HERE.](#)
- **Dose:** 450mg Take one or two times daily.

Thyroid Health

- **GUGGUL**
- **Function:**
 - Supports complete thyroid health and enhances the conversion of T4 hormone to the more potent T3. Guggal and ashwagandha should always be used together as they have synergistic effects on the thyroid gland. Both boost thyroid without influencing the release of the pituitary hormone TSH. 90% of hypothyroidism are due to a problem with the thyroid gland itself and not the pituitary or an impaired conversion of T4 into T3 in tissues outside of the thyroid gland.
- **Food Source:** GUGGUL (herb)
- **Supplement:** [CLICK HERE.](#)
- **Dose:** Take 700mg (2 capsules) one or two times daily.

Thyroid Health

- **Resveratrol and Curcumin**

- **Function:**

- Taking Resveratrol and Curcumin together creates a synergistic effect, making them potent tools for quenching the inflammation and damage associated with Hashimoto's flare-ups and chronic inflammation. Examples of other inflammatory disorders include arthritis, brain fog, gut pain and inflammation, multiple food and chemical sensitivities, fibromyalgia, asthma, eczema and psoriasis, and other conditions related to inflammation or autoimmune disease.

- **Food Source:** Peanuts, red wine, dark chocolate and cocoa.

- **Supplement:** [CLICK HERE](#) and [CLICK HERE](#) for Curcumin

- **Dose:** 200mg along with 1 cap of curcumin at each meal (only take with food; don't take if fasting)

Thyroid Health

- **Selenium**
- **Function:**
 - Selenium is essential for the conversion of T4 to T3, which is the active form of thyroid hormone. You can eat 2 to 3 Brazil nuts a day or to ensure the proper amount, I recommend you can take a supplement:
- **Food Source:** Brazil nuts (536mcg per ounce), oysters (130mcg per 3 ounces), Tuna (92mcg per 3 ounces), Beef (38mcg per 3 ounces)
- **Supplement:** [CLICK HERE.](#)
- **Dose:** 200 mcg

Thyroid Health

- **Glutathione**
- **Function:**
 - It is super antioxidant for your thyroid health
- **Food Source:** Garlic, onions, cruciferous veggies (broccoli, kale, collards, cabbage, cauliflower)
- **Supplement:** [CLICK HERE.](#)
- **Dose:** 500mg at each meal

Thyroid Health

- **7-Keto**
- **Function:**
 - It has been shown to elevate T3, a hormone secreted by the thyroid gland. 7 Keto is both a fat-loss supplement and an anti-aging wonder. 7 Keto has been shown to improve energy, increase immune function and even improve memory in aging individuals. 7-KETO is a naturally occurring metabolite of DHEA, providing the same benefits as DHEA without its associated side effects. Because the body's production of DHEA declines with age, so does the production of 7-KETO. Weight gain is a common sign of aging that often accompanies the decreased production of DHEA and its metabolites. 7-KETO has been patented for its ability to safely promote thermogenesis as well as for the maintenance of healthy body weight.
- **Food Source:** 7-Keto DHEA is derived from a plant source that has been purified to match the substance naturally produced in the body.
- **Supplement:** [CLICK HERE](#).
- **Dose:** 100mg

Thyroid Health

- **CLA (Conjugated linoleic acid)**
- **Function:**
 - CLA reduces fat and preserves muscle tissue. Increases metabolic rate. Decreases abdominal fat, corrects adrenal imbalances and hormonal shifts. Lowers cholesterol and triglycerides, lowers insulin, reduces food-induced allergic reactions. Since food allergies can be at play when weight loss becomes difficult, this can be of help to thyroid patients. It also enhances immune system.
- **Food Source:** Grass-fed meats and poultry, Dairy, Butter, Eggs
- **Supplement:** [CLICK HERE.](#)
- **Dose:** 750mg

Thyroid Health

- **Silymarin**
- **Function:**
 - Silymarin 80 provides milk thistle extract standardized to 80% silymarin, which is noted for its antioxidant properties and support of healthy liver function. T4 is converted to the activated T3 in the liver. The liver governs our moods and how well we lose weight.
- **Food Source:** Milk Thistle, Artichokes
- **Supplement:** [CLICK HERE.](#)
- **Dose:** 2 capsules per day

Thyroid Health

- **Thiamine**
- **Function:**
 - Thiamine is one of the B vitamins, known as B1. Its main responsibility is to change carbohydrates into energy and it also helps with the digestion of proteins and fats. Thiamine is necessary for proper release of hydrochloric acid in our stomachs, which is required for proper protein digestion. Most people with Hashimoto's have low stomach acid or do not release any stomach acid.
- **Food Source:** Sunflower seeds (0.52mg per 1/4 cup), Asparagus (0.29mg per cup)
- **Supplement:** [CLICK HERE.](#)
- **Dose:** 1 cap or 1.1mg

Thyroid Health

- **Also include:**
 - **Zinc (details in general supplements)**
 - Thyroid is a zinc hog and deficiency causes hair loss.
 - **Get at least 8 hours of sleep!**
 - You must get 8 hours in order for your thyroid to heal. If you are having sleep issues, there are great natural ways to help you get into REM sleep.

Gastric Supplements

Gastric Function

- **L-Glutamine (high dose)**
- **Function:**
 - Time and time again studies have shown that a therapeutic dose of supplemental glutamine protects against aspirin-induced gastric lesions and helps heal painful ulcers. In fact, an old folk remedy for ulcers is cabbage juice, which is very high in glutamine. Stomach problems, such as colitis and Crohn's disease can be calmed by glutamine. Glutamine can be used whenever there are any stomach problems, as simple as drinking too much alcohol (alcoholic-induced gastritis) to ulcers, diarrhea, or even more serious problems such as inflammatory bowel disease.
- **Food Source:** Beef, dairy, eggs
- **Supplement:** [CLICK HERE](#).
- **Dose:** 3 grams (3,000 mg) 3 times a day

Gastric Function

- **Digestive Enzymes**

- **Function:**

- One of the best acid reflux remedies are digestive enzymes supplements. Digestive enzymes help break your food down so that the stomach doesn't get over burdened. When people are consuming large amounts of food products that have been highly processed, the digestive enzymes in that food have been destroyed by heat (anything over 118 degrees F.). The body normally uses the enzymes in the food you eat to help break it (the food you consume) down. So, without those enzymes normally present in your food, the burden falls entirely on the body to make sure it produces enough to meet the needs of your digestive system. This can and many times does result in indigestion, reflux, heartburn, constipation and bloating.

- **Supplement:** [CLICK HERE](#).

- **Dose:** 1 capsule at each meal

Gastric Function

- **Metagest**
- **Function:**
 - Features betaine HCl and the proteolytic enzyme, pepsin, along with gentian root, an herbal bitter traditionally used to support digestion.
- **Supplement:** [CLICK HERE.](#)
- **Dose:** 1 capsule per day

Gastric Function

- **Aloe Vera**
- **Function:**
 - Heal esophageal erosions with the coating properties of aloe vera supplement. Even if your acid reflux has subsided, you can still experience discomfort from past esophageal erosions. Keep drinking aloe vera juice to treat these erosions, even after the symptoms diminish. The plant's extract will put a protective coating on the esophagus and helps control the stomach from refluxing,
- **Food Source:** Aloe Vera
- **Supplement:** [CLICK HERE.](#)
- **Dose:** 1 to 3 capsules per day

Gastric Function

- **Zinlori 75**
- **Function:**
 - A high potency, patented zinc-carnosine complex that supports the healthy ecology, natural defenses, and optimal cellular integrity of the gastric mucosal lining and relieves mild gastric discomforts. The only 75 mg zinc-carnosine complex supplement sold in the United States, Zinlori 75 is available exclusively through healthcare professionals. Relieves gastric discomforts such as occasional heartburn and indigestion, upset stomach, mild nausea, bloating, belching, and burping. Promotes a healthy gastric bacterial balance. Provides antioxidant protection for gastric mucosal cells. Helps maintain the integrity of the protective gastric mucosal lining by promoting healthy mucus secretion. May inhibit damaging cytokine expression in gastric mucosal cells, without inhibiting prostaglandin production.
- **Supplement:** [CLICK HERE](#).
- **Dose:** 1 capsule per day

Gastric Function

- **Also include:**
 - **The Basics (Magnesium, etc)**
 - **NOTE: if taking acid blockers get your iron/ferritin checked as well as b-12 which most likely will be low.**
 - **Bifido Bacteria (details in general supplements)**
 - People have good bacteria living in their digestive tract (called the gut for short) which help us digest food and even battle off harmful invaders. The vast majority of these “good” bacteria live their entire life-cycle in the digestive tract, feeding off of certain compounds we cannot digest, such as certain types of fiber and sugars. These bacteria then often release compounds which we can then absorb and make use of, such as Vitamin K.
 - Acid reflux disease can often be caused by H. pylori, a pathogenic organism, and the only bacterial organism in the stomach that is never killed by hydrochloric acid. Probiotics for acid reflux can attack H. pylori and other pathogenic organisms. By destroying them, the “good bacteria” allow the LES to heal, thereby conquering acid reflux)

Babies and Kids

Babies and Kids

- **Many of the basics**
 - **Bifido Bacteria**
 - **Powder for babies: lowers food allergies by 70 percent!**
 - **The first 2 years of life are crucial for our long-term immune responses. Bacterial colonization patterns set up in the first years and continue to grow throughout our lifetime. The medications and foods that we give our kids totally affect this delicate balance. Probiotic supplementation promotes health in infants. They prevent eczema, diarrhea, diaper rash, and cradle-cap. They also decrease anemia and asthma. Probiotics lower the chances of food allergies and eliminate thrush.**
 - **(Chewable [CLICK HERE](#)) (Powder [CLICK HERE](#))**

Babies and Kids

- **K2 ([CLICK HERE](#))**
- **Vitamin D3 ([CLICK HERE](#))**
- **Magnesium (Drink [CLICK HERE](#))**
- **Multi Vitamin (Chewable [CLICK HERE](#))**
- **Vitamin C ([CLICK HERE](#))**

Babies and Kids

- **If ADHD or overstimulated:**
 - **L-theanine and GABA cream ([CLICK HERE](#))**
- **For ALLERGIES:** This gentle vitamin and herb enriched anti-histamine helps you overcome allergies by building up your natural defense system. The vitamin C and stinging nettle dry up nasal passages, and the array of other natural ingredients steadies histamine production. Why These Natural Ingredients: Quercetin- Naturally found in onions, quercetin is a mast cell stabilizer and a powerful natural flavonoid. Quercetin has been shown to inhibit certain compounds that typically affect sinus and respiratory health. ([CLICK HERE](#))

Skin, Acne and Wrinkles

Skin Acne and Wrinkles

- **STEP 1: Remove simple carbs**
- **STEP 2: Remove complex carbs**
- **STEP 3: If 1 and 2 don't work, likely a food sensitivity to gluten.**
- **STEP 4: Detox bad estrogens (this includes men/boys too!!!!)**

Skin Acne and Wrinkles

- **ALA**
- **Function:**
 - For wrinkles: It is one of the most powerful antiaging antioxidant and anti-inflammatory available and is known as the universal antioxidant because it is both fat and water soluble. Vegetarians dieters and athletes often lack sufficient amounts of this important nutrient in their diet and just about everyone can use the protection it may provide to fight environmental stresses. It works in both the fatty cell plasma membrane and the aqueous interior of the cell to protect the body against free radicals. It is in fact 100 times stronger than Vitamin E and Vitamin C combined
- **Food Source:** Walnuts, Salmon, Sardines, Beef, Shrimp, brussels sprouts
- **Supplement:** [CLICK HERE.](#)
- **Dose:** 400mg with first meal (make sure GERMAN ALA)

Skin Acne and Wrinkles

- **GLA (gamma-Linolenic acid)**
- **Function:**
 - It has been called the most sensational preventive discovery since vitamin C. It contains the pain relieving compound phenylalanine and is increasingly being used to treat chronic headaches. It is currently being studied all over the world as a treatment for aging problems, alcoholism, acne, heart disease, hyperactivity in children, symptoms of menopause, multiple sclerosis, weight control, obesity, PMS and schizophrenia. The gamma-linoleic acid, linoleic acid and other nutrients in this oil are essential for cell structure and improve the elasticity of the skin. These fatty acids also help to regulate hormones (including the thyroid) and improve nerve function aiding problems ranging from PMS to migraine headaches.
- **Food Source:** Hemp oil, borage oil, spiraling, evening primrose oil
- **Supplement:** BORAGE OIL for men (1000mg 3 times a day) ([CLICK HERE](#))
 - Evening Primrose Oil for female (1300mg at each meal: 3 times/day):[CLICK HERE](#).
- **Dose:** 1000-1300mg, 3 times a day

Skin Acne and Wrinkles

- **Estrofactors**
- **Function:**
 - EstroFactors is a unique formula designed detox excess BAD estrogen in MEN/Boys too. The liver is a filter of sorts. It detoxifies our body, protecting us from the harmful effects of chemicals, elements in food, environmental toxins, and even natural products of our metabolism, including excess estrogen. Anything that impairs liver function or ties up the detoxifying function will result in excess estrogen levels. Estrofactors helps with all of this.
- **Supplement:** [CLICK HERE.](#)
- **Dose:** 3 Capsules a day

Skin Acne and Wrinkles

- **D-HIST**
- **Function:**
 - It will help not only with sinus issues, but it clears up rashes on the skin.
- **Supplement: [CLICK HERE.](#)**
- **Dose: 1 Capsules a day**

Skin Acne and Wrinkles

- **Also include:**
 - **Zinc (described in general supplements)**
 - **Kelp (described in thyroid)**
 - **1 capsule Bifido Bacteria (described in general)**
 - **200mg Resveratrol and 1 capsule curcumin at each meal (described in thyroid)**

Skin Acne and Wrinkles

- **Other notes:**
 - **Antibiotics are unnecessary AND unsafe because correcting your diet creates an internal environment that does not allow bacterial overgrowth to occur. Taking antibiotics is SO detrimental for your gut flora...it kills all of your good bacteria which can lead to autoimmune diseases and food allergies (Fun Fact: You can decrease your baby's/children's chance of a food allergy by 70% if you give them bifido bacteria in the first year of their life: it is naturally found in breastmilk if the mother is eating fermented veggies).**
 - **Try Tea Tree oil on oily skin instead ([CLICK HERE](#))**

Athletes

Athletes

- **BCAAs (Branched Chained Amino Acids) FOR WEIGHT GAIN OR MAINTENANCE**
- **Function:**
 - Unlike most amino acids, which are metabolized in the liver, BCAAs are metabolized in the muscles. They are fundamental for protein synthesis and for conserving muscle tissue. Leucine is an extra special amino acid because we need it to make use of all the other amino acids, such as L-glutamine and L-carnitine. Leucine produces acetyl-CoA and acetoacetate and is a ketogenic amino acid.
- **Food Sources:** Beef, eggs, fish, chicken, almonds, brazil nuts
- **Supplement:** [CLICK HERE.](#)
- **Dose:** 3,000mg AFTER WORKOUT

Athletes

- **L-Glutamine (for WEIGHT LOSS)**

- **Function:**

- Glutamine is extra important to those who exercise. It is used up very quickly during prolonged and intense cardiovascular workouts, such as running and aerobics, and our body cannot make as much as it needs. This is bad because it causes the body to burn muscle for energy, exhausting our glutamine supply even further. Glutamine supplements enhance your body's ability to recover and to stay healthy. After intense exercise, your body's immune system is in a weakened condition, making you more vulnerable to infections and disease. Glutamine plays a major role in DNA synthesis and serves as a primary transporter of nitrogen into the muscle tissues. It also decreases sugar, carbs, and alcohol cravings. Glutamine plays a major role in DNA synthesis and serves as a primary transporter of nitrogen into the muscle tissues. It also decreases sugar, carbs, and alcohol cravings.

- **Food Sources:** meats, dairy, parsley, red cabbage, raw spinach

- **Supplement:** [CLICK HERE](#).

- **Dose:** 3,000mg (3g), 3 times a day (especially after workout)

Athletes

- **WITH FIRST MEAL**

- **400mg ALA (described in Skin supplements)**

- Alpha lipoic acid acts as a coenzyme in the production of energy by converting carbohydrates into energy. Athletes may recognize this as ATP. ALA is the only antioxidant that can enhance levels of glutathione, our most important antioxidant to health and youth. I usually recommend 600 mg of ALA at breakfast for clients starting a keto-adapted diet. If you purchase the newer version of ALA called r-alpha lipoic acid, you only need 200 mg daily; it is more potent and much more expensive. Don't take it too late in the day since it is energizing.

- **50mg zinc (described in General supplements)**

- You lose a lot of zinc when you sweat.

- **WITH ALL MEALS**

- **200mg Resveratrol along with 1 cap of curcumin at each meal (only take with food; don't take if fasting) (Described in Thyroid supplements)**

- Helps with energy and oxidation rates as well as eliminating inflammation in the body after hard training.

Menopause, Ovarian Function and PCOS

Menopause, Ovarian Function and PCOS

- **First Steps:**
- Estrogen and progesterone need to be counter balanced. When progesterone falls estrogen is unopposed which allows it to shoot up too high. Causing estrogen dominance.
- Low Progesterone = less caloric burn, HIGH CHOLESTEROL TEST NUMBERS, anxiety and issues with waking up too early (bad sleep).
- Use coconut oil whenever possible! And add Evening Primrose Oil

Menopause, Ovarian Function and PCOS

- **First Steps (cont):**
- Our body produces 3 types of estrogen:
 1. Ovaries produce healthy estrogen: Estradiol (we want this)
 2. Fat Cells store and form unhealthy estrogen: Estrone (we DON'T want this)
 3. 3rd type is produced only when pregnant: Estriol
- A well-formulated keto-adapted diet works for menopausal symptoms by replacing glucose that's lacking from the estrogen-deprived brain. When glucose can't get into brain, it causes hot flashes and low cognitive function, two common complaints of my clients going through menopause. Ketone bodies are water-soluble fat breakdown products that can pinch hit for glucose in the brain and other tissues.

Menopause, Ovarian Function and PCOS

- **Estrovera**
- **Function:**
 - A natural option demonstrated in clinical studies to significantly reduce menopausal hot flashes compared to placebo. These results are comparable to hormone therapies.
- **Supplement: [CLICK HERE.](#)**
- **Dose:** 1 capsule with huge glass of water

Menopause, Ovarian Function and PCOS

- **Evening Primrose Oil**

- **Function:**

- Evening Primrose Oil has been called the most sensational preventive discovery since vitamin C. It contains the pain relieving compound phenylalanine and is increasingly being used to treat chronic headaches. It is currently being studied all over the world as a treatment for aging problems, alcoholism, acne, heart disease, hyperactivity in children, symptoms of menopause, multiple sclerosis, weight control, obesity, PMS and schizophrenia. Evening Primrose Oil contains a high concentration of a fatty acid called GLA and it is this fatty acid that is largely responsible for the remarkable healing properties of the plant. The gamma-linoleic acid, linoleic acid and other nutrients in this oil are essential for cell structure and improve the elasticity of the skin. These fatty acids also help to regulate hormones (including the thyroid) and improve nerve function aiding problems ranging from PMS to migraine headaches. The hormone balancing effect contributes to healthy breast tissue.

- **Supplement:** [CLICK HERE](#).

- **Dose:** 1300mg at each meal: 3 times/day

Menopause, Ovarian Function and PCOS

- **Estrofactors**

- **Function:**

- EstroFactors is a unique formula designed to detox excess BAD estrogen. Some ways we get too much estrogen is exposure to chemicals that mimic estrogen such as many plastics (microwaving food in plastic dishes or using plastic wraps and containers...like they did in the schools on JAMIE OLIVER's FOOD REVOLUTION) or eating non-organic food. Beef and chickens are typically given potent estrogenic substances ('super-estrogens') to make them more productive. Our produce is often laced with these substances. People develop estrogen dominance as a result of a high-carb low-fiber diet, consuming excess fructose, drinking alcohol, having a "Tired-Toxic Liver", or environmental factors...all of which we have some power to control. The liver is a filter of sorts. It detoxifies our body, protecting us from the harmful effects of chemicals, elements in food, environmental toxins, and even natural products of our metabolism, including excess estrogen. Anything that impairs liver function or ties up the detoxifying function will result in excess estrogen levels. Estrofactors helps with all of this.

- [THIS AUDIO](#) is great for understanding this more.

- **Supplement:** [CLICK HERE](#).

- **Dose:** 3 capsules a day

Menopause, Ovarian Function and PCOS

- **Choline**

- **Function:**

- Most women are predisposed to an acetylcholine deficiency, because these symptoms set in with peri-menopause. Estrogen and testosterone stimulate the production of acetylcholine. As levels of those hormones decline, so does the production of this brain chemical. This prompts symptoms like memory lapses, dry skin and weight gain. The cholesterol in yolks help produce hormones levels. The reason why cholesterol levels go up after menopause is because your body is trying to produce more estrogen (which your ovaries are no longer releasing).

- **Food Sources:** shrimp, eggs, scallops, chicken, tuna, salmon, beef

- **Supplement:** [CLICK HERE](#).

- **Dose:** 500mg

Menopause, Ovarian Function and PCOS

- **7-KETO**

- **Function:**

- It has been shown to elevate T3, a hormone secreted by the thyroid gland. 7 Keto is both a fat-loss supplement and an anti-aging wonder. 7 Keto has been shown to improve energy, increase immune function and even improve memory in aging individuals. 7-KETO is a naturally occurring metabolite of DHEA, providing the same benefits as DHEA without its associated side effects. Because the body's production of DHEA declines with age, so does the production of 7-KETO. Weight gain is a common sign of aging that often accompanies the decreased production of DHEA and its metabolites. 7-KETO has been patented for its ability to safely promote thermogenesis as well as for the maintenance of healthy body weight.

- **Supplement:** [CLICK HERE](#).

- **Dose:** 100mg

Menopause, Ovarian Function and PCOS

- **Eleuthero (Siberian Ginseng)**
- **Function:**
 - Take one capsule twice daily, preferably with food. Use continuously for eight weeks, followed by a two week break. Eleuthero senticosus is a powerful adaptogenic herb that has been shown in studies to help protect against the effects of physical and mental stress. Helps eliminate hot flashes (Ginsburg 1994). The effects of ginseng on body temperature and the release of adrenocorticotrophic hormone (ACTH) are now starting to be proven in studies.
- **Supplement:** [CLICK HERE.](#)
- **Dose:** 500mg

Migraines

Migraines

- **FIRST STEPS:**

- 1. Excess BAD Estrogen and Low Progesterone**
- 2. Glutamate excitotoxicity: people with common migraine tend to have a mutation in a regulatory sequence for genes that control glutamate abundance. If glutamate excitotoxicity is the main cause of the migraines, then a well formulated keto adapted diet is a must!**
- 3. Magnesium Deficiency and/or potassium deficiency**
- 4. Blood sugar issues**
- 5. Food Allergens**

Migraines

- **FIRST STEPS:**

6. Low Thyroid: get checked. Add in 300mcg Kelp

- **A healthy thyroid produces stomach acid. If you are deficient in hydrochloric acid you can't absorb the nutrients for bone health and thyroid function. A helpful supplement would be HCL with pepsin 500-700mg caps before meals. You could be taking a "magic pill" and if you don't have enough hydrochloric acid, you wouldn't benefit from the "magic". So focusing on your digestion is step one. Metagest is a great product: 1 capsule of Metagest at breakfast, lunch and dinner: features betaine HCl and the proteolytic enzyme, pepsin, along with gentian root, an herbal bitter traditionally used to support digestion. ([CLICK HERE](#))**

7. Over correction on glasses or contacts: get your eyes checked.

8. Dehydration: Please make sure to drink 1/2 your body weight in ounces, but not during meals.

Migraines

- **Kaprex**
- **Function:**
 - Kaprex provides a safer option for effective pain relief and menstrual cramps. This proprietary combination of selected plant components influences kinase signaling and the formation of certain substances that are associated with minor pain. Clinical testing suggests that Kaprex may offer a high degree of predicted cardiovascular, gastric, renal, and liver safety. Provides effective joint relief that is worry-free. Modulates prostaglandin E2 (PGE2) production at specific target cells. Features SKRMs in the form of THIAA to modulate kinase activity in favor of good health. The ingredient synergy of Tetrase, oleanolic acid, and rosemary provide efficacy at a low dose for a maximum cost-effectiveness.
- **Supplement:** [CLICK HERE](#).
- **Dose:** s2 capsules (up to 3 times a day as needed for pain) on empty stomach

Migraines

- **5-HTP (ONLY IF NOT ON ANTIDEPRESSANT)**
- **Function:**
 - The growing evidence supporting our long term belief that Migraine is a brain disorder coupled with the work showing a second brain in the gut might cause some to look at proper neuropeptide/neurotransmitter production by the digestive system as a root cause of the factors leading to Migraine. 5-HTP is a metabolite of the amino acid tryptophan. You may know tryptophan as the agent in turkey that makes you feel like taking a nap after Thanksgiving dinner (in addition to a full belly). 5-HTP is a direct precursor of the important neurotransmitter serotonin, which is secreted in response to mood or emotion swings. Serotonin soothes and calms and brings about feelings of contentment. You have a greater level of satiety. It also helps with QUALITY sleep.
 - NOTE: For some people L-tryptophan works better. If 5-HTP doesn't work, try 1 to 5 grams of L-tryptophan
- **Supplement:** 5-HTP [CLICK HERE](#), L-tryptophan [CLICK HERE](#)
- **Dose:** 200mg 1 HOUR BEFORE BED

Migraines

- **Progest Cream**
- **Function:**
 - Increase sleep, decrease depression and anxiety, (IF you are female and have migraines around your cycle) Use with rotation of your cycle. Follow the directions on the box.
- **Supplement:** [CLICK HERE.](#)
- **Dose:** 1/4 tsp

Migraines

- **Also take:**

- 1000-1300mg GLA 3 times a day at each meal (details in skin supplements)
- 3 Caps Estrofactors (details in menopause)

- **1 HOUR before bed**

- 800-1000mg Magnesium Glycinate: It is a very absorbable form of magnesium that helps relaxes vessels (don't buy magnesium oxide!). Glycinate form is the most absorbable form and it relaxes muscles and tension. Many migraine sufferers have diminished amounts of magnesium in their brains and since this mineral is necessary for the proper performance of serotonin this might show a connection between headaches and low magnesium. People with low magnesium levels find that their arteries constrict more. Magnesium status is also important for regulation of calcium balance through its effects on the parathyroid gland. ([CLICK HERE](#))

Migraines

- **I can't emphasize this enough:**
 - **Carbs cause magnesium deficiency**
 - **Carbs increase Glutamate excitotoxicity**
 - **Carbs increase free radical production**
 - **Carbs increase bad estrogen which decreases serotonin.**

Joint Pain, Fibro and Chronic Pain

Joint Pain, Fibro, Chronic Pain

- **L-Tyrosine**

- **Function:**

- L-Tyrosine is a non-essential amino acid that plays an important role in the production of neurotransmitters dopamine and norepinephrine. In addition, because L-Tyrosine is necessary for the synthesis of thyroid hormone and epinephrine (adrenaline), L-Tyrosine supports healthy glandular function and stress response. Tyrosine is an amino acid found in red meat and other animal products. Tyrosine can also be made by another amino acid, phenylalanine, but it needs iron for conversion. Many women lack iron and can't make tyrosine and may end up with low thyroid function. People who have stress use more tyrosine to deal with stressors, which also leads to low thyroid. Low thyroid leads to low blood pressure, cold hands and feet, and restless leg syndrome. L-tyrosine shares some of the characteristics of phenylalanine and may be effective in decreasing symptoms of Parkinson's disease and certain thyroid disorders.

- **Food Sources:** Seaweed, Eggs, Cottage Cheese

- **Supplement:** [CLICK HERE](#)

- **Dose:** 1,000mg twice a day on empty stomach with huge glass of water and don't eat for 30min

Joint Pain, Fibro, Chronic Pain

- **DL-phenylalanine**

- **Function:**

- The amino acids tyrosine and phenylalanine, which are compounds used by the brain to produce dopamine, the brain's source of power and energy. Phenylalanine may be effective in decreasing chronic pain, hunger, and depressed feelings. Phenylalanine and tyrosine should be used with caution by those with hypertension, phenylketonuria (PKU) (a rare genetic defect of the brain), or pre-existing pigmented melanoma. They also should not be used in combination with anti-depressant drugs. Persons who have PKU (phenylketonuria) cannot process phenylalanine. This includes those born with a genetic deficiency that prevents them from metabolizing phenylalanine.

- **Food Sources:** Beef, poultry, pork, fish, eggs, cheese

- **Supplement:** [CLICK HERE](#)

- **Dose:** 1000mg (twice daily on empty stomach)

Joint Pain, Fibro, Chronic Pain

- **Gelatin**
- **Function:**
 - You can eat it plain, but I recommend mixing in to a cup of tea by dissolving at least 1 TBS in about 1/3 cup cold water and then adding 2/3 cup of the steeped tea. I don't use regular store brand gelatin. I use Great Lakes Gelatin. It is made from pastured cows in Argentina that have not been treated with antibiotics or hormones. I bought a HUGE amount (gelatin doesn't spoil!)
- **Food Sources:** Bone broth
- **Supplement:** [CLICK HERE](#)
- **Dose:** 1 packet gelatin in hot water or tea (in morning on empty stomach)

Joint Pain, Fibro, Chronic Pain

- **Also take (in morning on empty stomach):**
 - 2 caps of Kaprex (add in 2 more doses if needed for pain management) (details in Migraine supplements)
 - 400mg Magnesium Glycinate (details in general)
 - 3 grams L-Glutamine 3 times a day 15 min to 1 hour before meals (details in Gastric supplements)

Joint Pain, Fibro, Chronic Pain

- **Also take (at breakfast):**

- 5,000iu Vitamin D3 (details in General suppl.)
- 400mg CoQ10
 - for mitochondria building, this is the “powerhouse” of your cells. Helps lower pain.
- 1 capsule Metagest (details in Gastric suppl.)

- **Also take at each meal:**

- GLA 3 times a day (borage oil for men, evening primrose for women) (details in Skin suppl.)
- 200mg Resveratrol and 1 cap. curcumin 3 times a day (details in Thyroid suppl.)
- 200mg potassium (details in General suppl.)
- 2 caps Silymarin (details in Thyroid suppl.)

Joint Pain, Fibro, Chronic Pain

- **ChondroCare**

- **Function:**

- ChondroCare is a comprehensive formula designed to provide broad support for healthy joint function by featuring premium quality glucosamine sulfate, chondroitin sulfate, and methylsulfonyl methane (MSM) in addition to other nutrients that support healthy connective tissue. Features glucosamine and chondroitin sulfates, which are building blocks for healthy cartilage. Provides MSM, a natural compound that has been used to support joint health. May help to maintain normal joint health and function by effectively supporting cartilage integrity. Chondroitin and glucosamine support collagen synthesis to maintain shock-absorbing ability. May help protect against the activity of enzymes that impact soft tissues. Protects against free radical damage to joint tissue by supplying antioxidant support.

- **Supplement:** [CLICK HERE](#)

- **Dose:** 2 capsules 3 times a day at each meal

Joint Pain, Fibro, Chronic Pain

- **Also Take (1 Hour Before Bed)**
 - 400mg Magnesium Glycinate (details in General suppl.)
 - 1 Packet Gelatin

Hair Loss

Hair Loss

- Hair Loss: A few things can cause hair loss, low zinc, low thiamine, low thyroid, low ferritin (low iron in cells), low vitamin E, testosterone issues. The supplements recommended will help. Along with adding bone broth or gelatin.
- Add in zinc for sure! (Details in general suppl.)

Hair Loss

- **Hairomega (DHT blocking)**
- **Function:**
 - DHT (Testosterone byproduct): This can happen with men AND women. This is when testosterone is converted to DHT (dihydro-testosterone). Nearly half of all men have an inherited gene that makes them at risk of losing their hair because too much of the testosterone in their body is getting converted to DHT and resulting in low actual testosterone. The key is to take steps before it becomes a problem.
- **Supplement:** [CLICK HERE](#)
- **Dose:** 1 capsule

Hair Loss

- **Selenium**

- **Function:**

- Also, adding in selenium which is essential for the conversion of T4 to T3, which is the active form of thyroid hormone. During pregnancy, the immune system starts to change and circulate to protect the fetus. Once the fetus is born, the mother develops antibodies against her thyroid. In this case, adding 200mcg selenium while pregnant is not only very safe for the mother and fetus, it also lowers the autoimmune response after giving birth. You can eat 2 to 3 Brazil nuts a day or to ensure the proper amount, I recommend you can take a supplement:

- **Food Sources:** Brazil nuts, (More details in thyroid suppl.)

- **Supplement:** [CLICK HERE](#)

- **Dose:** 200mcg

Hair Loss

- **Vitamin E**
- **Function:**
 - Deficiency in vitamin E can cause hair loss. It is fat soluble so always take with a fat.
- **Food Sources:** Sunflower seeds (12.31mg per 1/4 cup), Spinach (3.74mg per cup)
- **Supplement:** [CLICK HERE](#)
- **Dose:** 1000mg

Hair Loss

- **L-Thiamine**

- **Function:**

- Helps with hair loss. Thiamine is one of the B vitamins, known as B1. Its main responsibility is to change carbohydrates into energy and it also helps with the digestion of proteins and fats. Thiamine is necessary for proper release of hydrochloric acid in our stomachs, which is required for proper protein digestion. Most people with Hashimoto's have low stomach acid or do not release any stomach acid.

- **Food Sources:** Beef Liver, Eggs, nuts and seeds

- **Supplement:** [CLICK HERE](#)

- **Dose:** 1 mg

Hair Loss

- **Biotin**
- **Function:**
 - Deficiency in biotin can cause hair loss.
- **Food Sources:** Egg yolks, nuts, organ meats, pork
- **Supplement:** [CLICK HERE](#)
- **Dose:** 5000 mcg twice a day

Weight Loss and Cravings

Weight Loss

- L-carnitine ([Click Here](#))
 - 3g (3,000 mg) before exercise right away in the AM
 - Transports fat to the part of the cell that burns it off: the mitochondria.
- 7-keto (100mg twice a day) ([Click Here](#))
 - Increases DHEA: I also use 7-keto cream
- CoQ10 (400mg at breakfast): increase the amount of mitochondria (where you burn fat). ([Click Here](#))

Cravings

- Bifido bacteria (and increase immune system) ([Click Here](#))
- L-Glutamine: L-glutamine acts like a second level of blood sugar to stop cravings ([Click Here](#))
- Magnesium Glycinate ([Click Here](#))
- 5-HTP: precursor to serotonin, which drops before menstrual cycle because it is closely linked to estrogen. Serotonin brings contentment and eliminates cravings. ([Click Here](#))
- Zinc: salty cravings or wanting something sweet after meal ([Click Here](#))
 - Zinc TEST: Are you deficient?

Sleep

Sleep

- Make an alarm to take 1 hour before bed to start a good sleep pattern:
 - Magnesium Glycinate ([Click Here](#))
 - 5-htp or l-tryptophan ([Click Here](#))
 - GABA ([Click Here](#)): GABA supplements decrease anxiety, emotional eating/ increase mood, ...it shuts off "brain chatter" at night, It is nature's natural "valium". GABA is very helpful in stimulating the pituitary glands that releases the Human Growth Hormone.
- 1-10mg of Melatonin if needed: patches absorb best ([Click Here](#))
- If you are waking up too early in the am, sign of low progesterone.
 - 1/4 tsp Progest Cream ([Click Here](#)): increase sleep, decrease depression and anxiety (rotate with your cycle follow directions on the bottle) Waking up too early is common sign of low progesterone.

Disclaimer

- **DISCLAIMER:** Please always check with your primary health care provider before starting any supplement regime. More importantly, it is critical to monitor your numbers and levels of which you are on medication for; insulin, thyroid medication, blood pressure, whatever it may be. With this diet and specific supplements, you begin to heal and most of my clients no longer need medications.

My Cookbooks and Books

Get them all here: [http://
mariamindbodyhealth.com/my-books/](http://mariamindbodyhealth.com/my-books/)

Maria Mind Body Health



Consultation Services

- Health Assessment
 - Get a custom supplement plan hand picked by Maria for your bodies specific needs ([CLICK HERE](#))
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 - 1 hour Phone Consultation and month of Email support
 - 90 days of meal plans
 - Health Assessment
 - Much more

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Q&A