EAT CLEAN GET SKINNY

THE GLP-1 WEIGHT LOSS DIET COMPANION

Hey there!

I'm Katherine Hermes

Founder of SRQ Med Spa | Wellness Advocate | Healthcare Professional

My background includes over 20 years in the pharmaceutical industry, where I specialized in medical writing, marketing, and patient-centered care. In 2021, after the sudden loss of my husband, I knew it was time to pursue something more personally meaningful.

I relocated to Lakewood Ranch, Florida, seeking healing and a fresh start. During my recovery from COVID, I experienced the benefits of IV vitamin therapy firsthand. That moment became a turning point and sparked the idea for SRQ Med Spa.

In 2023, I opened SRQ Med Spa in downtown Sarasota with a clear mission to make you healthy on the inside and beautiful on the outside. My goal is to help others feel restored, confident, and cared for at every stage of their wellness journey.

CHECK OUT OUR WEBSITE
SRQMEDSPA.COM

Enjoy this workbook!

Over the last 50 years, the mass industrialization and commercialization of farming has resulted in the delivery of toxins that are making us inflamed and over weight. In this guide we will learn about the problem, how to correct it, change our relationship with food, and bring down your whole body inflammation.

OVER WEIGHT & FEELING POORLY

HOW WE GOT HERE: TOXINS AND INFLAMATION

NUTRIENT GUIDE

BLISS TRACKER

CLEAN EATING AND WEIGHT LOSS & HEALTH

OVERWEIGHT AND FEELING POORLY

Sneaky Toxins in Our Everyday Lives

Have you ever wondered why it can feel so hard to lose belly fat, even when you're trying to eat healthier? One surprising reason might be hidden in the foods we eat and the products we use every day.

Toxins are harmful substances that can sneak into our bodies from:

- Food colorings in candy, drinks, and even yogurt
- Ferrtilizers used to grow fruits and vegetables
- Preservatives that keep food fresh longer in boxes and cans
- Pesticides and Glyphosate, a chemical used on crops to kill weeds
- Plastics that wrap our food, bottles, and containers

Even though governments claim to regulate the food like items and are often approved for us to eat, our bodies weren't designed to handle too many of them over time. These toxins may not make us sick right away, but they can build up in our bodies, especially when we eat processed or packaged foods every day.

NON TOXIC

Learn more Here

SCAN HERE

JOIN OUR FREE FACEBOOK COMMUNITY TO ASK QUESTIONS AND LEARN ABOUT HEALTH AND NUTRITION.

THE MOST IMPORTANT THING TO KNOW IS:

DID YOU KNOW?

It's not your fault!

The mass commercialization of food, the way we shop for food, the way our restaurants work and the way that we eat has changed drastically in the last 100 years... but the ways that our bodies use food hasn't changed in thousands of years.

Even food that claims to be healthy is making us sick and inflamed!

click here!

What's Really in Your Food?

1. Oreo – Oreo cookies may be a popular treat, but when we look closely at the ingredients, we see that they're made with several processed and artificial substances.

- **High-Fructose Corn Syrup** - Processed sugar that raises blood sugar and increases risk of obesity and diabetes.
- **Palm Oil** – Refined fat that may raise cholesterol and cause inflammation.
- **Artificial Flavors** – Synthetic additives that can trigger allergies and affect brain function.

2. Doritos – These crunchy chips are bold in flavor but also loaded with processed ingredients that may harm your health over time. Many of their additives are linked to inflammation, digestive issues, and long-term health risks.

- **Monosodium Glutamate** – A flavor enhancer that may cause headaches, nausea, and overstimulation of brain cells.
- **Artificial Colors** – Linked to hyperactivity, allergic reactions, and possible behavioral effects in children.
- **Vegetable Oils** – Often oxidized through high-heat processing which may lead to inflammation and poor heart health.

3. Velveeta Cheese – Velveeta may look and taste like cheese, but it's actually a processed "cheese product" made with additives that can be harmful when eaten often. It is high in sodium, preservatives, and artificial ingredients.

- **Sodium Phosphate** – A preservative that can stress the kidneys and disrupt mineral balance.
- **Milk Protein Concentrate** – A processed protein additive that lacks the full benefits of whole dairy and may cause digestive upset.
- **Artificial Dyes** – Synthetic colors linked to behavioral issues and allergic reactions.

4. Twinkies – This classic snack cake may be nostalgic, but it's filled with preservatives and artificial ingredients that offer little nutrition and may harm your health over time.

- **High-Fructose Corn Syrup** – A processed sweetener that spikes blood sugar and increases risk of obesity and diabetes.
- **Partially Hydrogenated Oils** – A source of trans fats, which are linked to heart disease and inflammation.
- **Artificial Preservatives** – Extend shelf life but may disrupt gut health and cause allergic reactions in some people.

5. Canned Fruits and Vegetables – While convenient, these products often contain additives and preservatives that can reduce their nutritional value.

- **Added Sugars** – Canned fruits in syrup add extra sugar and calories, raising the risk of weight gain and diabetes.
- **Sodium** – Added salt in canned vegetables can raise blood pressure and increase heart disease risk.
- **BPA** – Cans may contain BPA, a chemical linked to hormone disruption and health issues over time.

TOXINS, THE ENVIRONMENT AND YOU

click here!

How Toxins Affect the Liver and Belly Fat

Your liver is like your body's cleaning crew. It filters out toxins from your blood, helps with digestion, and keeps your metabolism working well.

But here's the thing: when the liver gets overloaded with too many toxins, it struggles to do its job. Think of your liver like a sink. If you pour in too much grease, the sink gets clogged. *The same thing happens in your body.*

When your liver is clogged with toxins, it can't burn fat properly. Instead, it starts storing fat especially around your belly to help "hide" the toxins.

The body is smart. When it can't get rid of toxins fast enough, it stores them in fat cells to keep them away from your vital organs. This is one of the reasons some people gain weight even when they're not overeating.

It's not just about calories it's also about how your body protects itself.

Over time, this toxic overload can slow down your metabolism, make you feel more tired, and even lead to cravings for more unhealthy foods.

HOW DO TOXINS AND INFLAMMATION MAKE YOU GAIN WEIGHT AND MAKE IT HARD TO LOSE WEIGHT?

Your body tries to get rid of toxins through the liver, sweat, pee, and poop. But if you're exposed to a lot of toxins every single day, it can be too much for your liver to handle. When the liver is overwhelmed, it slows down.

And when it's not working properly:

- Your body stores fat instead of burning it
- It hides toxins in fat cells to protect you
- Your metabolism gets sluggish

INFLAMMATION
THE FIRE THAT KEEPS FAT ON

Inflammation is your body's natural way of healing. Like when you get a cut and it turns red and puffy that's inflammation helping you. But when it never turns off (because of poor diet, stress, toxins, or lack of sleep), it becomes a problem.

Chronic (long-term) inflammation:

- Blocks the hormones that tell your body to burn fat
- Increases insulin resistance, which makes you store more fat
- Causes cravings for sugar and carbs
- Makes you feel tired, bloated, and foggy

WHY FATTY BEEF
MIGHT BE BETTER THAN NO-FAT CHICKEN

For years, we've been told that lean meats like chicken breast are the "healthiest" choice, because they're low in fat. But, here's the twist, your body actually needs some fat to function well, and certain types of beef can help your body burn fat better than very lean meat.

Let's break it down:

1. Your Body Needs Healthy Fats to Burn Fat

Eating healthy fats (like the kind found in marbled beef) tells your body that it's safe to burn fat for fuel. If you eat mostly fat-free foods, your body may go into "storage mode," holding onto its own fat stores instead of burning them.

Healthy fats:

- Help you feel full longer, so you eat less later
- Support hormones that control hunger, energy, and metabolism
- Help your body absorb vitamins like A, D, E, and K

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2. Marbled Beef Has More Than Just Fat

It Has Essential Nutrients

Beef with some fat in it (like grass-fed or pasture-raised beef) has a natural "marble" look those little white streaks of fat. This kind of beef gives you:

- Conjugated Linoleic Acid (CLA) – a special fat that's been shown to help reduce belly fat
- Omega-3 fatty acids (especially in grass-fed beef), which lower inflammation and support fat burning
- Iron, zinc, and B vitamins that help your metabolism work properly

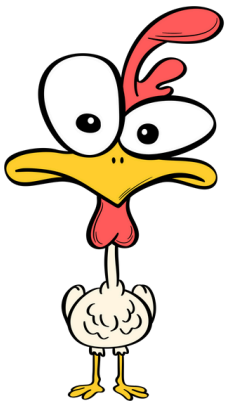
3. Lean Meats Like Chicken Can Leave You Unsatisfied

Skinless chicken breast is very low in fat, which means:

- It digests quickly, so you might feel hungry again sooner
- It may not give your body the fuel it needs to burn fat efficiently
- You might end up craving sugar or carbs later to make up for it

This doesn't mean chicken is "bad" it's still a great source of protein! But, if your diet is only lean protein and super low in fat, it can slow down your metabolism and make fat loss harder.

HOW TO HELP YOUR BODY HEAL



The good news? You can turn things around by supporting your liver and lowering inflammation.

- Drink water with lemon to help your liver detox
- Eat leafy greens, berries, and cruciferous veggies
- Cut down on processed foods and added sugar
- Get enough sleep (7–9 hours helps your body heal)
- Add anti-inflammatory foods like turmeric, olive oil, and wild salmon

Your Body Isn't Broken. It's Just Busy Protecting You

If your body is holding onto weight, it might just be trying to protect you from toxins and inflammation. By giving your liver and immune system the support they need, your body can feel safe again—and finally start releasing that stored fat.

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GLP-1 Success Blueprint: Weight Loss for Life

JOIN ME SHOPPING TO BECOME A BETTER LABEL READER!

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SO, NOW WE KNOW *HOW* TOXINS ARE SNEAKING INTO OUR BODIES.

NEXT WE NEED TO KNOW WHICH FOODS WE NEED TO EAT AND *How They Work* INSIDE OUR BODIES.

VITAMINS, MINERALS & AMINO ACIDS

WHAT DO THEY DO?

WHICH FOODS DO I NEED TO EAT TO GET THEM?

CHECK OUT THIS NUTRIENT GUIDE!

THIS NEXT SECTION LOOKS AT *Vitamins*

click here!

Over the last 50 years, the vitamin and mineral content in fruits and vegetables has significantly declined**. Studies comparing produce from the 1950s to the early 2000s show drops of 20%–80% in key nutrients like vitamin C, vitamin A, calcium, iron, and magnesium.** There are several reasons why this is happening.

1. **Soil Depletion**: Modern industrial farming uses chemical fertilizers and pesticides that strip the soil of nutrients. Without healthy, mineral-rich soil, plants can't absorb the vitamins and minerals our bodies need.
2. **Selective Breeding for Yield:** Crops are bred for size, appearance, and shelf life—not nutrient density. This means a tomato today may be bigger and redder, but it often has less flavor and fewer nutrients than one grown decades ago.
3. **Long Supply Chains:** Produce is harvested before peak ripeness to survive transport. But many nutrients, especially vitamin C and B vitamins, develop in the final stages of ripening.

To get the same nutrition your grandparents did from one orange, you may need to eat 4–5 oranges today. That's why clean eating alone isn't always enough and supplementing with high-quality vitamins and minerals is now a smart, even necessary, strategy to protect your energy, immunity, and long-term health.

Vitamin A (Retinol)

Vitamin A is essential for several critical functions in the body, including:

1. Vision Health – Helps form a protein in the eyes that allows vision in low-light conditions. Prevents night blindness.

2. Immune System Support – Helps maintain strong and healthy skin and mucous membranes, the body's first line of defense against infections.

3. Cell Growth & Development – Supports healthy cell growth and proliferation, especially in organs like the heart, lungs, and kidneys.

4. Skin Health – Plays a role in reducing acne and keeping skin healthy by supporting cell turnover.

5. Reproductive Health – Essential for normal growth and development in embryos and sperm production.

6. Antioxidant Properties – Some forms (like beta-carotene) act as antioxidants, protecting cells from damage.

Top 5 Food Sources of Vitamin A

1. Beef Liver – Extremely high in preformed Vitamin A (retinol)

2. Sweet Potatoes – Rich in beta-carotene, which converts to Vitamin A

3. Carrots – Another excellent source of beta-carotene

4. Spinach & Leafy Greens – High in beta-carotene, especially when cooked

5. Eggs – Contain smaller amounts of retinol, especially in the yolk

Vitamin B1 (Thiamin)

Vitamin B1 – Vitamin B1 (Thiamine) is essential for:

1. Energy Production – Helps convert carbohydrates into energy by assisting enzymes in breaking down glucose.

2. Nervous System Function – Supports nerve signaling and helps prevent nerve damage.

3. Heart & Muscle Health – Plays a role in maintaining proper muscle function, including heart muscles.

4. Brain Function – Essential for neurotransmitter production, improving cognitive function and reducing the risk of neurological disorders.

5. Metabolism Support – Helps process fats and proteins and maintain a healthy metabolism.

Top 5 Food Sources of Vitamin B1

1. Pork – One of the richest sources of thiamine.

2. Sunflower Seeds – A great plant-based source of Vitamin B1.

3. Whole Grains (Brown Rice, Oats, Whole Wheat) – Contain natural thiamine, especially in the outer layers.

4. Legumes (Lentils, Black Beans, Peas) – Provide thiamine along with fiber and protein.

5. Fish (Trout & Tuna) – High in thiamine, along with other B vitamins.

Vitamin B2 (Riboflavin)

Vitamin B2 (Riboflavin) plays a crucial role in several body functions, including:

1. Energy Production – Helps convert carbohydrates, fats, and proteins into ATP (the body's energy source).

2. Cell Growth & Function – Supports cell repair, growth, and overall maintenance.

3. Antioxidant Role – Helps fight oxidative stress and supports glutathione, an important antioxidant.

4. Red Blood Cell Production – Essential for forming red blood cells and preventing anemia.

5. Skin & Eye Health – Helps maintain healthy skin and vision, reducing the risk of cataracts.

Top 5 Food Sources of Vitamin B2

1. Dairy Products (Milk, Yogurt, Cheese) – One of the best sources of riboflavin.

2. Eggs – Contain riboflavin along with other essential B vitamins.

3. Lean Meats (Beef & Chicken Liver) – Organ meats, especially liver, are rich in B2.

4. Almonds – A great plant-based source of riboflavin.

5. Green Leafy Vegetables (Spinach, Kale, Broccoli) – Provide B2 along with other essential vitamins.

Vitamin B3 (Niacin)

Vitamin B3 (Niacin) is essential for:

1. Energy Production – Helps convert carbohydrates, fats, and proteins into usable energy (ATP).

2. Brain Function – Supports cognitive function and may help protect against neurodegenerative diseases.

3. Heart Health – Helps regulate cholesterol levels by increasing HDL ("good" cholesterol) and lowering LDL ("bad" cholesterol).

4. Digestive System Support – Aids in proper digestion and nutrient absorption.

5. Skin & DNA Repair – Plays a role in repairing damaged DNA and maintaining healthy skin.

Top 5 Food Sources of Vitamin B3

1. Chicken & Turkey – Lean poultry is a rich source of niacin.

2. Beef (Especially Liver) – Organ meats contain high levels of Vitamin B3.

3. Fish (Tuna & Salmon) – Great sources of niacin along with healthy omega-3s.

4. Peanuts – One of the best plant-based sources of niacin.

5. Brown Rice & Whole Grains – Contain moderate amounts of niacin, especially in unprocessed forms.

Vitamin B5 (Pantothenic Acid)

Vitamin B5 is essential for several bodily functions, including:

1. Energy Production – Helps convert carbohydrates, fats, and proteins into energy by playing a key role in the Krebs cycle.

2. Hormone Synthesis – Supports the production of adrenal hormones, including cortisol, which helps the body respond to stress.

3. Coenzyme A (CoA) Formation – Essential for fatty acid metabolism and the synthesis of important compounds.

4. Red Blood Cell Production – Aids in the formation of hemoglobin and red blood cells.

5. Skin & Wound Healing – Supports skin health by promoting wound healing and reducing inflammation.

Top 5 Food Sources of Vitamin B5

1. Beef Liver & Organ Meats – One of the richest sources of Vitamin B5.

2. Eggs – Provide a good amount of pantothenic acid along with other B vitamins.

3. Salmon – High in Vitamin B5, along with healthy fats and protein.

4. Avocados – A plant-based source that also provides healthy fats.

5. Mushrooms – Particularly shiitake and white mushrooms are excellent sources of B5.

Vitamin B6 (Pyridoxine)

Vitamin B6 – Vitamin B6 is essential for several key functions in the body, including:

1. Brain Function & Neurotransmitter Production – Helps produce serotonin, dopamine, and GABA, which regulate mood and reduce depression and anxiety.

2. Protein & Amino Acid Metabolism – Aids in breaking down proteins and utilizing amino acids for muscle repair and growth.

3. Red Blood Cell Formation – Supports hemoglobin production, preventing anemia.

4. Immune System Support – Helps produce antibodies and white blood cells to fight infections.

5. Heart Health – Lowers homocysteine levels, reducing the risk of cardiovascular disease.

Top 5 Food Sources of Vitamin B6

1. Chicken & Turkey – Lean poultry is one of the best sources of B6.

2. Salmon & Tuna – Fatty fish are rich in Vitamin B6 and omega-3s.

3. Bananas – A convenient fruit source of Vitamin B6.

4. Potatoes – One of the best plant-based sources, especially with the skin.

5. Chickpeas (Garbanzo Beans) – A great vegetarian source of B6, fiber, and protein.

Vitamin B9 (Folate)

Vitamin B9 – Vitamin B9 is crucial for several bodily functions, including:

1. DNA & RNA Synthesis – Essential for cell division and growth, especially during pregnancy and infancy.

2. Red Blood Cell Production – Helps prevent anemia by supporting the formation of healthy red blood cells.

3. Brain & Nervous System Function – Plays a key role in neurotransmitter function and may help reduce the risk of depression and cognitive decline.

4. Heart Health – Lowers homocysteine levels, reducing the risk of cardiovascular disease.

5. Fetal Development – Prevents neural tube defects (like spina bifida) in developing babies.

Top 5 Food Sources of Vitamin B9

1. Leafy Greens (Spinach, Kale, Romaine Lettuce) – Among the richest sources of folate.

2. Legumes (Lentils, Chickpeas, Black Beans) – Provide high amounts of natural folate.

3. Asparagus – One of the best vegetable sources of B9.

4. Avocados – A great plant-based source rich in healthy fats and folate.

5. Eggs – Contain moderate amounts of folate along with other B vitamins.

Vitamin B12 (Cobalamin)

Vitamin B12- Vitamin B12 is essential for several critical functions, including:

1. Red Blood Cell Formation – Prevents anemia by supporting the production of healthy red blood cells.

2. Brain & Nervous System Health – Maintains nerve function by supporting the myelin sheath that protects nerves.

3. DNA Synthesis & Cell Growth – Plays a key role in DNA replication and cellular function.

4. Energy Production – Helps convert food into usable energy by aiding in metabolism.

5. Heart Health – Reduces homocysteine levels, lowering the risk of cardiovascular disease.

Top 5 Food Sources of Vitamin B12

1. Beef Liver & Organ Meats – The most concentrated natural source of B12.

2. Clams & Shellfish – Extremely high in B12 and other essential minerals.

3. Salmon & Other Fatty Fish – A great source of B12, omega-3s, and protein.

4. Dairy Products (Milk, Cheese, Yogurt) – Provide B12 along with calcium and probiotics.

5. Eggs – Contain moderate amounts of B12, primarily in the yolk.

B7
(Biotin)

1. Energy Metabolism – Helps convert carbohydrates, fats, and proteins into usable energy.

2. Hair, Skin, and Nail Health – Supports keratin production, which is essential for strong nails, healthy skin, and hair growth.

3. Nervous System Function – Plays a role in neurotransmitter activity and brain health.

3. Blood Sugar Regulation – Helps maintain stable blood sugar levels by supporting insulin function.

4. Immune System Support – Helps produce antibodies and white blood cells to fight infections.

5. Fatty Acid Synthesis – Essential for the production of fatty acids, which are important for cell function and repair.

Top 5 Food Sources of Biotin (Vitamin B7)

1. Egg Yolks – One of the richest sources of biotin.

2. Liver (Beef & Chicken) – Extremely high in biotin and other B vitamins.

3. Nuts & Seeds (Almonds, Walnuts, Sunflower Seeds) – Provide a good plant-based source of biotin.

4. Sweet Potatoes – A great vegetable source of biotin.

5. Salmon – High in biotin along with omega-3 fatty acids.

Vitamin C

Vitamin C – Vitamin C is a powerful antioxidant and is essential for many bodily functions, including:

1. Immune System Support – Helps produce white blood cells and strengthens the body's defense against infections.

2. Collagen Production – Crucial for skin, joints, and wound healing by supporting collagen synthesis.

3. Antioxidant Protection – Fights free radicals, reducing oxidative stress and lowering the risk of chronic diseases.

4. Iron Absorption – Enhances the absorption of non-heme iron (from plant-based sources), preventing anemia.

1. Brain Function – Supports neurotransmitter production, including serotonin, which regulates mood.

Top 5 Food Sources of Vitamin C

1. Guavas – One of the richest natural sources of Vitamin C.

2. Bell Peppers (Red, Yellow, Green) – Especially high in Vitamin C, even more than oranges.

3. Kiwifruit – Packed with Vitamin C and other antioxidants.

4. Oranges & Citrus Fruits (Lemons, Limes, Grapefruits) – Classic sources of Vitamin C.

5. Strawberries – A delicious and potent source of Vitamin C.

Vitamin D
(which is really a hormone!)

1. Calcium Absorption – Enhances the absorption of calcium in the intestines, which is vital for bone health and strength.

2. Bone Health – Works with calcium and phosphorus to maintain strong and healthy bones and prevent conditions like osteoporosis and rickets.

3. Immune System Support – Plays a key role in regulating the immune response, helping the body fight infections and diseases.

4. Mood Regulation – May help reduce the risk of depression by influencing neurotransmitter function and serotonin production.

5. Cell Growth & Development – Involved in cell differentiation and growth, contributing to overall health and the healing of tissues.

Top 5 Food Sources of Vitamin D

1. Fatty Fish (Salmon, Mackerel, Sardines) – One of the best natural sources of Vitamin D.

2. Cod Liver Oil – Extremely high in Vitamin D (but can have a strong taste).

3. Egg Yolks – Contain small amounts of Vitamin D, especially when the eggs are from pasture-raised chickens.

4. Fortified Dairy Products (Milk, Yogurt, Cheese) – Many dairy products are fortified with Vitamin D.

5. Fortified Plant-Based Milks (Soy, Almond, Oat) – Often fortified with Vitamin D, making them a good source for those avoiding dairy.

Vitamin E

Vitamin E – Vitamin E is a powerful fat-soluble antioxidant that plays a key role in protecting the body and supporting several functions, including:

1. Antioxidant Protection – Protects cells from oxidative stress and free radical damage, reducing the risk of chronic diseases and aging signs.

2. Skin Health – Helps maintain skin integrity, prevents sun damage, and supports skin healing and regeneration.

3. Immune Function – Enhances immune response by supporting the function of T-cells, which fight off infections.

4. Cardiovascular Health – Protects the cardiovascular system by preventing the oxidation of LDL cholesterol (a key factor in heart disease).

5. Eye Health – Protects the eyes from damage caused by free radicals, potentially reducing the risk of cataracts and macular degeneration.

Top 5 Food Sources of Vitamin E

1. Almonds – One of the richest sources of Vitamin E in a convenient, portable form.

2. Sunflower Seeds – A great plant-based source of Vitamin E.

3. Spinach & Kale – Leafy greens are rich in Vitamin E, especially when cooked.

4. Avocados – A great source of healthy fats and Vitamin E.

5. Olive Oil – Provides a good amount of Vitamin E, along with heart-healthy monounsaturated fats.

Vitamin K

Vitamin K – Vitamin K is a fat-soluble vitamin that plays a crucial role in several important bodily functions, including:

1. Blood Clotting – Helps produce proteins necessary for blood coagulation, preventing excessive bleeding.

2. Bone Health – Works with calcium to support bone mineralization and strength, reducing the risk of fractures and osteoporosis.

3. Cardiovascular Health – Helps regulate blood vessel function and prevents the calcification of arteries, which can lead to cardiovascular disease.

4. Wound Healing – Supports the healing process by ensuring proper blood clotting at the site of injury.

5. Cell Growth – Involved in regulating cellular processes and supporting healthy cell function.

Top 5 Food Sources of Vitamin K

1. Leafy Greens (Kale, Spinach, Swiss Chard) – Rich in Vitamin K1 (phylloquinone), which is most commonly found in plants.

2. Broccoli – A great vegetable source of Vitamin K.

3. Brussels Sprouts – High in Vitamin K, along with fiber and other important nutrients.

4. Cabbage – A good source of Vitamin K, especially in its raw form.

5. Fish (Salmon, Tuna) – Rich in Vitamin K2 (menaquinone), which is found in animal products and fermented foods.

NOW LET'S CONSIDER THE ROLE OF Minerals

click here!

We get minerals into our body by eating **whole, nutrient-dense foods that have absorbed or stored minerals from the earth.** Plants pull minerals like magnesium, calcium, potassium, zinc, and iron from the soil through their roots. When we eat these plants or animals that ate mineral-rich plants, we absorb those same minerals into our own bodies.

For example, leafy greens like spinach absorb magnesium from healthy soil. **Cows that graze on mineral-rich grasses pass calcium into their milk.** Even seafood provides iodine and selenium because marine life absorbs minerals from ocean water.

But here's the key: **if the soil is depleted, the food will be too.** *Industrial farming, overuse of chemicals, and poor crop rotation have drastically lowered mineral content in many modern foods.* That's why organic produce, regenerative farming, and local sources are often more mineral-rich.

To boost your intake, **eat a variety of fruits, vegetables, nuts, seeds, legumes, seaweed**, and pasture-raised animal products. These deliver a full spectrum of essential minerals that power everything from your energy levels and metabolism to your bone strength and immune system. **Minerals don't just feed your body—they activate life within it.**

Hydration

Minerals in food, especially electrolytes like sodium, potassium, magnesium, and calcium, play a vital role in hydration by helping your body absorb and retain water at the cellular level. These minerals create an optimal balance of fluids inside and outside your cells, allowing water to move efficiently where it's needed. Without enough minerals, water can pass through your system without truly hydrating you. Magnesium and potassium help regulate cell permeability, while sodium maintains fluid balance and triggers thirst.

MAJOR MINERALS

Calcium – Calcium is a mineral that is essential for a variety of important functions in the body, including:

1. Bone & Teeth Health – The primary function of calcium is to build and maintain strong bones and teeth, preventing conditions like osteoporosis.

2. Muscle Function – Calcium is required for muscle contraction and relaxation, including the heart muscle.

3. Nerve Transmission – Helps transmit electrical signals in the nervous system, allowing for proper nerve function.

4. Blood Clotting – Calcium is involved in the clotting process, helping to stop bleeding after injury.

5. Hormonal Secretion – Helps regulate the release of certain hormones and enzymes.

Top 5 Food Sources of Calcium

1. Dairy Products (Milk, Yogurt, Cheese) – The most common and bioavailable source of calcium.

2. Leafy Greens (Kale, Collard Greens, Spinach) – Provide a plant-based source of calcium, though some (like spinach) also contain compounds that may reduce calcium absorption.

3. Fortified Plant-Based Milks (Almond, Soy, Oat) – Many plant-based milks are fortified with calcium, making them good options for those who avoid dairy.

4. Tofu (Fortified) – Tofu made with calcium sulfate is a rich source of calcium, especially for vegetarians and vegans.

5. Sardines & Canned Salmon (With Bones) – Fish like sardines and salmon with bones are excellent sources of calcium.

Magnesium

Magnesium – Magnesium is an essential mineral that supports many vital processes in the body, including:

1. Bone Health – Magnesium helps regulate calcium levels and contributes to bone density, working alongside calcium and vitamin D.

2. Muscle Function – Magnesium is involved in muscle contraction and relaxation, and it helps prevent cramps and spasms.

3. Nerve Function – Supports proper nerve signaling, including muscle and heart rhythm regulation.

4. Energy Production – Plays a role in the production of ATP (the body's primary energy molecule), aiding overall energy metabolism.

5. Heart Health – Regulates blood pressure, supports a healthy heart rhythm, and reduces the risk of cardiovascular disease.

6. Blood Sugar Control – Helps regulate blood sugar levels and supports insulin function, potentially reducing the risk of Type 2 diabetes.

Top 5 Food Sources of Magnesium

1. Leafy Greens (Spinach, Swiss Chard, Kale) – Rich in magnesium and other vital nutrients.

2. Nuts & Seeds (Almonds, Pumpkin Seeds, Cashews) – Excellent sources of magnesium, particularly in their raw form.

3. Legumes (Black Beans, Lentils, Chickpeas) – A great plant-based source of magnesium and fiber.

4. Whole Grains (Brown Rice, Oats, Quinoa) – Provide magnesium along with fiber and other minerals.

5. Avocados – A nutrient-dense source of magnesium, along with healthy fats and other vitamins.

Zinc

Zinc – Zinc is an essential mineral that supports a wide range of important functions in the body, including:

1. Immune Function – Plays a crucial role in immune cell function and helps the body fight infections.

2. Wound Healing – Supports tissue repair and the healing of wounds, cuts, and injuries.

3. DNA Synthesis & Cell Division – Essential for DNA and RNA production, supporting cell growth and regeneration.

4. Protein Synthesis – Helps in the production of proteins necessary for tissue growth and maintenance.

5. Cognitive Function – Supports brain health, memory, and cognitive processes, and may help reduce the risk of age-related cognitive decline.

6. Hormonal Health – Involved in the production of hormones like insulin, thyroid hormones, and sex hormones.

Top 5 Food Sources of Zinc

1. Oysters – One of the richest sources of zinc, offering a large amount per serving.

2. Red Meat (Beef, Lamb, Pork) – High in zinc, especially when consumed in lean cuts.

3. Pumpkin Seeds – A great plant-based source of zinc, especially in raw or roasted forms.

4. Legumes (Chickpeas, Lentils, Beans) – Rich in zinc, particularly for vegetarians and vegans.

1. Nuts (Cashews, Almonds) – Provide a moderate amount of zinc along with healthy fats.

Copper

Copper – Copper is an essential trace mineral that plays a significant role in various vital functions, including:

1. Iron Metabolism – Helps in the absorption and utilization of iron, which is crucial for the production of red blood cells and the prevention of anemia.

2. Collagen & Elastin Formation – Supports the production of collagen and elastin, proteins necessary for skin, blood vessels, and connective tissues.

3. Antioxidant Defense – Acts as a cofactor for antioxidant enzymes (such as superoxide dismutase), which protect cells from oxidative damage.

4. Nervous System Health – Plays a role in maintaining healthy nerve function and myelin sheath formation, which is essential for nerve signal transmission.

5. Energy Production – Involved in the cellular processes that produce energy and support the function of mitochondria.

6. Immune Function – Supports the immune system by enhancing the function of white blood cells and promoting the body's defense against infections.

Top 5 Food Sources of Copper

1. Liver (Beef, Lamb, Chicken) – One of the richest sources of copper, particularly from organ meats.

2. Shellfish (Oysters, Crab, Lobster) – Rich in copper, with oysters being particularly high.

3. Nuts & Seeds (Cashews, Sunflower Seeds, Almonds) – A great plant-based source of copper.

4. Dark Chocolate – Contains a moderate amount of copper, especially in high-quality dark chocolate with a high cocoa percentage.

5. Legumes (Lentils, Chickpeas, Beans) – Provide a significant amount of copper along with fiber and protein.

Manganese

Manganese – Manganese is an essential trace mineral that plays a crucial role in several important bodily functions, including:

1. Antioxidant Protection – Acts as a cofactor for the enzyme superoxide dismutase (SOD), which helps protect cells from oxidative stress and free radical damage.

2. Bone Health – Supports bone formation by contributing to collagen production and regulating bone mineralization.

3. Metabolism of Carbohydrates, Proteins, and Fats – Involved in the metabolism of macronutrients, helping the body convert food into energy.

4. Wound Healing – Supports tissue repair and collagen synthesis, which are essential for wound healing.

5. Brain & Nervous System Function – Plays a role in neurotransmitter function and supports overall brain health and cognition.

Top 5 Food Sources of Manganese

1. Whole Grains (Brown Rice, Oats, Quinoa) – Rich in manganese, particularly when consumed in their unrefined form.

2. Nuts (Almonds, Hazelnuts, Pecans) – A great source of manganese, along with healthy fats and protein.

3. Leafy Greens (Spinach, Kale) – Provide a good amount of manganese, along with other vitamins and minerals.

4. Legumes (Chickpeas, Lentils, Black Beans) – A plant-based source of manganese, along with fiber and protein.

5. Pineapple – A tropical fruit that contains a moderate amount of manganese, along with vitamin C and antioxidants.

Chromium

Chromium – Chromium is an essential trace mineral that plays a key role in several important functions, including:

1. Blood Sugar Regulation – Enhances the action of insulin, the hormone responsible for regulating blood sugar levels. This helps maintain normal blood glucose levels and is important for preventing insulin resistance and Type 2 diabetes.

2. Metabolism of Macronutrients – Supports the metabolism of carbohydrates, fats, and proteins by improving insulin sensitivity and efficiency in nutrient absorption.

3. Weight Management – By improving insulin function, chromium may help control hunger, reduce fat storage, and potentially aid in weight management.

4. Cardiovascular Health – Helps maintain healthy cholesterol and triglyceride levels by supporting insulin sensitivity, which may lower the risk of heart disease.

5. Cellular Health – Plays a role in maintaining healthy cell function by supporting the proper transport of glucose into cells for energy.

Top 5 Food Sources of Chromium

1. Broccoli – Rich in chromium and other antioxidants that promote overall health.

2. Grape Juice – Contains moderate levels of chromium and provides other nutrients like vitamin C.

3. Whole Grains (Oats, Barley, Wheat Germ) – Good sources of chromium, especially in unrefined forms.

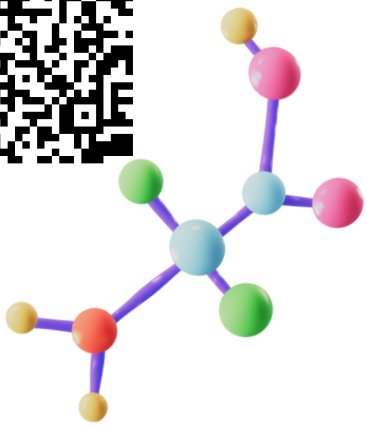
4. Nuts (Almonds, Walnuts, Brazil Nuts) – Provide chromium as well as healthy fats and protein.

5. Meats (Beef, Chicken, Turkey) – Particularly high in chromium, with beef being one of the richest animal sources.

YOU ARE MADE UP OF

Amino Acids

click here!



The human body is built from amino acids, which are the essential building blocks of proteins. There are **20 amino acids**, categorized into essential (which must come from food) and non-essential (which the body can produce). These **amino acids link together in different sequences to form proteins** that make up your muscles, skin, organs, hormones, enzymes, neurotransmitters, and immune cells.

Amino acids can be arranged into short chains (peptides) or long chains (proteins), depending on the body's needs. **Peptides, like GLP-1, act as messengers in the body**, while long-chain proteins build structure and perform complex functions.

Since your body is constantly breaking down and rebuilding tissues, it needs a daily supply of amino acids from protein-rich foods. **You "refresh" your amino acid pool by eating** high-quality proteins such as meat, eggs, fish, dairy, legumes, quinoa, nuts, and seeds. Each source contains different combinations of amino acids, **so variety is important.**

Without enough amino acids, your body can't repair tissue, regulate hormones, or support metabolism efficiently leading to fatigue, weight gain, poor recovery, and slow healing. Eating **balanced protein** throughout the day ensures your body has the materials it needs to stay strong, energized, and hormonally balanced.

AMINO ACIDS

Asparagine – Asparagine is a non-essential amino acid that plays a role in several important processes in the body, including:

1. Protein Synthesis – Asparagine is a building block of proteins and contributes to the synthesis of various proteins nec**essary for cell growth, repair, and function.**

2. Neurotransmitter Function – It plays a role in the synthesis and function of neurotransmitters in the brain, supporting overall brain and nerve health.

3. Metabolism – Asparagine helps with the metabolism of nitrogen, and it participates in various biochemical pathways that support energy production and waste elimination.

4. Cellular Communication – Asparagine is involved in the processes that allow cells to communicate with one another, which is vital for immune function and tissue repair.

5. Detoxification – It assists in the detoxification of harmful substances from the body by helping to metabolize ammonia.

Top 5 Food Sources of Asparagine

1. Asparagus – The name itself comes from asparagine, and asparagus is one of the best sources of this amino acid.

2. Eggs – Contain significant amounts of asparagine, making them a rich source for overall protein needs.

3. Dairy Products (Milk, Cheese, Yogurt) – Dairy products provide asparagine along with other essential amino acids and protein.

4. Legumes (Lentils, Chickpeas, Beans) – A good plant-based source of asparagine and other amino acids, ideal for vegetarians and vegans.

5. Fish (Salmon, Tuna, Cod) – Fish provides asparagine along with essential fatty acids and other nutrients.

Glutamine

Glutamine is a non-essential amino acid that is involved in numerous important functions in the body, including:

1. Protein Synthesis – Glutamine is a building block of proteins and is involved in the synthesis of other amino acids. It plays a role in maintaining muscle mass and supporting recovery after exercise or injury.

2. Immune Function – It is an important fuel source for immune cells, such as lymphocytes and macrophages, supporting the body's defense against infections and illness.

3. Gut Health – Glutamine helps maintain the integrity of the gut lining, promoting gut health and preventing conditions like leaky gut. It also supports the digestive process by aiding in the repair of intestinal cells.

4. Brain Function – It acts as a neurotransmitter in the brain, supporting cognitive function and mental clarity, and may have a role in preventing neurological diseases.

5. Acid-Base Balance – Glutamine helps regulate the body's pH by participating in the production of bicarbonate, which helps maintain the acid-base balance in the body.

Top 5 Food Sources of Glutamine

1. Beef – High in glutamine, along with other essential amino acids and protein.

2. Chicken – A rich source of glutamine, which supports muscle recovery and immune function.

3. Fish (Salmon, Tuna, Cod) – Provides glutamine and other nutrients like omega-3 fatty acids that support overall health.

4. Dairy Products (Milk, Yogurt, Cheese) – Offer a good amount of glutamine, especially when consumed as part of a balanced diet.

5. Cabbage – One of the best plant-based sources of glutamine, particularly in raw or lightly cooked forms.

Serine

Serine is a non-essential amino acid that is involved in various important functions in the body, including:

1. Protein Synthesis – Serine is a building block for proteins, contributing to the structure and function of enzymes, hormones, and other proteins essential for cellular processes.

2. Central Nervous System Function – It plays a role in the production of neurotransmitters like serotonin and dopamine, which help regulate mood, cognitive function, and overall brain health.

3. Metabolism – Serine is involved in several metabolic pathways, including the synthesis of purines and pyrimidines, which are important for cell growth and DNA synthesis.

4. Immune System Support – Serine contributes to the production of immunoglobulins (antibodies) and other proteins that help fight infections.

5. Cell Membrane Structure – It plays a role in the formation of phospholipids, which are critical components of cell membranes and support the structure of cells.

Top 5 Food Sources of Serine

1. Soy Products (Tofu, Tempeh, Soy Milk) – A rich plant-based source of serine, especially for vegetarians and vegans.

2. Eggs – Contain a good amount of serine, along with other essential amino acids and nutrients.

3. Meat (Chicken, Beef, Pork) – Provide high-quality protein, including serine, which supports muscle and immune function.

4. Dairy Products (Milk, Yogurt, Cheese) – A great source of serine, especially when consumed regularly as part of a balanced diet.

5. Legumes (Lentils, Chickpeas, Beans) – Excellent plant-based sources of serine, making them ideal for those on plant-based diets.

ALPHA LIPOIC ACID (ALA)

Alpha Lipoic Acid – h Alpha-lipoic acid (ALA) is a fat-soluble antioxidant that plays a crucial role in the body by supporting various functions, including:

1. **Antioxidant Defense** – ALA acts as an antioxidant that helps protect cells from oxidative damage caused by free radicals. It is unique because it can function both in water and fat-soluble environments.

2. **Energy Production** – ALA is involved in the mitochondria, the powerhouse of the cells, where it helps convert glucose into energy and supports cellular metabolism.

3. **Regeneration of Other Antioxidants** – ALA helps regenerate other antioxidants like vitamins C and E, enhancing the body's ability to fight oxidative stress.

4. **Support for Insulin Sensitivity** – It may help improve insulin sensitivity, thereby aiding in the management of blood sugar levels, making it particularly beneficial for people with Type 2 diabetes.

5. **Anti-inflammatory Properties** – ALA has anti-inflammatory effects that help reduce inflammation and may support overall cardiovascular health.

Top 5 Food Sources of Alpha Lipoic Acid

1. **Spinach** – A rich source of ALA, providing both antioxidant and anti-inflammatory benefits.

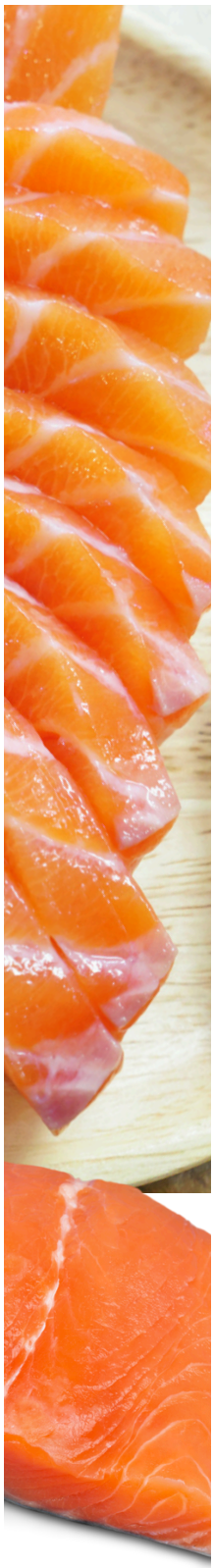
2. **Broccoli** – Contains a moderate amount of alpha-lipoic acid, along with other nutrients that support overall health.

3. **Tomatoes** – Offer a source of ALA, while also being rich in other antioxidants like lycopene.

4. **Brussels Sprouts** – High in ALA and other antioxidants, these help support cellular health and immune function.

5. **Organ Meats (Liver, Kidney)** – Particularly rich in alpha-lipoic acid, these provide ALA as well as important vitamins and minerals.

CoQ10



Co-Enzyme Q10 –CoQ10 is a fat-soluble antioxidant that helps produce energy and protect the body from oxidative stress.

1. **Energy Production** – CoQ10 is found in cell mitochondria and helps produce ATP, the main energy source, making it essential for turning food into energy.

2. **Antioxidant Protection** – CoQ10 acts as a powerful antioxidant, protecting cells from damage caused by free radicals. This helps reduce oxidative stress, which is linked to aging and many chronic diseases.

3. **Heart Health** – CoQ10 boosts heart energy, reduces inflammation, improves blood vessel function, and may lower blood pressure.

4. **Cellular Repair & Maintenance** – It supports cell regeneration and helps maintain the health of various tissues, including the skin and muscles.

5. **Brain Function** – CoQ10 helps support brain health by reducing oxidative damage, which may contribute to neurological health and cognitive function.

Top 5 Food Sources of Coenzyme Q10

1. **Organ Meats (Liver, Heart, Kidney)** – Particularly rich in CoQ10, organ meats are one of the best sources.

2. **Fatty Fish (Salmon, Mackerel, Sardines)** – These fish provide CoQ10 along with healthy omega-3 fatty acids that support heart health.

3. **Beef and Pork –** Red meats, especially when lean, contain moderate levels of CoQ10, contributing to energy production and overall health.

4. **Spinach –** A plant-based source of CoQ10 that also provides other essential nutrients like fiber, vitamins, and minerals.

5. **Whole Grains (Wheat Germ, Oats, Bran) –** Whole grains provide a small but valuable amount of CoQ10, along with fiber and other nutrients that support health.

What Cystine Does

Cysteine – Cystine is a non-essential amino acid formed when two cysteine **molecules bond. It plays an important role in the body in several ways:**

1. Protein Synthesis – Cystine is a building block of proteins and is involved in the structure and function of various proteins, particularly those that contain disulfide bonds, which are crucial for protein stability.

2. Antioxidant Function – As a precursor to glutathione, one of the body's most important antioxidants, cystine helps protect cells from oxidative stress and free radical damage.

3. Detoxification – Cystine plays a role in the body's detoxification processes by helping to neutralize harmful substances and promoting the elimination of toxins.

4. Collagen Formation – It contributes to the formation of collagen, which is important for maintaining the health of skin, cartilage, bones, and connective tissues.

5.Hair, Skin, and Nail Health – Cystine is particularly important for the health of hair and skin, as it contributes to the production of keratin, the protein that makes up hair and nails.

Top 5 Food Sources of Cystine

1.Eggs – A rich source of cystine, along with high-quality protein and other amino acids.

2.Chicken – Contains significant amounts of cystine, helping to support muscle repair and overall health.

3.Pork – Provides cystine, as well as other amino acids essential for protein synthesis.

4.Nuts and Seeds (Sunflower Seeds, Walnuts, Cashews) – These offer a good amount of cystine along with healthy fats and other nutrients.

5.Legumes (Lentils, Chickpeas, Beans) – A plant-based source of cystine, making them a great option for vegetarians and vegans.

Glutathione

Glutathione is a tripeptide composed of three amino acids—glutamine, cysteine, and glycine and is often referred to as the body's "master antioxidant." It plays a crucial role in maintaining health by supporting several important functions:

1.Antioxidant Defense – Glutathione acts as one of the most powerful antioxidants in the body, neutralizing free radicals and reactive oxygen species (ROS), which helps reduce oxidative stress and cell damage.

2.Detoxification – Glutathione plays a key role in the detoxification process by binding to harmful substances (toxins, heavy metals, and waste products) and facilitating their removal from the body.

3.Immune System Support – It boosts immune function by supporting the production and activity of white blood cells, helping the body fight infections and illnesses.

4.Liver Health – The liver uses glutathione for detoxification, protecting liver cells from damage caused by toxins, alcohol, and other harmful substances.

5.Regeneration of Other Antioxidants – Glutathione helps regenerate other antioxidants, such as vitamins C and E, enhancing the body's ability to combat oxidative damage.

Top 5 Food Sources of Glutathione

1.Asparagus – One of the best natural food sources of glutathione, particularly when eaten fresh.

2.Spinach – Contains a high level of glutathione, along with other nutrients that support overall health.

3.Avocados – Rich in glutathione, healthy fats, and other antioxidants that help support skin and cell health.

4.Broccoli – A great source of glutathione and other detoxifying compounds like sulforaphane, which enhance antioxidant defense.

5.Garlic – Contains glutathione along with sulfur compounds that support detoxification and immune function

Selenium

Selenium is an essential trace mineral that plays an important role in several key functions in the body:

1. Antioxidant Protection – Selenium is a vital component of the enzyme glutathione peroxidase, which helps neutralize free radicals and protect cells from oxidative damage. It works synergistically with other antioxidants like vitamin E.

2.Thyroid Health – Selenium is crucial for the proper functioning of the thyroid gland. It helps convert thyroid hormones into their active forms and supports overall thyroid function, which regulates metabolism, energy production, and growth.

3.Immune Function – It plays a role in immune response by promoting the production of white blood cells and enhancing the body's defense against infections.

4.DNA Synthesis and Repair – Selenium supports the synthesis and repair of DNA, contributing to cellular integrity and reducing the risk of mutations.

5.Heart Health – Selenium may help reduce inflammation and oxidative stress in the cardiovascular system, lowering the risk of heart disease.

Top 5 Food Sources of Selenium

1.Brazil Nuts – These are by far the richest source of selenium. Just one or two nuts per day can provide more than the daily recommended intake.

2.Seafood (Tuna, Shrimp, Salmon) – Fish and shellfish are excellent sources of selenium, along with omega-3 fatty acids and other essential nutrients.

3.Poultry (Chicken, Turkey) – A good source of selenium, particularly when the meat is lean and part of a balanced diet.

4.Eggs – Contain selenium, along with other essential nutrients like protein and B vitamins.

5.Whole Grains (Brown Rice, Oats, Barley) – These provide a moderate amount of selenium, along with fiber and other vitamins and minerals.

Vitamin E

Vitamin E – Vitamin E is a fat-soluble antioxidant that plays an essential role in protecting cells from oxidative damage. Here's how the body uses vitamin E:

1.Antioxidant Protection – Vitamin E protects the body's cells and tissues from oxidative stress caused by free radicals, which can lead to aging and the development of chronic diseases, including heart disease and cancer.

2. Immune Support – It enhances immune function by supporting the production of immune cells and helping to maintain the health of the skin, mucous membranes, and other immune system tissues.

3. Skin Health – Vitamin E is crucial for maintaining healthy skin. It helps prevent skin damage from UV radiation, reduces the appearance of scars, and supports skin repair and hydration.

4.Blood Circulation – Vitamin E supports the health of blood vessels and helps maintain proper circulation by preventing the oxidation of cholesterol, which can reduce the risk of atherosclerosis.

5.Eye Health – It plays a role in eye health by protecting the eyes from oxidative stress and reducing the risk of conditions like cataracts and age-related macular degeneration.

Top 5 Food Sources of Vitamin E

1. Nuts and Seeds (Almonds, Sunflower Seeds, Hazelnuts) – Excellent sources of vitamin E, along with healthy fats, protein, and fiber.

2. Vegetable Oils (Wheat Germ Oil, Sunflower Oil, Safflower Oil) – Rich in vitamin E, these oils can be used in cooking or as a salad dressing.

3. Leafy Greens (Spinach, Swiss Chard, Kale) – Provide a moderate amount of vitamin E, along with other essential vitamins, minerals, and antioxidants.

4. Avocados – Not only rich in healthy fats, but avocados also provide a good amount of vitamin E to support skin and overall health.

5.Fortified Foods (Fortified Cereal, Fortified Plant-Based Milk) – Some processed foods are fortified with vitamin E, making them a good option for those looking to increase their intake.

Oleic Acid

Oleic Acid – Oleic acid is a monounsaturated omega-9 fatty acid that plays an important role in maintaining overall health. Here's how the body uses oleic acid:

1. Heart Health – Oleic acid is known to help reduce LDL cholesterol (bad cholesterol) levels and increase HDL cholesterol (good cholesterol), promoting a healthy heart and reducing the risk of cardiovascular diseases.

2.Anti-inflammatory Effects – Oleic acid has anti-inflammatory properties that can help reduce chronic inflammation in the body, which is linked to various conditions like arthritis and autoimmune diseases.

3.Cell Membrane Structure – It is a key component of cell membranes, contributing to their structure and fluidity. This helps cells function properly, supports communication between cells, and maintains healthy skin and tissues.

4.Blood Sugar Regulation – Oleic acid can help improve insulin sensitivity, which may aid in the management of blood sugar levels, reducing the risk of type 2 diabetes.

5.Brain Health – Oleic acid supports brain function by promoting the integrity of brain cells and facilitating communication between neurons. It also helps with cognitive function and may have neuroprotective effects.

Top 5 Food Sources of Oleic Acid

1.Olive Oil – One of the richest sources of oleic acid, especially extra virgin olive oil, which is also packed with antioxidants and healthy fats.

2.Avocados – Avocados are high in oleic acid and also provide fiber, potassium, and other nutrients beneficial for heart and skin health.

3.Nuts (Almonds, Cashews, Hazelnuts) – These nuts are excellent sources of oleic acid, along with protein and healthy fats that support overall health.

4.Peanut Oil – A good source of oleic acid, commonly used in cooking and frying. It's also rich in antioxidants.

5.Canola Oil – Contains a significant amount of oleic acid, making it a healthy option for cooking and baking.

Metabolites

Choline – Choline is an essential nutrient that plays a critical role in several bodily functions. Here's how the body uses choline:

1. Brain Function – Choline is crucial for the production of acetylcholine, a neurotransmitter that is involved in memory, mood regulation, and muscle control. It supports cognitive function and is important for learning and memory.

2. Liver Health – Choline is vital for liver function, helping to transport fats and prevent fat accumulation in the liver. It also plays a role in the synthesis of phosphatidylcholine, a component of cell membranes.

3. Cell Structure – It contributes to the production of phospholipids that make up cell membranes, helping cells maintain their integrity and function.

4. Fat Metabolism – Choline helps with the metabolism of fats, preventing the buildup of fat in the liver and supporting fat digestion and transport.

5. Pregnancy and Fetal Development – Choline is especially important during pregnancy as it supports fetal brain development and helps prevent neural tube defects in the developing baby.

Top 5 Food Sources of Choline

1. Eggs – One of the richest sources of choline, particularly in the yolk. Eggs are also a great source of protein and other essential nutrients.

2. Liver (Beef or Chicken Liver) – Extremely high in choline, liver provides a concentrated amount of this nutrient, along with other vitamins and minerals.

3. Chicken and Turkey – Poultry provides a good amount of choline, along with protein and other essential nutrients.

4. Fish (Salmon, Cod, and Haddock) – Fish, particularly fatty varieties, offer a good source of choline to support brain and liver health.

5. Brussels Sprouts – A plant-based source of choline, along with other vitamins, fiber, and antioxidants that support overall health.

Inositol

Inositol – Inositol is a carbohydrate and a part of the vitamin B complex that plays a significant role in various physiological processes. It is often considered a "nutrient" rather than a true vitamin due to its presence in the body. Here's how inositol is used in the body:

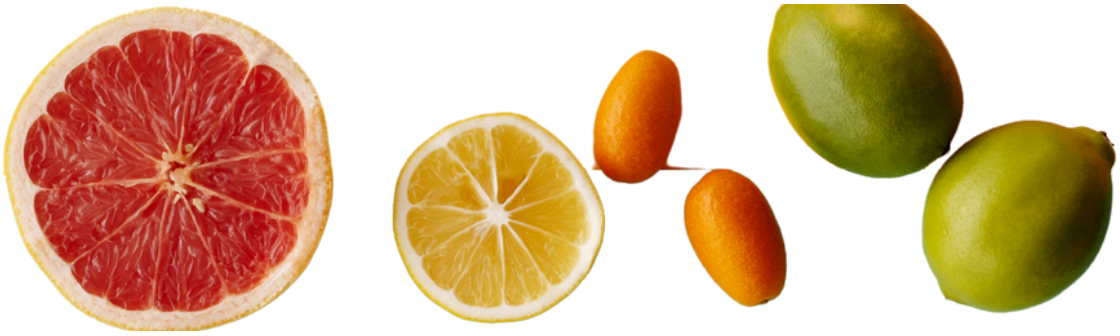
1.Cell Membrane Structure – Inositol is a vital component of phospholipids, which are crucial for the structure of cell membranes. It helps maintain the integrity and fluidity of cells.

2.Nerve Function – Inositol supports the communication between nerve cells by influencing neurotransmitter systems, particularly serotonin. It plays a role in mood regulation and can help alleviate symptoms of anxiety and depression.

3.Insulin Sensitivity – Inositol is involved in the signaling of insulin and can improve insulin sensitivity, which is beneficial for managing blood sugar levels, particularly in people with conditions like polycystic ovary syndrome (PCOS) and type 2 diabetes.

4.Fat Metabolism – It helps the body metabolize fat and prevent the buildup of fat in the liver. Inositol is involved in the regulation of fat production and storage.

5.Reproductive Health – Inositol has been shown to improve ovarian function in women with PCOS, helping with hormone balance and improving fertility.



Top 5 Food Sources of Inositol

1.Beans and Legumes (Chickpeas, Kidney Beans, Lentils) – High in inositol, these plant-based foods are excellent sources of fiber, protein, and various vitamins and minerals.

2.Fruits (Citrus Fruits, Melons, and Apples) – Fruits, particularly citrus varieties, contain moderate levels of inositol and provide additional nutrients like vitamin C and antioxidants.

3.Whole Grains (Brown Rice, Oats, Barley) – These whole grains are good sources of inositol and are also rich in fiber, B vitamins, and minerals that support overall health.

4.Nuts and Seeds (Almonds, Walnuts, Sunflower Seeds) – These contain inositol as well as healthy fats and proteins that contribute to overall wellness.

5.Leafy Greens (Spinach, Collard Greens) – Leafy vegetables like spinach contain small amounts of inositol and provide a range of nutrients such as fiber, iron, and vitamins.

Carnitine

Carnitine – Carnitine is a compound derived from amino acids (lysine and methionine) that plays a critical role in energy production. It is primarily involved in the transport of fatty acids into the mitochondria, the energy-producing structures in cells. Here's how the body uses carnitine:

1. Fatty Acid Transport – Carnitine helps shuttle long-chain fatty acids into the mitochondria, where they are burned for energy. This is crucial for fat metabolism and energy production, particularly during exercise or periods of fasting.

2. Energy Production – By aiding in the oxidation of fatty acids, carnitine provides the body with a significant energy source, especially during high-energy activities or when carbohydrate stores are low.

3. Muscle Function – Carnitine supports muscle function by helping to improve endurance, reduce fatigue, and promote recovery. It helps prevent the buildup of lactic acid in muscles, which can lead to soreness.

4. Heart Health – Carnitine plays a role in maintaining heart health by supporting the heart's ability to use fat as an energy source, especially in times of stress or exertion.

5.Cognitive Health – Carnitine is involved in brain function and may support memory and cognitive health by promoting energy production in brain cells.

Top 5 Food Sources of Carnitine

1.Red Meat (Beef, Lamb) – The richest sources of carnitine are found in red meat, particularly in beef and lamb. These foods provide significant amounts of carnitine along with protein and other nutrients.

2.Pork – Pork is another excellent source of carnitine, providing a good amount of this nutrient along with B vitamins, zinc, and other essential nutrients.

3.Fish (Cod, Tuna, Salmon) – Fish provides moderate levels of carnitine and is also a rich source of omega-3 fatty acids, which support heart and brain health.

4.Chicken – While not as rich as red meat, chicken still provides a decent amount of carnitine, along with lean protein that supports muscle repair and growth.

5.Dairy Products (Milk, Cheese, Yogurt) – Dairy products contain small amounts of carnitine and provide other nutrients such as calcium, protein, and vitamins that support overall health

Building Blocks for a Healthier You

Methionine is an essential amino acid, meaning the body cannot produce it and must obtain it from food. Methionine plays several crucial roles in the body:

1.Protein Synthesis – As an amino acid, methionine is involved in building proteins, supporting muscle growth, tissue repair, and the production of enzymes and hormones.

2.Methylation Process – Methionine is a precursor to S-adenosylmethionine (SAMe), which is involved in methylation—a process that helps regulate DNA, gene expression, and the formation of neurotransmitters. Methylation is essential for maintaining cellular function and overall health.

3.Antioxidant Production – Methionine is involved in the production of glutathione, one of the body's most important antioxidants. Glutathione protects cells from oxidative damage, supports liver function, and boosts the immune system.

4.Detoxification – Methionine supports liver health by aiding in the breakdown of fats and the elimination of toxins. It helps prevent the buildup of fats in the liver, reducing the risk of fatty liver disease.

5.Hair, Skin, and Nails – Methionine contributes to the production of keratin, a protein that supports the health of hair, skin, and nails. It can help improve the strength and appearance of these tissues.

Top 5 Food Sources of Methionine

1.Eggs – A complete source of protein, eggs are rich in methionine and also provide other essential nutrients like vitamins and minerals.

2.Meat (Chicken, Turkey, Beef) – Animal proteins are particularly rich in methionine, making them an excellent source of this essential amino acid.

3.Fish (Salmon, Tuna, Cod) – Fish are excellent sources of methionine, along with omega-3 fatty acids and other essential nutrients that promote heart and brain health.

4.Dairy Products (Milk, Cheese, Yogurt) – Dairy is a good source of methionine, along with protein, calcium, and other vitamins that support bone health.

5.Legumes (Lentils, Chickpeas, Beans) – Plant-based sources of methionine, legumes are a great option for vegetarians and vegans looking to get their essential amino acids.

Wow!!!

AWESOME!

THAT'S A LOT OF GOOD INFORMATION!

How do you use all of this?

Making changes to how you eat, how you shop and your relationship with food is really important work. It can also be pretty hard work. That is why I created this concept that I call "self induced bribery".

The Bliss Tracker

click here!

SET GOALS AND REWARD YOURSELF

Challenging yourself to do new and hard things should be rewarded. That is the whole purpose behind The Bliss Tracker!

1. Identify the changes that you want to make.
2. List the behaviors and activities that you want to do to travel along the path.
3. Assign a relative value of points earned for achieving each goal.
4. Establish Rewards for yourself to be paid out when you achieve that goal.

Let's explore each step to achieving positive reinforced behavior changes!

Step 1: LIST THE CHANGES YOU WANT TO MAKE.

Examples:

1. *I want to stop eating processed foods.*
2. *I want to lose 35 lbs.*
3. *I want to sleep 8 hours each night.*
4. *I want to get exercise 3 times a week.*
5. *I want to stop drinking alcohol.*

Step 2: BEHAVIORS TO REWARD

Examples:

1. ***I want to stop eating processed foods***
   - a. *Make dinner from scratch at home.* — *3 Points*
   - b. *Make lunch and bring to work.* — *3 Points*
   - c. *Shop only for fresh, single ingredient foods.* — *2 Points*
   - d. *Bake my own bread, make tomato sauce or hummus* — *3 Points*

1. ***I want to lose 35 lbs.***
   - a. *Eat organic fats.* — *2 Points*
   - b. *Don't eat after 7:00 pm* — *3 Points*
   - c. *A day without sweets or chocolate* — *4 Points*
   - d. *Skip dessert* — *2 Points*

3. **I want to sleep 8 hours each night.**
    a. Go to bed at 9:00 — 5 Points
    b. Go to bed at 10:00 — 4 Points
4. **I want to get exercise 3 times a week.**
    a. Ride my bike 30 minutes — 3 Points
    b. Play tennis or pickleball — 2 Points
    c. Go to the gym for 30 minutes — 2 Points
    d. Swim laps for 30 minutes — 2 Points
5. **I want to stop drinking alcohol.**
    a. 1 night without any alcohol. — 10 Points

Step 3: ASSIGN A POINTS VALUE TO EACH BEHAVIOR

Look back at step 2. Assign a value of points for each behavior. In the examples above, the points are assigned relative to how important they are for me to reach the goal. Be nice to yourself and give yourself credit where credit is due. **Be generous with your rewards!**

Step 4: REWARD YOURSELF FOR DOING THE WORK

What is fun and important to everyone is different. Here is the fun part! **What do you want to do** that you feel is a "special treat" or a fun adventure? Below I am going to put some ideas of self induced bribery rewards that you might earn for doing the hard work.

- Bowling with Friends 50 points
- Manicure 50 points
- A day at the Beach 50 points
- A facial 75 points
- A massage 75 points
- Dinner and Dancing 100 points
- Painting Pottery 100 points
- Flower Making Class 100 points

SUCCESS

Goals & Rewards

AWESOME!

Goals

1. _____
2. _____
3. _____
4.

REWARDS AND POINTS

TRACKING CHART

WEEK:_____

GOAL 1

ACTIVITIES:	POINT VALUE	EACH TIME COMPLETED	TOTAL POINTS

GOAL 2

ACTIVITIES:	POINT VALUE	EACH TIME COMPLETED	TOTAL POINTS

GOAL 3

ACTIVITIES:	POINT VALUE	EACH TIME COMPLETED	TOTAL POINTS

GOAL 4

ACTIVITIES:	POINT VALUE	EACH TIME COMPLETED	TOTAL POINTS

CLEAN EATING AND WEIGHT LOSS

Congratulations!

If you have gotten to this point in this workbook and you are ready to make some serious changes to your relationship with food and eating, **you win!**

Making the decision to make the change is the first really important step!

Bravo!

HERE ARE SOME ADDITIONAL RESOURCES TO HELP YOU ACHIEVE YOUR GOALS

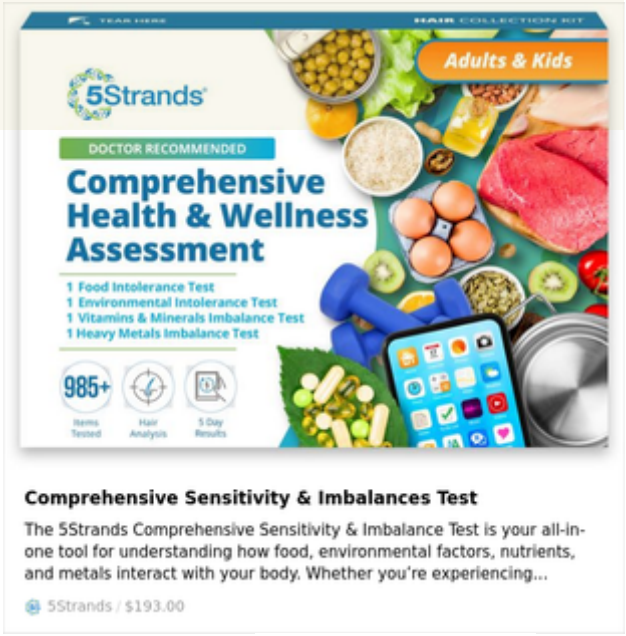
THESE ARE AFFILIATE LINKS TO WELLNESS PRODUCTS THAT I TAKE:

5 STRANDS

check this out

Figure Out Where You Are Now!

You send them 5 strands of hair, and they provide insights that identify the obstacles between you and your health and wellness goals. 5Strands is a holistic health and wellness company offering functional health assessments for individuals and pets, all from the comfort of your home. Discover personalized insights into how your body reacts to current dietary habits and lifestyle patterns. 5Strands helps you achieve your wellness objectives with ease and convenience.



FATTY 15

FATTY15 IS YOUR ESSENTIAL, ESSENTIAL FATTY ACID

20%OFF

C15:0 is an essential fatty acid that your body needs to stay healthy, especially as you age. Fatty15 is a science-backed, patented, award-winning, pure and vegan-friendly C15:0 supplement to support your long-term health and wellness.

Fatty15 promotes healthy metabolism, balanced immunity, and heart health. 2 out of 3 customers report near-term benefits, including calmer mood, deeper sleep or less snacking, within 6 weeks.

The supplement combinations I give my adult children!

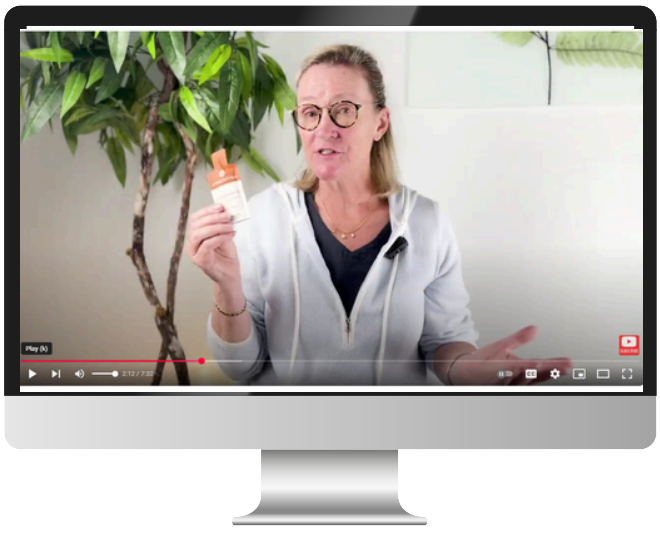
JUICE PLUS

LEARN MORE

Dehydrated, minced and encapsulated, Juice Plus helps us eat a giant selection of fruits, veggies and berries each day. We don't need tons of each nutrient each day, we just need to supply our body with nutrients daily. This is the easiest way that I have found to do just that.

Juice Plus+ Essentials Fruit, Vegetable, and Berry Blend Capsules are the most thoroughly researched nutritional products of their kind.

CYMBIOTIKA



click here!

WHERE DO WE GO FROM HERE?

Now that you understand the vital roles amino acids, minerals, vitamins, and whole foods play in your health, and the dangers hidden in processed supermarket staples, **it's time to step into your power**. You are no longer a passive participant in your health. **You're the decision-maker, the gatekeeper, and the protector of your body.**

Start by making each meal a choice rooted in love for your future self. Fill your plate with vibrant, living foods that fuel healing and resilience. Choose hydration, movement, and mindfulness over habits that deplete you. **Say no to toxins and yes to nourishment.**
Celebrate your wins... every clean meal, every label read, every healthy swap. They aren't small. They're proof that **you are becoming your own wellness warrior** empowered to make one choice at a time.

This isn't about perfection. It's about progress. About waking up and knowing you're taking charge of your health, not waiting for a doctor's appointment to fix what could have been prevented.

Say goodbye to sick care and hello to self-care. You have the knowledge. You have the tools. Now you have the mindset.
Let's turn that into momentum and rewrite your health story starting today.

You've got this!