

Caution when taking any supplements:

Please continue to visit and be treated by your healthcare professionals including, and without limitation, your physician. Please be sure to inquire about all nutritional supplements with your physician to make certain there are no contraindications with medications, etc. This supplement list is just a guide and is not acting in the capacity of a doctor, psychologist, or other licensed or registered professional. It is not providing health care or medical services and will not diagnose, treat, or cure in any manner whatsoever, any disease, condition, or other physical or mental ailment of the human body. The information received should not be seen as medical or nursing advice and is certainly not meant to take the place of seeing licensed health professionals. Many of these supplements, but not all, should not be taken when pregnant breast feeding. Please check with your doctor. If you have any adverse reaction to a supplement, discontinue using immediately.

Supplements-

The question often asked is if supplements are necessary, or if we can get everything we need to support our bodies through food. The answer is both yes and no. While it is possible to get nearly everything you need from food, it would take an inordinate amount of diligence, time, expense, and dedication to eat "perfectly clean" in order to fill in nutritional deficiencies and to give the body food-based cleansing that it needs daily to deal with the burdens of modern-day life.

Due to a myriad of factors like processed foods, environmental toxins, mental-emotional stressors, long-standing digestive disorders, genetic propensities for weaker organ/glandular systems, pharmaceuticals, hormones in the meat supply, genetically modified organisms (GMOs), and severely-depleted soil and so nutritional supplements are very important to advance one's health in the most effective manner. In other words, they help you feel better a lot faster by speeding up the pace of filling in nutritional deficiencies while also helping the body to pull out the excess chemicals and toxins that impede wellness. Multivitamins, fish oil, probiotics, and greens are the four most basic supplements. (Check with your doctor or healthcare practitioner before starting a supplement plan.)

When buying supplements, it is very important that you are careful in choosing reputable companies and I am not a fan of buying generic supplements in drug stores or large retail stores. Often times these companies cut corners in their production and they do not spend the money on necessary testing and good manufacturing practices.

About Metagenics

I am a huge advocate of Metagenics because of the incredible reputation they have with doctors and health practitioners around the entire nation.

Metagenics is known for not cutting corners. This company devotes the time and personnel to verify ingredient safety, ensure proper ingredient form/identity, and then test for purity and quality at multiple steps. This diligence makes a measurable difference in the way the products perform.

Cutting corners can have long-reaching health effects especially if a product contains the wrong ingredient form or potentially harmful contaminants or if the active ingredients aren't absorbed properly.

Metagenics starts with a formula designed with sound research and carefully monitors every stage of production to deliver a finished product that lives up to its scientific promise.

The result is a higher level of purity, safety, and quality for reliably effective use. In fact, Metagenics is one of the first companies in the industry to achieve three independent certifications for Good Manufacturing Practices (GMP) by world-leading arbiters. In many areas, they exceed these requirements with additional in-house testing and third-party assays by respected independent laboratories.

They have been forward thinking and a leader in this industry for over 30 years and the amount of money that they spend on scientific research and development is outstanding.

Note: You may all purchase your supplements for a discounted price on my website. You will receive **20% of OFF** your first order and **10% OFF** of any recurring orders and **FREE shipping** on all of your orders.

Once you log onto my website www.KellyJeanWellness.com, go to the **Programs and Services** where you will see the **Metagenics** Tab at the bottom. Once you log onto that page there will be specific instructions on how to order your products.

1. Multivitamins-

High-quality multivitamins are highly recommended. This will ensure that all of your bases are being covered. Even when the body is short of only one nutrient, it will not function optimally, and other systems will be compromised.

My two favorites are:

- **Metagenics- The Wellness Essentials- Women- (contains 30 packets)** Each once-daily packet contains: 2 PhytoMulti with Iron tablets, 2 EPA - DHA Extra Strength Lemon-Flavored softgels, and 2 Cal Apatite 1000 tablets.
 - Promotes healthy bone density with magnesium and purity-tested MCHC—a complex crystalline compound composed primarily of calcium, phosphorus, trace minerals, and bone growth factors.
 - Supports heart health, mood, and overall health with quality-guaranteed omega-3 fatty acids manufactured and third-party tested in Norway to ensure greater purity.
- **Metagenics- The Wellness Essentials- Prime- (contains 30 packets)** Each once-daily packet contains: 1 PhytoMulti™ tablet, 2 EPA - DHA Extra Strength Lemon-Flavored softgels, 2 Oстера tablets, and 2 Cal Apatite with Magnesium tablets.
 - Helps protect cells and maintain DNA stability with a proprietary blend of concentrated extracts and phytonutrients.
 - Promotes healthy bone density with magnesium and purity-tested MCHC—a complex crystalline compound composed primarily of calcium, phosphorus, trace minerals, and bone growth factors.
 - Supports healthy bone remodeling with key nutrients and selective kinase response modulators in the form of reduced iso-alpha acids (RIAA).
 - Supports heart health, mood, and overall health with quality-guaranteed omega-3 fatty acids manufactured and third-party tested in Norway to ensure greater purity.
- **Metagenics- Phyto Multi**
- **New Chapter- Every Woman's One Daily Multi**
- **New Chapter- Every Woman's One Daily 40+ Multi**

2. Omega 3 Fats- EPA and DHA

The body cannot produce its own omega-3 fatty acids, therefore, we must consume them from our diet. If you are not eating wild fatty fish three times a week, then it is highly recommended that you supplement. Omega-3s are needed for maintaining blood pressure (they thin the blood), regulating cholesterol, assisting with nerve transmission and weight loss, and for proper prostaglandin function (which regulates inflammation, pain and swelling). Sufficient omega-3 fatty acids are also thought to play a role in maintaining good cardiovascular health and Omega-3 fatty acids have also been linked with mitigating arthritis, depression, and intestinal inflammation.

A deficiency of Omega-3 fatty acids which is quite common, can result in fatigue, dry skin, cracked nails, thin and breakable hair, constipation, immune system malfunction, aching joints, depression, arthritis, and hormone imbalances. According to an Italian study, the additional benefits of fish oil include lessening the frequency and severity of hot flashes by 25 percent.

My favorites are:

Metagenics – The recommended dose would be anywhere from 500-1200 mg/Day or 2-3 soft gels a day.

- **OmegaGenics- EPA/DHA 720**
- **Omega Genics- Extra Strength Intercoated**
- **Omega Genics- 6:1 (for those of you with rheumatoid arthritis or severe inflammation)**

Other alternatives would be:

Health Food Stores:

New Chapter Wholemega, Carlson's Cod Liver Oil and Nordic Naturals' Omega LDL

Foods that are good sources of Omega 3's-

Flaxseed (freshly ground and must be kept refrigerated or will become rancid), fatty fish (especially salmon, bluefish, mackerel, sardines and anchovies), fish oil, organ meats, egg yolk and algae.

3. Probiotics

Probiotics are essential to maintain good digestive health. I recommend taking them at least a few times a year for three weeks at a time, or consistently if you have major gastrointestinal issues. They restore order and balance of good bacteria in the gut and crowd out the bad bacteria. They are an essential part of healthy immune function. There is a little known fact that probiotics have the power to improve our moods. This is because we produce more serotonin (the neurotransmitter responsible for our sense of well-being and satisfaction) in our guts than we do in our brains. This is the reason why many people who have digestive problems are also depressed. Taking a multi-strain probiotic, and not just acidophilus, is important.

Metagenics has some of the most effective line of probiotics in the nation. Metagenics is available at Fitness Elite for Women in San Clemente, Ca. or you can locate a practitioner in your area that carries it.

Below are the suggestions on which Metagenics probiotics to use according to a specific focus or symptoms:

- **Ultra Flora Intensive Care-** This formula is great to turn around constipation or for anyone with Irritable Bowel Syndrome (IBS)
- **Ultra Flora- Spectrum-** This formula has a variety of strands that both clear out the bad bacteria and fungus as well as restores the good.
- **Ultra Flora Acute Care-** This formulation is best used when travelling out of the U.S. or you may use it to counteract the effects of antibiotics.
- **Ultra Flora Balance-** This formulation is great for overall maintenance of healthy bacteria balance.

Note: Choosing probiotics in a health food store, PB 8 would be the better choice.

D-3 – Take a D3 supplement if you are not exposed to the sun on a regular basis or if you have tested deficient.

1,000-2000 IU's is the recommended dosage. The best time to take it is at night before bed with a little food.

Foods that provide vitamin D that I recommend: Fatty fish, like mackerel, and salmon. Also beef liver and egg yolks.

Magnesium Glycinate- This is the most absorbable for to take it in. Most people are deficient in magnesium however, it is important not to take too much. The recommendation would be to take 200mg. at night for 2 weeks then cut down to taking it 3 times a week.

Magnesium. Up to 80 percent of Americans are deficient in magnesium, which is very difficult to measure with a blood test. Magnesium guides a large number of important physiological functions, including creation of ATP, the pumping of your heart, proper bone and tooth formation, relaxation of your blood vessels, and proper bowel function

Magnesium has been shown to benefit your blood pressure and help prevent sudden cardiac arrest, heart attack, and stroke

Foods High in Magnesium:

One of the best ways to optimize your magnesium level is by consuming plenty of organic green leafy vegetables, nuts and seeds. Foods with exceptionally high magnesium content include seaweed, coriander, pumpkin seeds, unsweetened cocoa powder, and almond butter.

Vitamin C- Recommended dose would be 1000 mg/day

I recommend getting your vitamin C from Camu powder a powerful food based source. Camu powder can be found in all health food stores. Simply use 1 tsp. a day. Add it to your smoothie or a glass of water.

Foods high in Vitamin C: include broccoli, bell peppers, parsley, Brussels sprouts, cauliflower, lemon juice, strawberries, mustard greens, kiwifruit, papaya, kale, cabbage, romaine lettuce, turnip greens, oranges, cantaloupe, summer squash, grapefruit, pineapple, chard, tomatoes, collard greens.

4. Greens

Greens are your supplement for cellular cleansing and detoxification. Greens supplements provide the type of greens you wouldn't normally eat, like spirulina, chlorella, barley grass, and wheat grass. They also contain a high dose of food-based antioxidants to clean up environmental damage and toxins (free radicals). Greens will work synergistically with the rest of your plan and will help shift your biochemistry more quickly so you start actually CRAVING the good stuff. The following are some of the most popular for quality: Vitamineral Green or Garden of Life Perfect Food (found in health food stores or online) and Orthomolecular's Deeper Greens and Premier Research Lab's Greens Caps (online).

Additional Supplement Recommendations (Bonus/Customizations)

Do your best not to take any more than five different kinds of supplements at any given time. The more you heal through diet and lifestyle, the less supplements you will need.

Digestion

Digestive Enzymes (1-2 with each main meal)

Enzymes help us digest our food faster and easier, giving us more nutrients from our food and more energy.

They are helpful for poor absorption and to decrease gas, bloating, and constipation. However, consider them a band aid to use for the short-term while you are figuring out and/or healing the root cause of the digestive upset (yeast, mold, parasites, leaky gut, or food sensitivities). You ultimately want your body to be able to produce these enzymes on its own.

My favorites are:

Bio Set- Digestion (available at Fitness Elite in San Clemente, Ca.)

Metagenics Metagest-(available at Fitness Elite in San Clemente, Ca.) HCL and Pepsin (natural stomach acids) helps with the digestion of proteins specifically.

Metagenics Metazyme- Metazyme is plant based and features a complement of naturally occurring enzymes that support healthy digestion. Provides nutritional support for healthy digestion. Supplies enzymes to support the breakdown of carbohydrate, protein, fat, and plant cellulose.

Enzymes from the health food stores: Enzymedica's Digest Gold or Garden of Life Q-zyme

Constipation - As you go through the menopause, your body undergoes hormonal changes, and these can have unexpected effects on the rest of your body, including your digestive system.

The hormone oestrogen has a direct impact on the hormone cortisol, also known as the stress hormone. When the level of oestrogen is high, cortisol is low, keeping your blood sugar and pressure at the appropriate reading. However, as you go through the menopause, the level of oestrogen in your body decreases, meaning that cortisol is not kept in check.

Adrenalin can easily be triggered in the body when the calming influence of oestrogen is missing. This switches digestive function off, and when the digestive system is not working at its optimum level, a range of digestive problems can arise.

Gas can build up, causing bloating; food can pass through without being fully broken down, causing constipation; acid can break down the mucous lining of the stomach wall, causing abdominal pain or indigestion.

Actions You Can Take:

Drink 16 oz. of water with the juice of a whole lemon first thing in the morning upon rising and before you eat anything. This will both stimulate digestion and flush out the excess acid stored in your stomach.

Chew your food – chewing is the start of the digestive process.

Give yourself time to eat – eating on the go is bad for your digestive system because energy is diverted from digestion.

Think about what you eat – some foods are easier for your digestive system to break down than others. Stimulants such as caffeine, alcohol and refined sugar will just add to the strain on your digestion as well as on your nervous system

Stay hydrated- – this is important for general health and will help moisten your intestines.

Take enzymes to help digest your food-

Utilize Probiotics- – these increase the amount of good bacteria in the gut in order to improve digestion.

-Metagenics Ultra Flora Intensive Care (probiotic)- this would be my first choice for relieving constipation

-Organic Whole Leaf Aloe Vera Juice – by Lakewood- 4 oz. in water before bed. See remedies PDF

-1 teaspoon of Ghee in warm water before bed(clarified butter)

-Planetary Herbals Triphala (3-4 tablets before bed)- is a combination of three different Indian fruits which work to moisten and nourish the lining of the intestines while gently detoxifying old matter. Triphala is safe enough to keep taking for two to three months for slow cleansing. I suggest Planetary Herbals (online).

For relief of just occasional constipation, use Smooth Move tea by Traditional Medicinals (only use for a week).

Insomnia- Insomnia can be a result of both physiological and emotional reasons. There are many possible factors and my suggestion is to spend some time reflecting on your evening habits, your feelings about specific areas of your life and your physical health.

If you are experiencing insomnia, I strongly urge you to eliminate all caffeinated beverages after 10a.m in the morning. In peri-menopause and menopause, our hormones are already going through incredible changes. When we drink caffeine, it spikes our adrenaline and cortisol levels. Any spiking of the cortisol that occurs even as early as the morning will carry on well into the hours of your sleep. This will cause that “tired but wired” feeling. This has traumatic effects on our health, burns down our nutrients, increases hot flashes and mood swings and causes accelerated aging.

Actions for Better Sleep:

- Avoid using all electronics 30 minutes before bed
- Only watch uplifting television programs,
- Write down all of your tasks that seem to suddenly appear in your mind right when your head hits the pillow.
- No television in the bedroom
- Meditate for 5-10 minutes before bed
- Perform 15-20 minutes of deep stretching before bed
- Make sure that your room is dark and quiet

Below are some other possible natural supplements and/or remedies that may help. Only take supplements for a short period of time with the intention of restoring your sleep rhythms and allowing the body to naturally fall to sleep.

Metagenic’s Benesom- Benesom contains magnesium, calcium, valerian, hops, Chinese skullcap, lemon balm, passion flower and a small amount of melatonin. It is formulated to promote a restful, relaxed state and relieve occasional sleeplessness by beneficially modulating the metabolism of melatonin and promoting relaxation. The suggested dose is 2 tablets one hour before bedtime.

Hot Flashes- Think of your hot flashes as a detox of anything old that needs to be burned up such as, self-limiting beliefs, erroneous thoughts, stresses, ego attachments. Allow these to be burned up in the inner fires of transformation.

It is also very likely that once you dial in your nutrition, exercise, supplements and spiritual connection to yourself and to life, these hot flashes will lessen and perhaps disappear.

If your hot flashes and other menopausal symptoms are severe and you really want some relief then you may want to try the following formulation:

Metagenics Estrovera- Up to 83% Reduction in Menopausal Symptoms.

Estrovera, featuring ERr 731, provides safe, natural menopausal hot flash relief that performs as well as low-dose hormone therapy. Safety and effectiveness have been demonstrated in long-term clinical studies and it has been shown to significantly reduce multiple menopausal symptoms.

Clinically Proven:

Estrovera, featuring ERr 731, has been safely used for over 20 years and is supported by unprecedented scientific validation. Estrovera provides relief for multiple menopausal symptoms, including hot flashes, sleep disturbances, mood swings, irritability, anxiety, and sexual problems.

NOTICE: Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools or abdominal pain because rhubarb may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea.

Clinically shown to dramatically reduce the number of daily menopausal hot flashes.

Clinically demonstrated to relieve a wide range of other menopausal symptoms including:

Sleep disturbances

Depressive mood, irritability, and anxiety

Physical and emotional exhaustion

Joint and muscle complaint

Urinary tract symptoms

Vaginal dryness Excellent safety profile supported by 2 years of clinical testing in perimenopausal women.

Disclaimer:

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