

FOR EDUCATIONAL PURPOSES ONLY: NOT A RECOMMENDATION, NOT MEDICAL ADVICE, DO YOU OWN RESEARCH, GET EDUCATED!

## Supplements/Health 4-14-2026

### Supplements

Warning many/most supplements are worthless and don't contain what they say, do your research.

**Donotages.com** products, *GREAT products overall, all Lab tested for purity, some of the best I have found.*

### My Daily Morning Drink Ingredients

Brians FULL Lemon Morning drink morning for energy, muscle, detox, added supplements **see recipe** below.

**Fairchild's** - Organic Raw & Unfiltered Apple Cider Vinegar

1 tablespoons

[https://www.amazon.com/gp/product/B0BC6ZBD7M/ref=ppx\\_yo\\_dt\\_b\\_search\\_asin\\_title?ie=UTF8&psc=1](https://www.amazon.com/gp/product/B0BC6ZBD7M/ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&psc=1)

**Good State** - Natural Ionic Liquid Boron

1/2 cap full morning in drink

[https://www.amazon.com/gp/product/B018EYILMW/ref=ppx\\_yo\\_dt\\_b\\_search\\_asin\\_title?ie=UTF8&psc=1](https://www.amazon.com/gp/product/B018EYILMW/ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&psc=1)

Product Benefits Ionic boron is an essential mineral supplement for optimal mind and body functioning. Promote focus and memory, along with bone, muscle, joint and skin health.

**5% LUGOLS IODINE SOLUTION DROPS THYROID SUPPORT SUPPLEMENT** for Thyroid Support

1 drops morning in drink

<https://www.lugolsnaturals.com/products/lugols-solution-5>

Product Benefits Thyroid Support - Naturally supports thyroid and hormone balance

#### **EDUCATION**

<https://www.youtube.com/watch?v=vRq67gUoXyM>

<https://www.youtube.com/watch?v=Oix26uuBfZg>

**Keppi Keto Electrolytes Powder**

1 ½ scoop morning drink

[https://www.amazon.com/gp/product/B07XQ61Y2Y/ref=ppx\\_yo\\_dt\\_b\\_search\\_asin\\_title?ie=UTF8&psc=1](https://www.amazon.com/gp/product/B07XQ61Y2Y/ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&psc=1)

Product Benefits No Sugar or Carbs, Advanced Hydration, Performance & Recovery

**Nutricost Glycine (GLY)**

1 scoop morning drink 3 grams

[https://www.amazon.com/dp/B09F83CPX8?psc=1&ref=ppx\\_yo2ov\\_dt\\_b\\_product\\_details](https://www.amazon.com/dp/B09F83CPX8?psc=1&ref=ppx_yo2ov_dt_b_product_details)

Product Benefits Liver and Body Detox, Kidney Support, Brain, Nervous System, and Stress Reduction

#### **EDUCATION**

<https://www.youtube.com/watch?v=EvX6ivegQRE>

<https://www.youtube.com/watch?v=XR7iVMo4nWc>

**Nutricost N-Acetyl L-Cysteine (NAC)**

2.5 scoops morning drink 3 grams

[https://www.amazon.com/dp/B07BK9Y65P?ref=ppx\\_yo2ov\\_dt\\_b\\_product\\_details&th=1](https://www.amazon.com/dp/B07BK9Y65P?ref=ppx_yo2ov_dt_b_product_details&th=1)

Product Benefits NAC helps replenish glutathione, arguably your body's most powerful antioxidant.

**Bulk Supplements L-Citrulline Powder**

1 teaspoon morning drink

[https://www.amazon.com/dp/B00NBCVVW0?ref=ppx\\_yo2ov\\_dt\\_b\\_fed\\_asin\\_title](https://www.amazon.com/dp/B00NBCVVW0?ref=ppx_yo2ov_dt_b_fed_asin_title)

**Vital Proteins Collagen Peptides, Unflavored**

1 scoop morning or 2 big tablespoons

<https://www.costco.com/Vital-Proteins-Collagen-Peptides,-Unflavored,-1.5-lbs.product.1303463.html>

**Acerola Powder** Perfect Supplements Acerola Powder 100% Pure Acerola Cherry, Vitamin C (Whole Food Vitamins)

1/2 teaspoon

[https://www.amazon.com/gp/product/B09KJHY5FN/ref=ox\\_sc\\_act\\_image\\_1?smid=A3077ZB2LWZZWN&psc=1](https://www.amazon.com/gp/product/B09KJHY5FN/ref=ox_sc_act_image_1?smid=A3077ZB2LWZZWN&psc=1)

<https://youtu.be/sNyvTjWzq2c?si=9lqpUPUUNSRirgOm>

**KOYAH - Organic Maqui Berry Powder**

1 scoops morning dink

[https://www.amazon.com/dp/B0BNJPV4VT?ref=ppx\\_yo2ov\\_dt\\_b\\_fed\\_asin\\_title](https://www.amazon.com/dp/B0BNJPV4VT?ref=ppx_yo2ov_dt_b_fed_asin_title)

**LEGION Micronized Creatine Monohydrate Supplement**

1 scoops morning drink

[https://www.amazon.com/dp/B0D64HBCQF?ref=ppx\\_hzsearch\\_conn\\_dt\\_b\\_fed\\_asin\\_title\\_1&th=1](https://www.amazon.com/dp/B0D64HBCQF?ref=ppx_hzsearch_conn_dt_b_fed_asin_title_1&th=1)

FOR EDUCATIONAL PURPOSES ONLY

## Whole Lemon 5X the Nutrients Fat Burning/Energy Booster/Mega Healthy/Detox 08/4/25



### Makes "2" Drinks

**1 Full Lemon, the whole lemon not just the juice**

1 oz Fairchild's Apple Cider Vinegar "2 tablespoons"

2 cups water

Blend for 1 minute/Nutribullet works the best!

2 -24 OZ glasses

Add 2 cup of ice per glass

Add Blended Lemon Mix to ice after blended

Add more water if needed to your liking

Drink one morning or more often.

**Additional supplements:** I add to my morning drink, depending on your supplement stack and exercise

**Good State** - Natural Ionic Liquid Boron

1 cap full morning in drink

[https://www.amazon.com/gp/product/B018EYILMW/ref=ppx\\_yo\\_dt\\_b\\_search\\_asin\\_title?ie=UTF8&psc=1](https://www.amazon.com/gp/product/B018EYILMW/ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&psc=1)

Product Benefits Ionic boron is an essential mineral supplement for optimal mind and body functioning. Promote focus and memory, along with bone, muscle, joint and skin health.

**5% LUGOLS IODINE SOLUTION DROPS THYROID SUPPORT SUPPLEMENT** for Thyroid Support

<https://www.lugolsnaturals.com/products/lugols-solution-5>

2 drops morning in drink

Product Benefits Thyroid Support - Naturally supports thyroid and hormone balance

**Keppi Keto Electrolytes Powder**

2 scoop morning drink

[https://www.amazon.com/gp/product/B07XQ61Y2Y/ref=ppx\\_yo\\_dt\\_b\\_search\\_asin\\_title?ie=UTF8&psc=1](https://www.amazon.com/gp/product/B07XQ61Y2Y/ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&psc=1)

Product Benefits No Sugar or Carbs, Advanced Hydration, Performance & Recovery

**Nutricost Glycine (GLY)**

2 scoop morning drink 3 grams

[https://www.amazon.com/dp/B09F83CPX8?psc=1&ref=ppx\\_yo2ov\\_dt\\_b\\_product\\_details](https://www.amazon.com/dp/B09F83CPX8?psc=1&ref=ppx_yo2ov_dt_b_product_details)

Product Benefits Liver and Body Detox, Kidney Support, Brain, Nervous System, and Stress Reduction

<https://www.youtube.com/watch?v=EvX6ivegQRE>

<https://www.youtube.com/watch?v=XR7iVMo4nWc>

**Nutricost N-Acetyl L-Cysteine (NAC)**

4 scoops morning drink 3 grams

[https://www.amazon.com/dp/B07BK9Y65P?ref=ppx\\_yo2ov\\_dt\\_b\\_product\\_details&th=1](https://www.amazon.com/dp/B07BK9Y65P?ref=ppx_yo2ov_dt_b_product_details&th=1)

Product Benefits NAC helps replenish glutathione, arguably your body's most powerful antioxidant.

**Bulk Supplements L-Citrulline Powder**

2 teaspoon morning drink

[https://www.amazon.com/dp/B00NBCVVW0?ref=ppx\\_yo2ov\\_dt\\_b\\_fed\\_asin\\_title](https://www.amazon.com/dp/B00NBCVVW0?ref=ppx_yo2ov_dt_b_fed_asin_title)

**Vital Proteins Collagen Peptides, Unflavored**

2 scoop morning or 4 big tablespoons

<https://www.costco.com/Vital-Proteins-Collagen-Peptides,-Unflavored,-1.5-lbs.product.1303463.html>

**Acerola Powder** Perfect Supplements Acerola Powder 100% Pure Acerola Cherry, Vitamin C (Whole Food Vitamins)

1 teaspoon

[https://www.amazon.com/gp/product/B09KJHY5FN/ref=ox\\_sc\\_act\\_image\\_1?smid=A3077ZB2LWZZWN&psc=1](https://www.amazon.com/gp/product/B09KJHY5FN/ref=ox_sc_act_image_1?smid=A3077ZB2LWZZWN&psc=1)

**KOYAH - Organic Maqui Berry Powder**

2 scoops morning drink

[https://www.amazon.com/dp/B0BNJPV4VT?ref=ppx\\_yo2ov\\_dt\\_b\\_fed\\_asin\\_title](https://www.amazon.com/dp/B0BNJPV4VT?ref=ppx_yo2ov_dt_b_fed_asin_title)

**LEGION Micronized Creatine Monohydrate Supplement**

2 scoops morning drink

[https://www.amazon.com/dp/B0D64HBCQF?ref=ppx\\_hzsearch\\_conn\\_dt\\_b\\_fed\\_asin\\_title\\_1&th=1](https://www.amazon.com/dp/B0D64HBCQF?ref=ppx_hzsearch_conn_dt_b_fed_asin_title_1&th=1)

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## My Daily Supplements Stack “I Cycle off most supplements on weekends”

**MANY supplements are fat soluble, not water soluble, so take with food, like Full Fat Yogurt or you lose benefit**

### Whole Food Vitamins vs Synthetic Vitamins benefits

<https://www.perplexity.ai/search/whole-food-vs-synthetic-vitami-ntAw3gxBQKWAqMGtU6Q9Hg#0>

#### 1. Integrative Therapeutics Theracurmin HP - High Absorption Turmeric & Curcumin Supplement

2 pills morning, with food

[https://www.amazon.com/gp/product/B0765DHTVL/ref=sw\\_img\\_1?smid=A2EJCTH67GJMT3&th=1](https://www.amazon.com/gp/product/B0765DHTVL/ref=sw_img_1?smid=A2EJCTH67GJMT3&th=1)

Product Benefits HEALTHY INFLAMMATION RESPONSE AND JOINT HEALTH, - 27x More Bioavailable

#### EDUCATION

1. <https://www.healthline.com/nutrition/top-10-evidence-based-health-benefits-of-turmeric>
2. <https://www.youtube.com/watch?v=Rn7-ZHHjD8I&t=130s>

#### 2. Nordic Naturals Omega-3, Lemon Flavor - 16 oz - 1560 mg Omega-3 - Fish Oil - EPA & DHA -

1 teaspoon morning, 1 teaspoon dinner

[https://www.amazon.com/dp/B002WTCLHC?psc=1&smid=AD4JTYB7A7HOQ&ref=chk\\_typ\\_imgToDp](https://www.amazon.com/dp/B002WTCLHC?psc=1&smid=AD4JTYB7A7HOQ&ref=chk_typ_imgToDp)

Product Benefits Immune Support, Brain & Heart Health, Optimal Wellness

#### EDUCATION

1. <https://www.youtube.com/watch?v=Cim6pC32IBU>
2. [https://www.healthline.com/nutrition/17-health-benefits-of-omega-3#TOC\\_TITLE\\_HDR\\_11](https://www.healthline.com/nutrition/17-health-benefits-of-omega-3#TOC_TITLE_HDR_11)
3. <https://www.youtube.com/watch?v=78KWea7vx7M>
4. <https://www.youtube.com/watch?v=0VBtBRpww4g>

#### 3. Mother Nature Black Seed Oil

1 teaspoon morning 1 teaspoon night

[https://www.amazon.com/dp/B07XYDX7XG?ref=ppx\\_hzsearch\\_conn\\_dt\\_b\\_fed\\_asin\\_title\\_1](https://www.amazon.com/dp/B07XYDX7XG?ref=ppx_hzsearch_conn_dt_b_fed_asin_title_1)

Product Benefits Anti-Inflammatory, reduce blood sugar, reduce blood pressure, skin and hair, heart health

#### EDUCATION

1. <https://www.youtube.com/watch?v=7Nxn-rCA1Y4>

#### 4. Sugar MD Super Berberine 250mg

1 pill morning before meal, 1 pill night before meal

<https://sugarmds.com/product/sugarmd-super-berberine-dhb-and-ceylon-cinnamon-60-capsules>

Product Benefits Blood Sugar and Lipid Support, anti-inflammatory, antibacterial, and antimicrobial, plus it can help the immune system and can be used for conditions such as diabetes and heart disease, Super Berberine, May be 5X More Effective Than Berberine with Less Side Effects

#### EDUCATION

1. <https://www.youtube.com/watch?v=QX6gCRJZ0dk>
2. <https://www.healthline.com/nutrition/berberine-powerful-supplement>
3. <https://www.youtube.com/watch?v=8k0UORw5rvY>
4. <https://www.youtube.com/watch?v=ZRArHoZueEI>

#### 5. Sugar MD Glucose Support

2 pills before each meal

<https://sugarmds.com/product/sugarmd-advanced-glucose-support-new-improved-formula>

#### 6. Garden of Life Vitamin B Complex - Vitamin Code Raw B Complex (Whole Food Vitamins)

1 pill morning

[https://www.amazon.com/dp/B0098U0SQO?ref=ppx\\_yo2ov\\_dt\\_b\\_fed\\_asin\\_title&th=1](https://www.amazon.com/dp/B0098U0SQO?ref=ppx_yo2ov_dt_b_fed_asin_title&th=1)

Product Benefits Support Red Blood Cell Growth, Neurological and Psychological Health, Cardiovascular Health, Energy Levels, and Eyesight

#### 7. Dr. Berg Vitamin D3 K2 w/MCT Powder - Includes 10,000 IU of Vitamin D3, 100 mcg MK7 Vitamin K2,

1 pills morning, take with food for absorption

[https://www.amazon.com/gp/product/B06WRNG37C/ref=ppx\\_yo\\_dt\\_b\\_asin\\_title\\_o00\\_s00?ie=UTF8&th=1](https://www.amazon.com/gp/product/B06WRNG37C/ref=ppx_yo_dt_b_asin_title_o00_s00?ie=UTF8&th=1) Product

Benefits Strong bones & healthy heart

#### EDUCATION

1. <https://www.youtube.com/watch?v=uBqNYt6oGCc>

2. <https://www.youtube.com/watch?v=iotnggfP9Yk>
3. <https://www.healthline.com/health/food-nutrition/benefits-vitamin-d>
4. <https://www.youtube.com/watch?v=hsnLi4RqP1w&t=694s>

### 8. Pure Encapsulations Magnesium (glycinate) Supplement

[https://www.amazon.com/gp/product/B0017HYB2I/ref=ppx\\_yo\\_dt\\_b\\_search\\_asin\\_title?ie=UTF8&psc=1](https://www.amazon.com/gp/product/B0017HYB2I/ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&psc=1)

2 pill morning

Product Benefits neuromuscular contractions, cardiac function, helps the metabolism and utilization of vitamin B6, vitamin C, vitamin E, metabolism of carbs and amino acids; supports energy production and use of calcium, phosphorus, sodium, and potassium.

#### EDUCATION

1. <https://www.youtube.com/watch?v=JtahmxKjfKs>
2. <https://www.youtube.com/watch?v=Z4ohSzChglI>
3. <https://www.healthline.com/nutrition/magnesium-supplements#basics>
4. <https://www.youtube.com/watch?v=G8FhKbsGhWU>

### 9. Nature's Bounty Zinc 50mg

1/2 pill morning 25mg

Product Benefits Immune Support & Antioxidant Supplement, Promotes Skin Health

[https://www.amazon.com/gp/product/B08YLTCDTN/ref=ppx\\_yo\\_dt\\_b\\_search\\_asin\\_title?ie=UTF8&th=1](https://www.amazon.com/gp/product/B08YLTCDTN/ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&th=1)

### 10. NUTREX HAWAII BioAstin Hawaiian Astaxanthin - 12mg

1 pill morning

[https://www.amazon.com/gp/product/B097F68J43/ref=ppx\\_yo\\_dt\\_b\\_asin\\_title\\_o00\\_s00?ie=UTF8&psc=1](https://www.amazon.com/gp/product/B097F68J43/ref=ppx_yo_dt_b_asin_title_o00_s00?ie=UTF8&psc=1)

#### EDUCATION

1. <https://www.youtube.com/watch?v=h3xndciLidM>
2. <https://www.healthline.com/health/health-claims-astaxanthin>
3. <https://www.webmd.com/diet/health-benefits-astaxanthin>
4. <https://www.youtube.com/watch?v=nJ0HOIVAYM8&t=57s>

### 11. DoNotAge.org Pure Hyaluronic Acid

1 pill morning

Benefits Dry skin, reducing appearance of fine lines and wrinkles, Speeding up wound healing, joint pain

#### EDUCATION

1. <https://www.healthline.com/nutrition/hyaluronic-acid-benefits>
2. [https://www.youtube.com/watch?v=Ap\\_VnNtvTQw](https://www.youtube.com/watch?v=Ap_VnNtvTQw)

### 12. DoNotAge.org CoQ10

2 pills morning

#### EDUCATION

1. [https://www.perplexity.ai/search/how-much-coq10-daily-recommend-QF9d4rvkRWSaa9jVFW\\_hPQ#1](https://www.perplexity.ai/search/how-much-coq10-daily-recommend-QF9d4rvkRWSaa9jVFW_hPQ#1)
2. <https://www.healthline.com/nutrition/coenzyme-q10>

### 13. Life Extension Advanced Milk Thistle - With Silybin, Phosphatidylcholine and other Phospholipid

1 pill morning

[https://www.amazon.com/dp/B00XIN1DF2?ref\\_=ppx\\_hzsearch\\_conn\\_dt\\_b\\_fed\\_asin\\_title\\_1](https://www.amazon.com/dp/B00XIN1DF2?ref_=ppx_hzsearch_conn_dt_b_fed_asin_title_1)

Preventative liver cleanse

#### EDUCATION

1. <https://www.perplexity.ai/search/milk-thistle-for-humans-benefi-dJeUt1OhRnehdtVOpDtd1w#0>
2. <https://www.healthline.com/nutrition/milk-thistle-benefits>
3. <https://www.youtube.com/watch?v=ADA6ZLzstoc>

### 14. Nattokinase

2 pills morning take on empty stomach

[https://www.amazon.com/dp/B00FKT9XTU?ref=ppx\\_yo2ov\\_dt\\_b\\_fed\\_asin\\_title&th=1](https://www.amazon.com/dp/B00FKT9XTU?ref=ppx_yo2ov_dt_b_fed_asin_title&th=1)

Blood viscosity, healthy cardiovascular system, Plaque buildup

#### EDUCATION

1. <https://www.youtube.com/watch?v=3-PAtr2hjVg>
2. <https://www.youtube.com/watch?v=8GkMF5ku73o&t=24s>
3. [https://youtu.be/x0Umqu0Z0OY?si=hV3W\\_PyOMcRjIF\\_C](https://youtu.be/x0Umqu0Z0OY?si=hV3W_PyOMcRjIF_C)
4. <https://www.youtube.com/watch?v=fujDgldUQWc>
5. <https://www.youtube.com/watch?v=3-PAtr2hjVg&t=18s>

### **15. Timeline Mitopure Urolithin A**

2 pills morning

[www.Timeline.com](http://www.Timeline.com)

#### **EDUCATION**

1. <https://x.com/i/grok/share/51EgRRCR91wTQNPwjXkkQNiLjk>
2. <https://youtu.be/2G6PtHyB72g?si=GEu3jFXsWXNYw1f2>
3. <https://www.youtube.com/watch?v=mYSpdMjkdMM>

### **16. 5% LUGOLS IODINE SOLUTION DROPS THYROID SUPPORT SUPPLEMENT**

1 drops morning in drink

<https://www.lugolnaturals.com/products/lugols-solution-5>

Product Benefits Thyroid Support - Naturally supports thyroid and hormone balance

#### **EDUCATION**

<https://www.youtube.com/watch?v=vRg67gUoXyM>

<https://www.youtube.com/watch?v=Oix26uuBfZg>

### **17. MCT OIL C8 Natural Force Organic Pure C8 MCT Oil**

1 tablespoon morning

[https://www.amazon.com/dp/B07XTZRXCXV?ref=ppx\\_yo2ov\\_dt\\_b\\_fed\\_asin\\_title&th=1](https://www.amazon.com/dp/B07XTZRXCXV?ref=ppx_yo2ov_dt_b_fed_asin_title&th=1)

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# My Health, Exercise and EXTRAS: Daily, Weekly, Scheduled or Yearly

## Fasting/Eating

I eat a carnivore/ketogenic nutrition plan, I don't count calories, I eat until I am full. 85 to 90% of my daily calories are from protein, high quality beef, chicken, fish, pork, eggs. The remainder of my nutrition is the correct vegetables and correct fruit that are low glycemic. I stay away from all processed foods, bread, sugar, seed oils etc.

Can you cheat occasionally, yes.

Do I occasionally cheat, have a drink a few times a week, an occasional dessert on vacation with my wife, but 95+ percent of the time, high quality food and stick to the nutrition plan above.

## Fasting

1. I time fast throughout the week.
2. Monday Wednesday and Friday are my weight workout days I eat four to six eggs for breakfast for the protein.
3. Tuesday I will have one meal, dinner so I have a 24 hour fast.
4. Thursday and Saturday and Sunday I will have only two meals a day, lunch and dinner so I have an 18-hour time fast those days.
5. I do not snack throughout the day or between meals.
6. I am never hungry or starving. If you're hungry and starving between meals that means you are loaded up on sugar and carbs from years of bad eating and abuse to your body. After a week of two of eating in the above manner and time fasting that will pass, you will feel incredible.
7. You will lose weight without trying if you eat this way and get healthy.
  - a. <https://www.youtube.com/watch?v=Yy3Nff7g8TM>
  - b. <https://www.youtube.com/shorts/7Qdhu4hztY>
  - c. <https://www.youtube.com/watch?v=vhmtoAYVRS0>

## Beef and Chicken Broth, Kettle and Fire

Broth great to use if you're doing fasting or nutritional, high protein, low calorie, incorporate with fasting

[https://www.amazon.com/dp/B085JRKHGL?ref=ppx\\_yo2ov\\_dt\\_b\\_fed\\_asin\\_title&th=](https://www.amazon.com/dp/B085JRKHGL?ref=ppx_yo2ov_dt_b_fed_asin_title&th=)

## Weight Training, a must for everyone

1. For Muscle - I do a **HIIT** program, High Intensity Interval Training, FULL body 3 days a week M W F 20 minutes, no rest between sets, 1 set per exercise, 8 to 12 different exercises to failure. A HIIT training program if done correctly is cardio at the same time.
2. Walk 1 to 2 miles a day, 5 to 7 days a week with a weighed vest 30lb, I have dogs, you could walk more, walking is Great, weighted vest added is even better, multiples benefit.
3. For Fat Burning - I have a Street Strider; StreeStrider.com I do a **ReHit** 3 times a week is all you need takes 6 to 8 minutes. ReHit is for VO2 max and fat burning. The StreetStrider, **I would say this is the BEST all body fitness machine** I have ever done or had. **No impact on joints and very full body effective.**

## Protein Supplement/Powder, Protein Needs

**EXTRA, FOR PROTEIN POWDER NEEDS, this is one of the best on the market and is not dairy based**

**\*\*This is an Extra, add to morning drink or just use by itself, EXCELLENT source of Protein for workouts or meal replacement**

**Protein Powder, Equip Foods Prime Protein - Grass Fed Beef Protein Powder**

1 scoop, for a workout drink great protein as needed pre or post workout

[https://www.amazon.com/gp/product/B013MRPPL6/ref=ppx\\_yo\\_dt\\_b\\_search\\_asin\\_title?ie=UTF8&psc=1](https://www.amazon.com/gp/product/B013MRPPL6/ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&psc=1)

## HBOT Hyperbaric Oxygen Therapy

Scheduled Protocol:

Starting protocol 3 months 90 day protocol to start, 5 days on 2 days off, 2 atm, 100% oxygen.

Maintenance protocol, 3 times a year, 1 month 30 day protocol, 5 days on 2 days off.

I personally have a model HE5000 2ATA

<https://www.macypan.com/products/hard-hbot-5-people-he5000/>

<https://www.youtube.com/watch?v=7Rx9GKo45Xo&t=542s>

<https://www.youtube.com/watch?v=E64iSIVl7Pg&t=10s>

[https://www.youtube.com/watch?v=30zap\\_9EB9E](https://www.youtube.com/watch?v=30zap_9EB9E)

[https://www.youtube.com/watch?v=30zap\\_9EB9E](https://www.youtube.com/watch?v=30zap_9EB9E)

<https://scitechdaily.com/holy-grail-hyperbaric-oxygen-treatments-reverse-aging-process-in-first-clinical-trial/>

<https://english.tau.ac.il/news/hyper-baricoxygen-therapy>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9156818/#:~:text=One%20specific%20emerging,%5B%20194%20%5D>

<https://www.youtube.com/watch?v=uaZNFwB9pxg&t=464s>

<https://www.youtube.com/watch?v=uaZNFwB9pxg>

Clinic in Israel

<https://aviv-clinics.com>

<https://www.youtube.com/watch?v=uaZNFwB9pxg>

**Hyperbaric oxygen therapy for dogs HBOT**

<https://www.youtube.com/watch?v=51W3FuEQK04>

## Dry Sauna

Schedule 3 to 5 days a week for 20 minutes, 175 min to 200 max degrees, I set the sauna at 185. I positioned my sauna thermostat mid chest.

I personally own this Sauna

<https://havenofheat.com/collections/outdoor-saunas/products/saunalife-1-2-person-4-2-long-outdoor-traditional-cube-sauna-model-cl3g>

SaunaLife 2 Person 4.2' Long Outdoor Traditional Cube Sauna | Model CL3G

The HUUM DROP 4.5kW heater, heats to 230 degrees

<https://youtu.be/kiUM92VDI1Y?si=sb8rjM-paX6wMtu3>

[https://youtu.be/serJmA0YFD0?si=LpjL8V4I\\_-Gsiive](https://youtu.be/serJmA0YFD0?si=LpjL8V4I_-Gsiive)

<https://youtu.be/coaTPhfw8Q?si=Byc34I7aOHDX9qpA>

<https://www.youtube.com/watch?v=9RB3sgq3V7c>

## Red Light/Near Infrared Light Therapy

Schedule 5 days a week, 10 minutes front side and 10 minutes back side

I personally own a 4-panel system

<https://mitoredlight.com>

<https://www.youtube.com/watch?v=aMLso7-yRUc>

## Vibration Plate

Schedule 5 days a week ,10 minutes or more, **DONE at same time standing in front of Red-Light Panel**

I personally have this machine

[https://www.amazon.com/gp/product/B085WBB48B/ref=ppx\\_yo\\_dt\\_b\\_search\\_asin\\_title?ie=UTF8&psc=1](https://www.amazon.com/gp/product/B085WBB48B/ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&psc=1)

<https://www.mayoclinic.org/healthy-lifestyle/fitness/expert-answers/whole-body-vibration/faq-20057958>

## PEMF MAT, Pulsed Electromagnetic Field (PEMF) therapy

Schedule 5-7 days a week, 15-20 minutes

I personally own this mat

<https://biobalancepemf.com>

<https://www.healthline.com/health/pemf-therapy-device>

<https://www.youtube.com/watch?v=jvpuhwgRshQ>

<https://www.youtube.com/watch?v=FFio155APgU>

<https://www.youtube.com/watch?v=lcYtSINvsos>

Pulsed Electromagnetic Field (PEMF) therapy is a non-invasive and non-drug pain management therapy, that has been successfully applied to accelerating wound healing, as well the treatment of bone fractures, arthritis, and edema.

Interestingly, continuing research into PEMF for addressing recovery from stroke, as well as cancer, is broadening the scope of where it can be applied as a sustainable intervention.

## STEM CELL THERAPY/TREATMENT MSC Stem Cells

I personally have done Stem Cell Therapy with Dr Riordan at his Stem Cell Institute Panama

I will go back for additional stem cell treatments a minimum of 2 time a year for the next 3 to 5 years

Treatment done:

February 2024, October 2024, March 2025, March 2026

1. <https://www.youtube.com/watch?v=baz1geCA7ws>

2. <https://www.neilriordan.com>

3. <https://www.cellmedicine.com>

a. Mel Gibson Dr Riordan Interview

- i. <https://www.youtube.com/watch?v=uUCJo1j0S9s>
- ii. <https://www.youtube.com/watch?v=Q4zkuJTmVOK&t=913s>
- iii. <https://www.youtube.com/watch?v=Q4zkuJTmVOK>
- iv. <https://www.youtube.com/watch?v=kdXixzb5tnM>
- v. [https://www.youtube.com/watch?v=Av\\_kVFiQR\\_o](https://www.youtube.com/watch?v=Av_kVFiQR_o) Full Interview

## TPE (Therapeutic Plasma Exchange / Plasmapheresis) treatments in Panama Working on this prior to next stem cell therapy, March 2027

Official Website: <https://www.pacificasalud.com/en/>

Medical Tourism Department (Comité de Turismo Médico – ideal for international patients like you):

- Phone: (507) 204-8001 or (507) 290-7202
- Email: [turismomedico@pacificasalud.com](mailto:turismomedico@pacificasalud.com)

## Gene Test A MUST, as important as doing an Advanced more detailed Blood Test

I have personally had a Gene test done by this company

<https://www.mthfrsolve.com>

## Extras I do or to consider, could be Daily Weekly

### Hawthorn Berry Tea

Let simmering in water for 20 minutes, cover and let steep overnight, then drink next day.

1 heaping tablespoons berry to 8oz water. Blood Pressure, Heart Health Support

[https://www.amazon.com/gp/product/B0CC5B6X8R/ref=ppx\\_yo\\_dt\\_b\\_asin\\_title\\_o00\\_s00?ie=UTF8&th=1](https://www.amazon.com/gp/product/B0CC5B6X8R/ref=ppx_yo_dt_b_asin_title_o00_s00?ie=UTF8&th=1)

### EDUCATION

1. <https://www.healthline.com/nutrition/hawthorn-berry-benefits>
2. [https://www.youtube.com/watch?v=W\\_cayenne pepper health benefits9To878isiY&t=1035s](https://www.youtube.com/watch?v=W_cayenne%20pepper%20health%20benefits9To878isiY&t=1035s)

**Cayenne Pepper** health benefits, take with water, tea, mix in your morning eggs, ¼ teaspoon daily

1. [https://www.youtube.com/watch?v=W\\_cayenne pepper health benefits9To878isiY&t=1035s](https://www.youtube.com/watch?v=W_cayenne%20pepper%20health%20benefits9To878isiY&t=1035s)
2. [https://www.perplexity.ai/search/cayenne-pepper-health-benefits-.d\\_ycb.dQR2FoTWJJ4X4Uw#0](https://www.perplexity.ai/search/cayenne-pepper-health-benefits-.d_ycb.dQR2FoTWJJ4X4Uw#0)
3. [https://www.youtube.com/watch?v=6RG\\_2Eyl9h0&t=140s](https://www.youtube.com/watch?v=6RG_2Eyl9h0&t=140s)

### Broccoli Sprouts

**I Grow my own, easy and incredible nutrients, eat them daily, also feed to my dogs, ½ cup daily or more**

[https://www.amazon.com/Sprouting-Handy-Pantry-Resealable-Sulforaphane/dp/B000N8N6H8/ref=sr\\_1\\_5\\_pp?crd=1SZCP1YF2N4MQ&dib=eyJ2IjoiaMSJ9.353MOKu7qNYFz-izUM79-vGFaQ9owoaPIS\\_YezZbOK2toHkHQKLZaF1wfBL6xTqb1T7F0KTS\\_ztJ1B8-YznvXL9UzrqgzYF4-vQgwZtrSeVzq3CpkGH4kYeojT1ECMwglDhT5rAlspl7TzAm4noJpi37yiFFBxba4rsxBN3atdVAEGqBrWbWkDHFVY\\_6RHmK9xM87PBFvWfMiViEGe4Bkxy9s4TBih\\_xg5YFvkogvznrMiNZ1cARIKIqU4Zo2BQwC-aN35WATuWbl5gt3NuREZwBQIWO3oPQIGtqQMsVww.4p3L5BshdFOQ8u3mnHkLH-BOTxWKamXO3IGCIYoMmlw&dib\\_tag=se&keywords=organic+broccoli+sprout+seeds&qid=1733141806&prefix=organic+broccoli+sprout+seeds%2Caps%2C131&sr=8-5](https://www.amazon.com/Sprouting-Handy-Pantry-Resealable-Sulforaphane/dp/B000N8N6H8/ref=sr_1_5_pp?crd=1SZCP1YF2N4MQ&dib=eyJ2IjoiaMSJ9.353MOKu7qNYFz-izUM79-vGFaQ9owoaPIS_YezZbOK2toHkHQKLZaF1wfBL6xTqb1T7F0KTS_ztJ1B8-YznvXL9UzrqgzYF4-vQgwZtrSeVzq3CpkGH4kYeojT1ECMwglDhT5rAlspl7TzAm4noJpi37yiFFBxba4rsxBN3atdVAEGqBrWbWkDHFVY_6RHmK9xM87PBFvWfMiViEGe4Bkxy9s4TBih_xg5YFvkogvznrMiNZ1cARIKIqU4Zo2BQwC-aN35WATuWbl5gt3NuREZwBQIWO3oPQIGtqQMsVww.4p3L5BshdFOQ8u3mnHkLH-BOTxWKamXO3IGCIYoMmlw&dib_tag=se&keywords=organic+broccoli+sprout+seeds&qid=1733141806&prefix=organic+broccoli+sprout+seeds%2Caps%2C131&sr=8-5)

### EDUCATION

1. <https://www.youtube.com/watch?v=PUGSujpODj4> Grow your own easy, new batch every 5 days
2. <https://www.youtube.com/watch?v=-brwl5USn44> Benefits
3. <https://www.perplexity.ai/search/broccoli-sprouts-benefits-for-VNsfGWIGQzyJJbir5rdkXQ#0>

### Yogurt/The Microbe That Changes EVERYTHING/ L. reuteri

**I make my own off recipe in video, ½ cup daily, great in morning with supplements as fat soluble**

The most important microbe can amplify the immune system, increase your muscle mass, and even help you live longer, but most people are missing it! Watch this fascinating interview with Dr. William Davis

### EDUCATION

1. <https://www.youtube.com/watch?v=RCjQAQuWiYc>
2. [https://www.youtube.com/watch?v=m\\_OQ5GfsHwg](https://www.youtube.com/watch?v=m_OQ5GfsHwg)
3. <https://www.youtube.com/watch?v=s0jIXMc3PS0>
4. <https://www.youtube.com/watch?v=KHHi0MLnoGbs>
5. [https://www.youtube.com/watch?v=yzqG\\_VAaAu8](https://www.youtube.com/watch?v=yzqG_VAaAu8)
6. <https://www.youtube.com/watch?v=s0jIXMc3PS0&t=2s>
7. <https://www.youtube.com/watch?v=46EcJIYBFXy>

### Recipes for L. reuteri Yogurt:

<https://www.culturedfoodlife.com/reci...>

Or

<https://www.youtube.com/watch?v=DCgsBbLfDpE>

Equipment/ingredients

[https://www.amazon.com/dp/B0DDVF68CG?ref=ppx\\_yo2ov\\_dt\\_b\\_fed\\_asin\\_title&th=1](https://www.amazon.com/dp/B0DDVF68CG?ref=ppx_yo2ov_dt_b_fed_asin_title&th=1)  
[https://www.amazon.com/dp/B00C1C21I4?ref=ppx\\_yo2ov\\_dt\\_b\\_fed\\_asin\\_title](https://www.amazon.com/dp/B00C1C21I4?ref=ppx_yo2ov_dt_b_fed_asin_title)  
[https://www.amazon.com/dp/B085LV5ZSZ?ref=ppx\\_yo2ov\\_dt\\_b\\_fed\\_asin\\_title&th=1](https://www.amazon.com/dp/B085LV5ZSZ?ref=ppx_yo2ov_dt_b_fed_asin_title&th=1)  
[https://www.amazon.com/dp/B08VFCKSTJ?ref=ppx\\_yo2ov\\_dt\\_b\\_fed\\_asin\\_title&th=1](https://www.amazon.com/dp/B08VFCKSTJ?ref=ppx_yo2ov_dt_b_fed_asin_title&th=1)  
[https://www.amazon.com/dp/B0DSC3Q71G?ref=ppx\\_yo2ov\\_dt\\_b\\_fed\\_asin\\_title](https://www.amazon.com/dp/B0DSC3Q71G?ref=ppx_yo2ov_dt_b_fed_asin_title)  
[https://www.amazon.com/dp/B09CSFTM24?ref=ppx\\_yo2ov\\_dt\\_b\\_fed\\_asin\\_title&th=1](https://www.amazon.com/dp/B09CSFTM24?ref=ppx_yo2ov_dt_b_fed_asin_title&th=1)

## **Kefir**

**I make my own off recipe in video, ½ cup daily, great in morning with supplements as fat soluble**

[https://www.amazon.com/dp/B007GGRJTG?ref=ppx\\_yo2ov\\_dt\\_b\\_fed\\_asin\\_title](https://www.amazon.com/dp/B007GGRJTG?ref=ppx_yo2ov_dt_b_fed_asin_title)

### **EDUCATION**

1. <https://www.youtube.com/watch?v=aBkDuRHRzNA>
2. <https://www.youtube.com/watch?v=ntUPohbFcmk>
3. <https://www.youtube.com/watch?v=aBkDuRHRzNA&t=849s>
4. <https://www.youtube.com/watch?v=somm5ZoEXRM>
5. <https://www.youtube.com/watch?v=8Di6Nqzxcpg>
6. <https://www.youtube.com/watch?v=WCxN0jQhGpo>
7. <https://www.youtube.com/watch?v=aBkDuRHRzNA&t=880s>

## **Ginger Lemon Turmeric Tea**

### **Ingredients**

Ginger, Turmeric, whole lemon, black pepper, honey, cayenne pepper, honey, water

After grinding up ginger, turmeric, whole lemon. Add black pepper, cayenne pepper, honey to water, low simmer for 10 minutes, strain liquid into container, enjoy hot or cold. Store in refrigerator.

I make ½ gallon at a time and have 4 or 5 teas a week.

### **EDUCATION**

1. <https://x.com/i/grok/share/S01GQwyp2lzp2DLBdJX2QhmRu>

## **Hydrogen Water 2 times a day**

[https://www.amazon.com/dp/B07ZPH99CQ?ref=ppx\\_hzsearch\\_conn\\_dt\\_b\\_fed\\_asin\\_title\\_1&th=1](https://www.amazon.com/dp/B07ZPH99CQ?ref=ppx_hzsearch_conn_dt_b_fed_asin_title_1&th=1)

### **EDUCATION**

1. <https://x.com/i/grok/share/hFej9w5g351Y3yAEeFxLV51Eb>

## **Glucose Management**

### **Ceylon Cinnamon Powder**

**1 or 2 teaspoon a day in espresso, coffee, add to in morning drink, with tea etc.**

[https://www.amazon.com/dp/B07K77LNB9?ref=ppx\\_yo2ov\\_dt\\_b\\_fed\\_asin\\_title](https://www.amazon.com/dp/B07K77LNB9?ref=ppx_yo2ov_dt_b_fed_asin_title)

### **Psyllium Husks Whole**

**1 tablespoon before each meal with water**

[https://www.amazon.com/gp/product/B00IT6ICNO/ref=ox\\_sc\\_act\\_title\\_3?smid=A34TGZVIN0G1ZZ&psc=1](https://www.amazon.com/gp/product/B00IT6ICNO/ref=ox_sc_act_title_3?smid=A34TGZVIN0G1ZZ&psc=1)

### **Apple cider vinegar**

**1 tablespoon before each meal with water**

### **Sugar MD Super Berberine**

**1 pill before each meal, 2 times a day normally**

### **Sugar MD Advanced Glucose Support**

**2 pills before each meal, 2 times a day normally**

## **Other Health Supplements to consider**

### **DMSO Pharmaceutical Grade with 99.9% Purity**

**Topical or 6 drops in water daily**

[https://www.amazon.com/dp/B07G8168W8?ref=ppx\\_hzsearch\\_conn\\_dt\\_b\\_fed\\_asin\\_title\\_1](https://www.amazon.com/dp/B07G8168W8?ref=ppx_hzsearch_conn_dt_b_fed_asin_title_1)

**Benefits Anti-Inflammatory, Interstitial Cystitis Treatment, Chemotherapy Side Effect Prevention, Wound Healing, Antioxidant Properties, Drug Delivery Enhancement, Neuroprotection, Antimicrobial Effects, Cancer Support**

### **EDUCATION**

1. <https://x.com/i/grok/share/PKfYtMTW63ljYfHUFrx9KaA>

## Black Cumin Seed Oil Mother Nature Organic Black Seed Oil

1 teaspoon daily

**Benefits** Anti-inflammatory, Antioxidant support, Immune system boost, Cardiovascular health  
Blood sugar regulation, Digestive health, Skin and hair health, Respiratory support, Neurological protection  
Weight management, Joint health, Potential anti-cancer properties

[https://www.amazon.com/dp/B07XYDX7XG?ref=ppx\\_hzsearch\\_conn\\_dt\\_b\\_fed\\_asin\\_title\\_8](https://www.amazon.com/dp/B07XYDX7XG?ref=ppx_hzsearch_conn_dt_b_fed_asin_title_8)

### EDUCATION

1. <https://x.com/i/grok/share/00FPdRG0jHuwY2ru6ldUwjm1J>

## Manuka Honey Oral or Topical

[https://www.amazon.com/dp/B09RGJY54D?ref=ppx\\_yo2ov\\_dt\\_b\\_fed\\_asin\\_title&th=1](https://www.amazon.com/dp/B09RGJY54D?ref=ppx_yo2ov_dt_b_fed_asin_title&th=1)

### EDUCATION

1. <https://x.com/i/grok/share/RRNYCF5t6YIFzyVGaR829Dvc0>
2. <https://x.com/i/grok/share/AD2MneJjahHQ9rQXWJOXBscu2>

## Flour, Quality non-GMO no garbage that would be in a flour from the states both high-quality Jovial Einkorn Flour

[https://www.amazon.com/dp/B00JS3YX9E?ref=ppx\\_hzsearch\\_conn\\_dt\\_b\\_fed\\_asin\\_title\\_1&th=1](https://www.amazon.com/dp/B00JS3YX9E?ref=ppx_hzsearch_conn_dt_b_fed_asin_title_1&th=1)

## Caputo 00 Flour

[https://www.amazon.com/dp/B005HEEFN2?ref=ppx\\_hzsearch\\_conn\\_dt\\_b\\_fed\\_asin\\_title\\_1](https://www.amazon.com/dp/B005HEEFN2?ref=ppx_hzsearch_conn_dt_b_fed_asin_title_1)

Aspect	Antimo Caputo Chef's (Tipo 00)	Jovial Organic Einkorn All-Purpose	Similarity Level
Ingredients	100% soft wheat flour only	100% organic einkorn flour only	Identical (pure)
Non-GMO	Yes (EU standards — no GMO wheat allowed)	Yes (Non-GMO Project Verified + never hybridized)	Identical
Additives	None, unbleached, not enriched, no bromate/ADA/etc.	None — unbleached, unbromated, not enriched	Identical
Organic	No	Yes (USDA Organic)	Jovial wins
Glyphosate	Very low (EU strict limits)	Certified Glyphosate Residue Free	Jovial wins
Protein behavior	~13% (strong gluten)	~13% (weaker/different gluten)	Similar % but different
Wheat Type	Modern soft wheat (Tipo 00)	Ancient einkorn (never hybridized)	Different
Best For recipes	Classic Neapolitan pizza, long-rise breads, pasta	Bread, pizza, cookies; great for wheat-sensitive	Overlap but adjust
Flavor/Color	Classic mild wheat, white	Nutty/sweet, slightly golden	Different
Digestion some	Standard modern wheat	Often gentler (easier for many people)	Jovial advantage for

**Einkorn** flour is the closest you're going to find to flour made 200 years ago, would be your top, but more expensive.

## Homemade sunscreen SPF 50

Recipe:

2TBs beeswax, 1/2 cup coconut oil, 1/2 cup tallow, 1/4 cup non-nano zinc oxide, •Mix fats and beeswax in double boiler until melted and well mixed, when cool add in zinc, mix then whip with whisk •Put in 4oz glass container and cool in fridge or on counter.

# DOCTORS OR PEOPLE I FOLLOW ON YOUTUBE CHANNELS, FOR HEALTH ANTIAGING, CANCER, BRAIN/MEMORY, EXERCISE, GENERAL HEALTH

*A sampling, not a complete list but a great starter.*

**A Must is to read comments from the YouTube videos you watch to get further insight.**

1. <https://www.youtube.com/@anthonychaffeemd>
  - a. <https://www.youtube.com/watch?v=8owAcO8llwY&t=3219s>
  - b. <https://www.youtube.com/watch?v=5oXvYAmZVyU&t=1993s>
  - c. <https://www.youtube.com/watch?v=qlfq0-Mx74o>
  - d. <https://www.youtube.com/watch?v=LILRWcZPixs>
  - e. <https://www.youtube.com/watch?v=ribqCcDsYVw>
2. <https://www.youtube.com/@KenDBerryMD>
  - a. [https://www.youtube.com/watch?v=FsuO\\_dOR4M&t=474s](https://www.youtube.com/watch?v=FsuO_dOR4M&t=474s)
  - b. <https://www.youtube.com/watch?v=GQR7VHuzcs4&t=3475s>
  - c. <https://www.youtube.com/watch?v=lwnYbHOQjFA>
3. <https://www.youtube.com/@DrGundry>
4. <https://www.youtube.com/@Paulsaladinomd>
5. <https://www.youtube.com/@FoundMyFitness>
6. <https://www.youtube.com/@pradipjamnadasmd>
  - a. <https://www.youtube.com/watch?v=0wXWEipBEg&t=2280s>
  - b. <https://www.youtube.com/watch?v=Npy0qwgh5RM> Heart, Gut, Diabetes
7. [https://www.youtube.com/@Dr.Thomas-Seyfried\\_Charity](https://www.youtube.com/@Dr.Thomas-Seyfried_Charity)
  - a. <https://www.youtube.com/watch?v=64mRnTysdQI>
  - b. <https://www.youtube.com/watch?v=u2s6z37YlzM>
  - c. <https://www.youtube.com/watch?v=nGo0mtPX-JQ&t=170s>
  - d. [https://www.youtube.com/watch?v=\\_5S95A7nyTg](https://www.youtube.com/watch?v=_5S95A7nyTg)
  - e. [https://www.youtube.com/watch?v=1\\_5B-5hSauQ](https://www.youtube.com/watch?v=1_5B-5hSauQ)
8. [https://www.youtube.com/results?search\\_query=hyman+dr](https://www.youtube.com/results?search_query=hyman+dr)
9. <https://www.youtube.com/@Drberg>
10. <https://www.youtube.com/@DrMindyPelz>
  - a. <https://www.youtube.com/watch?v=s2ssYtWT5bY> Fasting
11. <https://www.youtube.com/@Eternal-Health>
  - a. <https://www.youtube.com/watch?v=W9To878isiY> Heart
12. <https://www.youtube.com/@drekberg>
13. <https://www.youtube.com/@doctorjanine> Whole food vitamins
  - a. <https://www.perplexity.ai/search/whole-food-vs-synthetic-vitami-ntAw3gxBQKWAqMGtU6Q9Hg#0>
14. <https://www.youtube.com/@drmarkhyman>
15. <https://www.youtube.com/@DrGundry>
16. <https://www.youtube.com/watch?v=vIQ1xKAIFKk>
17. <https://www.youtube.com/watch?v=HGvUyTvf3fA> Dr William Li and Dr Hyman Food
18. <https://www.youtube.com/@DrWilliamLi> Dr William Li
19. <https://www.youtube.com/@optispan> Dr Matt Kaeberlein, True facts uncover the Lies
20. <https://www.youtube.com/@Campbellteaching> Dr Campbell

**General Interviews of interesting facts**

## FOR EDUCATIONAL PURPOSES ONLY

### My DOGS

I have a 70 lbs. Female Lab, excellent shape. She had cancer at one time, I developed a protocol and cured her cancer

1. My dog eats at 5am and 10am, they are feed 12oz. breakfast, 12oz. dinner of WeFeedRaw.com, Raw dog food.
2. I used to feed them what I thought was the best kibble, but after extensive research that was just proceeded crap.
3. I switch to Farmers Dog; they loved it for 3 years and they showed great improvement.
4. After further research I decided to get the best dog food and went to a Raw food nutrition. I chose, WeFeedRaw.com, Excellent and could not be happier, 100% Protein, all the nutrients your dog needs, nothing to add, all nutrients included.

#### Daily supplements for my Dogs:

##### Carlson - Cod Liver Oil, 1100 mg Omega-3s

1 tablespoon breakfast

[https://www.amazon.com/gp/product/B001LF39MY?ref=ppx\\_pt2\\_dt\\_b\\_prod\\_image](https://www.amazon.com/gp/product/B001LF39MY?ref=ppx_pt2_dt_b_prod_image)

##### Education

1. <https://topdogtips.com/benefits-of-fish-oil-for-dogs/>

##### NUTREX HAWAII BioAstin Hawaiian Astaxanthin - 12mg

1 pill breakfast

[https://www.amazon.com/gp/product/B097F68J43/ref=ppx\\_yo\\_dt\\_b\\_asin\\_title\\_o00\\_s00?ie=UTF8&psc=1](https://www.amazon.com/gp/product/B097F68J43/ref=ppx_yo_dt_b_asin_title_o00_s00?ie=UTF8&psc=1)

##### Education

1. <https://www.dogsnaturallymagazine.com/astaxanthin-for-dogs/>

##### Integrative Therapeutics Theracurmin HP - High Absorption Turmeric & Curcumin Supplement

1 pill breakfast

[https://www.amazon.com/gp/product/B0765DHTVL/ref=sw\\_img\\_1?smid=A2EJCTH67GJMT3&th=1](https://www.amazon.com/gp/product/B0765DHTVL/ref=sw_img_1?smid=A2EJCTH67GJMT3&th=1)

27x More Bioavailable

##### Education

1. <https://www.caninejournal.com/turmeric-for-dogs/>

##### Nutricost Milk Thistle 1,000mg Equivalent, 240 Capsules - 250mg of 4:1 Extract

Morning, 1 pill morning, 500mg, 50mg per 10 lbs. is recommended.

[https://www.amazon.com/dp/B01CTFTIU6?ref=ppx\\_yo2ov\\_dt\\_b\\_fed\\_asin\\_title&th=1](https://www.amazon.com/dp/B01CTFTIU6?ref=ppx_yo2ov_dt_b_fed_asin_title&th=1)

Preventative liver cleanse

##### Education

1. <https://www.youtube.com/watch?v=wTnVUrFd3Wk>
2. <https://www.dogsnaturallymagazine.com/milk-thistle-for-your-dog/>
3. <https://www.perplexity.ai/search/milk-thistle-for-dogs-19RdrmzmTI.hdj8EhaJsSg#0>
4. <https://wholepetvets.com>

##### Acerola Powder Perfect Supplements Acerola Powder 100% Pure Acerola Cherry, vitamin C

1/2 teaspoon breakfast

[https://www.amazon.com/gp/product/B09KJHY5FN/ref=ox\\_sc\\_act\\_image\\_1?smid=A3077ZB2LWZZWN&psc=1](https://www.amazon.com/gp/product/B09KJHY5FN/ref=ox_sc_act_image_1?smid=A3077ZB2LWZZWN&psc=1)

##### Education

1. <https://www.perplexity.ai/search/acerola-powder-benefits-for-do-1AW60ZlvS1CldIZexTri7A#0>

#### Extras added to meal 3 to 5 times a week

##### Wild Planet Wild Sardines in Water

Add 1 sardine to meal 3 times a week

[https://www.amazon.com/dp/B00U2EM3VS?ref=ppx\\_yo2ov\\_dt\\_b\\_fed\\_asin\\_title](https://www.amazon.com/dp/B00U2EM3VS?ref=ppx_yo2ov_dt_b_fed_asin_title)

##### Broccoli Sprouts

I grow my own, 1/4 cup mornings 5 times a week

## FOR THOSE WHO ARE CONSIDERING MUSHROOMS, PEOPLE AND DOGS

I currently don't use mushrooms.

**Mushrooms Tinctures, Double extracted is best form of mushroom supplements, not powder or pill**

Make into Tincture

Cordyceps Mushroom 4 dropper, 4mg per serving up to 1 times a day

**Benefits** Improving energy levels, Balancing blood sugar, Supporting athletic performance, Supporting sexual function, Improving immunity by stimulating cells and specific chemicals in the immune system, improves oxygenation

### EDUCATION

1. <https://www.healthline.com/nutrition/cordyceps-benefits>
2. <https://www.youtube.com/watch?v=bBk04qWlcFg>
3. <https://www.youtube.com/watch?v=DeDYYcT2Et8>
4. <https://www.youtube.com/watch?v=DeDYYcT2Et8&t=107s>

Make into Tincture

Chaga Mushroom tincture 4 dropper, 4mg per serving up to 1 times a day

**Benefits** Reduces inflammation, High in antioxidants, chaga mushrooms decrease inflammation in our gut, which can cause problems like irritable bowel syndrome, Fights cancer, Lowers blood sugar, Lowers cholesterol

### EDUCATION

1. <https://www.youtube.com/watch?v=vC313-xVseg>
2. <https://www.healthline.com/nutrition/chaga-mushroom#what-it-is>
3. <https://www.youtube.com/watch?v=fDvJXJTUcC4&t=1963s>

Make into Tincture

Lion's Mane Mushroom tincture 4 dropper, 4mg per serving up to 1 times a day

**Benefits** Protects against dementia and improves cognitive health by stimulating nerve growth and function, Relieves mild depression and anxiety by modulating neurotransmitters and enhancing mood, Speeds nervous system injury recovery by promoting nerve regeneration and reducing inflammation, Protects against ulcers and supports digestive health by strengthening the stomach lining and preventing bacterial infections, Reduces heart disease risk by lowering cholesterol and blood pressure levels

### EDUCATION

1. <https://www.healthline.com/nutrition/lions-mane-mushroom>
2. <https://www.youtube.com/watch?v=tSUURvSBR-4>
3. <https://www.youtube.com/watch?v=JY0qSymG194>
4. <https://www.youtube.com/watch?v=siAF66X9-R4>

Make into Tincture

Turkey Tail Mushroom tincture 4 dropper, 4mg per serving up to 1 times a day

**Benefits** Boosting Immunity, Improving Gut Health, Anti-Cancer Properties, Heart health and blood sugar

### EDUCATION

1. [https://www.youtube.com/watch?v=Rx03S\\_u50mo&t=11s](https://www.youtube.com/watch?v=Rx03S_u50mo&t=11s)
2. <https://www.youtube.com/watch?v=5cATnedwHP4>
3. <https://www.healthline.com/nutrition/turkey-tail-mushroom>
4. <https://www.youtube.com/watch?v=qeZVqJJGyQl>
5. <https://www.consumerlab.com/answers/turkey-tail-mushroom-health-effects-and-safety-concerns/turkey-tail-mushroom/?search=turkey%20tail>
6. <https://www.youtube.com/watch?v=oOMeOwV8Ksg>

Make into Tincture

Reishi Mushroom tincture 4 dropper, 4mg per serving up to 1 times a day

**Benefits** Boosting Immunity, Anti-Cancer Properties, fatigue and depression, Regulating Blood Sugar Levels, Increasing Energy, Improving Cognitive Function, Increasing Exercise Performance

### EDUCATION

1. <https://www.healthline.com/nutrition/reishi-mushroom-benefits>
2. <https://www.youtube.com/watch?v=9MLJgGvxMvs&t=502s>
3. <https://www.youtube.com/watch?v=y5CmG1xfGP4>

## MUSHROOMS, resource for quality mushrooms or how to make your own tincture

They sell high quality <https://birchboys.com>

YouTube Channel <https://www.youtube.com/@GarrettKopp>

How to make Tincture <https://www.youtube.com/watch?v=rELVgf7HRLQ&t=420s>

I make my own mushroom tinctures based on the Birch Boys video above