

Supplements/Health 9-7-2025

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

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

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.

Global Healing Detoxadine - Organic Nascent Iodine Liquid Supplement Drops for Thyroid Support, Detox Cleanse, Metabolism Health and Better Sleep

6 drops morning in drink

https://www.amazon.com/gp/product/B01KYK675C/ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&psc=1

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>

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

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

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

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

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 teaspoon

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 dink

https://www.amazon.com/dp/B0BNJPV4VT?ref=ppx_yo2ov_dt_b_fed_asin_title

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

1/2 cap full morning in drink

https://www.amazon.com/gp/product/B018EYILMW/ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&psc=1

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Global Healing Detoxadine - Organic Nascent Iodine Liquid Supplement Drops for Thyroid Support, Detox Cleanse, Metabolism Health and Better Sleep

12 drops morning in drink

https://www.amazon.com/gp/product/B01KYK675C/ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&psc=1

Product Benefits Thyroid Support - Naturally supports thyroid and hormone balance

Keppi Keto Electrolytes Powder

1 1/2 scoop morning drink

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

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)

2.5 scoops morning drink 3 grams

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

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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 teaspoon

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

FOR EDUCATIONAL PURPOSES ONLY

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

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

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
3. <https://www.youtube.com/watch?v=78KWea7vx7M>
4. <https://www.youtube.com/watch?v=0VBtBRpwv4g>

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

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=8k0UORw5rY>
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

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 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

2 pill morning, 2 pills night

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=Z4ohSzChgII>
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

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

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, 1 pill afternoon

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

12. DoNotAge.org CoQ10

2 pills morning

EDUCATION

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

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

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>

15. Urolithin A

2 pills morning

https://www.amazon.com/dp/B0DT9PSDP3?ref_=ppx_hzsearch_conn_dt_b_fed_asin_title_1

EDUCATION

1. <https://x.com/i/grok/share/51EgRCR91wTQNPwjXkkQNiLjk>
2. <https://youtu.be/2G6PtHyB72g?si=GEu3jFXsWXNYw1f2>

Extras I do daily

Hawthorn Berry Tea

2 teas a day, 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

EDUCATION

1. <https://www.healthline.com/nutrition/hawthorn-berry-benefits>
2. https://www.youtube.com/watch?v=W_cayenne_pepper_health_benefits9To878isiY&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
2. https://www.perplexity.ai/search/cayenne-pepper-health-benefits-.d_ycb.dQR2FoTWJJ4X4Uw#0
3. 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?crid=1SZCP1YF2N4MQ&dib=eyJ2ljojMSJ9.353MOKu7qNYFx-lzUM79-vGFaQ9owoaPIS_YezZbOK2toHkHQKLZaF1wfBL6xTgb1T7F0KTS_ztJ1B8-YznvXL9UzrqgzYF4-vQgwZtrSeVzq3CpkGH4kYeoJT1ECMwglDhT5rAlspl7TzAm4noJpl37viFFBxba4rsxXbN3atdVAEGqBrWbWkDHFVY_6RHmK9xM87PBFvWfMiVIEGe4Bkxy9s4TBih_xg5YFVkogvznrMiNZ1cARlKlgU4Z02BQwC-aN35WATuWbl5gt3NuREZwBQIWO3oPQIGtgQMsVww.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=PUGSupjODj4> 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
3. <https://www.youtube.com/watch?v=s0jIXMc3PS0>
4. <https://www.youtube.com/watch?v=KHl0MLnoGbs>
5. 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/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/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/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

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 1 or 2 times a day

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

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

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

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/PKFYTMtW63IjJyfHUFrx9KaA>

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

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

EDUCATION

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

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

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

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

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

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-19RdrmzmTl.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

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

Broccoli Sprouts

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

NOT A RECOMMENDATION, NOT MEDICAL ADVICE, DO YOU OWN RESEARCH, GET EDUCATED!

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 once in a while, 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=vhmt0AYVRSo>

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; StreetStrider.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

HBOT Hyperbaric Oxygen Therapy

Scheduled Protocol, 3 months, 5 days on 2 days off, then 6 months 2 days on 5 days off, then Repeat schedule

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://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=51W3FuEQKo4>

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.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.

Cold Plunge Tub

Schedule 5 days a week 3 minutes at 55 degrees

I personally own this tub

<https://spartanicebath.com>

1. <https://www.youtube.com/watch?v=XaLd5w6zF7A>
2. https://cdn.shopify.com/s/files/1/0740/3195/6281/files/Beginner_s_Guide_Ice_Baths.pdf?_kx=QzD6xGkMUfrJ2WH5VYUk43Y1xRgLaH6DB47IFJeY_s%3D.RjSJ3G&dm_net=email&dm_pid=01HG3ENPR50RBSMEG7Q1AM4ZJ4&tw_source=klaviyo%20&utm_campaign=Email%20%231&utm_klaviyo_id=01HG3ENPR50RBSMEG7Q1AM4ZJ4&utm_medium=email&utm_source=Klaviyo&v=1685308855
3. <https://www.youtube.com/watch?v=2Xecbul-9QE>
4. <https://www.youtube.com/watch?v=XaLd5w6zF7A&t=217s>

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

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 Full Interview

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>

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 Insite.

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
 - 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=Npy0qwggh5RM> Heart, Gut, Diabetes
7. https://www.youtube.com/@Dr.Thomas-Seyfried_Charity
 - a. <https://www.youtube.com/watch?v=64mRnTysdQI>
 - b. <https://www.youtube.com/watch?v=u2s6z37YIzM>
 - c. <https://www.youtube.com/watch?v=nGo0mtPX-JQ&t=170s>
 - d. https://www.youtube.com/watch?v=_5S95A7nyTg
 - e. https://www.youtube.com/watch?v=1_5B-5hSauQ
8. 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-vitamins-Aw3gxBQKWAqMGtU6Q9Hg#0>
14. <https://www.youtube.com/@drmarkhyman>
15. <https://www.youtube.com/@DrGundry>

General Interviews of interesting facts

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
2. <https://www.youtube.com/watch?v=5cATnedwHP4>
3. <https://www.healthline.com/nutrition/turkey-tail-mushroom>
4. <https://www.youtube.com/watch?v=qeZVqJJGYqI>
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