



# Natural Supplements: An Inside Look

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# Introduction

## An Inside Look At Natural Supplements



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How many supplements you consume matters when it comes to both health and fat loss.

**Because of this, many of us tend to think about how many calories and macros (carbs, protein, fat), we consume instead of the overall quality.**

While the ratio of macros and amount of calories you consume absolutely matters in the overall scope of things, it all starts with quality and how many nutrients (minerals, chlorophyll, phytonutrients, amino acids, omega-3, 6, 9 fatty-acids), you receive from foods.

Instead of starting out by counting calories and macros, try building sound daily habits to get as many nutrients as possible in your body each day. Over time I have found that building up to about five super foods each day can make a huge impact on your health and your mindset toward eating. By building daily nutritional habits, you will feel much better both mentally and physically by simply consuming more nutrient-dense foods.

Read on to learn about five of my favorite natural supplements that I personally consume everyday.

***Do you struggle with protein consumption?***

*These natural supplements may be a good option for you.*

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# Super Seeds Flaxseed, Chia Seed, and Hemp Seed

Although small, these seeds pack a powerful nutritional punch.

**Flaxseeds are tiny, hard seeds, golden or brown; chia seeds are granular and dark in color, and hemp seeds are soft and light in color.**

Flaxseeds and chia seeds are high in omega-3 essential fatty acids (ALA). Hemp seeds are high in omega-6 essential fatty acids (LA and GLA), along with being high in protein. Raw flaxseeds are not digestible, so to reap the wonderful health benefits, the seeds must be ground into flax meal. Use a coffee grinder and grind up a week's worth and store in the refrigerator. Do not buy flax meal already ground as it oxidizes quickly and loses its potency. Grinding chia and hemp is optional.

Along with being high in omega-3 fats, flax and chia seeds are high in fiber, antifungal, antibacterial, and can be added to a small glass of juice, your favorite smoothie, salad, or cereal. Hemp seeds have a nutty flavor and taste great. Take by the spoonful or add some to your favorite salad.

## Benefits of Super Seeds

- High in omega-3 fats
- High fiber source
- Supports heart health
- Boosts cellular health
- Decreases inflammation
- Aids weight loss
- Reduces food craving
- Lowers risk of diabetes
- Low expense

## Recommended Serving

- (1-3) Tablespoons per day of each seed for adults.  
*[Depending on goals, activity level, weight, etc.]*
- (1) Tablespoon per day for children.

# Flaxseed

## A Snapshot

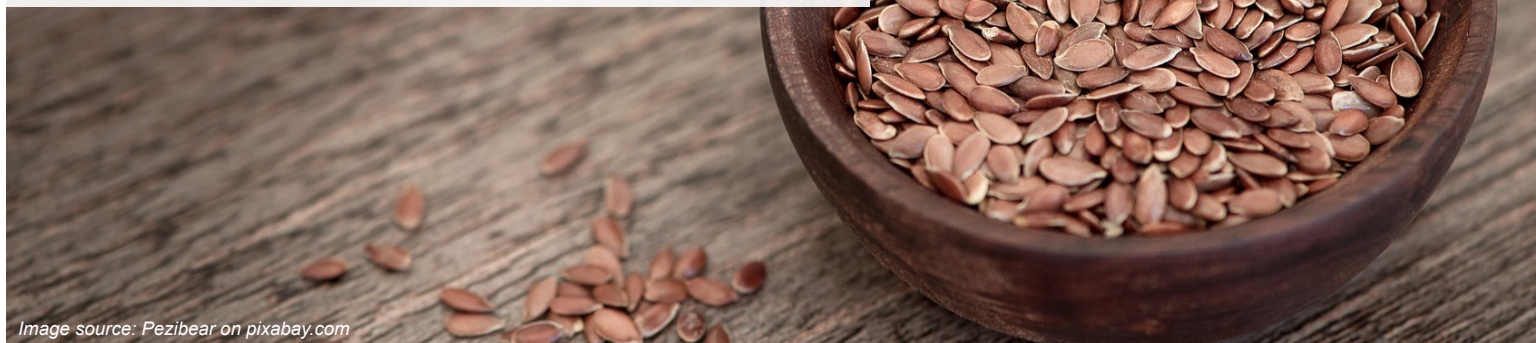


Image source: Pezibear on pixabay.com

Flaxseeds contain anti-inflammatory omega-3 fatty acids\* and antioxidant substances called lignans that help promote hormonal balance.

**Benefits of flaxseed include helping improve digestion, giving you clearer skin, lowering cholesterol, reducing sugar cravings, and balancing hormones.**

Flaxseeds are small, brown, golden, or tan colored seeds loaded with fiber and key minerals, like manganese, thiamine, and magnesium. Flax also contains a significant source of plant-based protein. Flax is one of the richest sources of plant-based omega-3 fatty acids, called alpha-linolenic acid (or ALA), in the world. Another great benefit to flax is that they are one of, if not the largest source of plant lignans in the human diet.

Flaxseeds have been shown to potentially lower cholesterol, lower heart disease due to its high amount of ALA (alpha-linolenic acid) – a healthy source of polyunsaturated fat. One of its key benefits that are not talked about is its antioxidant powerhouse. The lignans in flax help reduce inflammation, free radical damage, and help balance hormones.

Lastly, flax is an amazing food that can help improve digestion. Many people do not get enough fiber or prebiotics, thus not producing enough “good gut” bacteria. Not having a well-rounded digestive system can lead to issues such

as irritable bowel syndrome, increased inflammation, and a weaker immune system. The ALA in flax can help reduce inflammation and protect the lining of the GI tract.

Flaxseed is beneficial for people suffering from Crohn's disease and other digestive ailments. In addition, it promotes beneficial gut flora even in people with “normal” digestive systems. The fiber found in flaxseeds also provides food for friendly bacteria in your colon that can help cleanse waste from your system.

*\*Not the same omega-3 found in some fish, like salmon.*





## Chia Seed A Snapshot

The chia seed is nutrient-dense and packs a punch of energy-boosting power.

**Chia means “strength” in the Mayan language. Aztec warriors ate chia seeds to give them high energy and endurance that could sustain them all day.**

Chia seeds are a great source of Omega-3 ALA, dietary fiber, minerals, and have a high ORAC value (antioxidants). The antioxidant power of chia seeds can help skin repair, reduce inflammation, and fight free radical damage.


Chia is super high in fiber, providing nearly 11 grams per ounce. One serving can provide the recommended fiber intake for the day.\*

Chia seeds have become one of the most popular superfoods in the health community. They're easy to digest when prepared properly, and easily added to any recipe.

The chia seed is nutrient-dense and packs a punch of energy-boosting power. Recent research has found that the chia seeds benefits are even greater than we realized. Chia seeds benefits include promoting healthy skin, reducing signs of aging, supporting the heart and digestive system, helping reduce diabetes, building stronger bones and muscles, and more.

*\* According to the American Dietetic Association.*

Image source: delphine hourlay on pexels.com



## Hemp Seed A Snapshot

Hemp seed is a suitable replacement for meat.

**Hemp seeds contain all the essential amino acids your body requires. You no longer need to eat any meat as part of your diet to ensure you get enough proteins. The protein in hemp is very easily digestible.**

Hemp seed contains insoluble fibers which cannot be dissolved and pass through the body intact. This kind of fiber is typically lacking in our diets. Insoluble fiber is a very important part of any diet as it aids in gently cleaning out the digestive tract.\*

*\* According to hempseed.ca*

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# Coconut Oil

## An Inside Look

Image source: Dana Tentis on pexels.com

One of the best ways to get healthy saturated fats in your diet is by consuming coconut or organic virgin coconut oil.

**Coconut is a healthy saturated fat that is rich in lauric, capric, and caprylic acids, which are loaded with antiviral and antifungal properties.**

More than just a sustainable food crop, every part of the coconut tree is useful to mankind. The roots, trunks, leaves, husks, fiber, fruit, water, sap, milk, and meat, make coconut a very valuable crop and food to eat.

Another unique benefit of coconut oil is that it contains shorter chain fatty acids called Medium-Chain Triglycerides (MCT). Because of the shorter chain of fatty acids, MCTs are metabolized differently. This decreases their chance to store as fat and enhances their ability to be used as energy by being sent to the liver instead. MCTs are easier to digest and have also been shown to increase the body's metabolism.

### Benefits of Coconut Oil


- Aids digestion and nutrient absorption
- Promotes brain health
- Reduces risk of Alzheimer's
- Boosts weight loss
- Promotes beautiful skin
- Improves thyroid function
- Supports heart health
- Reduces risk of type 2 diabetes
- High in antioxidants
- Promotes cellular health

### Recommended Serving\*

- (1) teaspoon per day. Gradually increase to (2) Tablespoons per day over 1-2 weeks.

*[Consuming 2 Tablespoons per day is sufficient to achieve health benefits, but it's best to work up to this amount gradually.]*

\* According to [healthline.com](https://www.healthline.com)



# Cacao

## An Inside Look

Image source: samer daboul on pexels.com



Image source: pixabay.com

This may be something that could go without saying, but who doesn't like chocolate?

**Not all chocolate is created equally. Some varieties are loaded with sugar, hydrogenated oils, and even sometimes chemicals that your body does not want or need.**

In recent years, there has been information in the media about how chocolate has many health benefits, and it does. But, you must choose your chocolate wisely to reap the full benefits. The occasional dark chocolate bar is totally fine, and you will get some of the antioxidants and flavonoids it contains for health benefits. The real magic lies in the cacao contained within the chocolate.

What exactly is cacao? Cacao is the raw, fermented part of the cacao bean, which makes chocolate, and has zero sugar content. Cacao has been a staple in many cultures for centuries and has been labeled "food-of-the-gods" due to its amazing health benefits. Cacao can be used in super shakes, and in things like power pancakes and oatmeal. Cacao nibs look like little pieces of chocolate so they can also be added to desserts and trail mix. Both nibs and powder forms are versatile and tasty when added to many other foods and dishes.

### Benefits of Cacao


- Promotes brain health
- Enhances Mood
- High in antioxidants
- Supports heart health
- Improves digestion
- Reduces risk of diabetes
- Boosts weight loss
- Improves Energy
- High in magnesium, manganese, zinc, and iron

***I recommend including cacao in your diet whenever possible.***

*It is the purest form of chocolate that you can get without all of the extra junk that can be put in a bar or piece of candy.*

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# Spirulina and Chlorella

## An Inside Look

Spirulina and chlorella are freshwater algae that are great for strengthening the immune system and staying energized.

**The algae can be molded into a tablet – making this supplement edible.**

Spirulina and chlorella are high in amino acids (protein) making it a great source for vegans or for protein needs in general. It is also a good source of iodine. Iodine is necessary for a healthy thyroid and metabolism.

Chlorella is green algae that contain the highest amount of protein, chlorophyll and nucleic acids (RNA/DNA) of any food. It also contains vitamins, minerals and lots of natural dietary fiber, which encourages better digestion and helps remove toxins from the body.

Spirulina is blue-green algae that also provides us with a broad array of nutrients, including antioxidants such as phycocyanin and SOD. Spirulina is a high-energy natural supplement.

Both are complete foods with a natural balance of protein, fat, and carbohydrates. Both are nutritionally dense and provide us with a broad array of nutrients.

**Spirulina with chlorella is an awesome superfood to take on the go.**

Think of spirulina and chlorella as your travel multivitamin/mineral supplement. Double-up for an extra dose of greens and cleansing chlorophyll. The optimal time to ingest these is 15-20 minutes before you eat.

***Ideally, you would want to take both wheatgrass and spirulina/chlorella since they do different things for the body.***

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Image source: Nouchkac on pixabay.com





# Turmeric

## An Inside Look

Image source: Taylor Kiser on unsplash.com

Turmeric curcumin is the superstar of spices. It has anti-inflammatory properties due to its antioxidant powers.

**Oxidation of free radicals can damage cells and organs. Antioxidants can help prevent this from happening.**

Turmeric has been clinically shown in many studies to help protect cells from free radical damage. This comes from the active compounds called curcuminoids.

***Reducing inflammation is just one of the many benefits of turmeric.***

*Many of my clients suffer from joint inflammation. I recommend turmeric as a natural pain reliever instead of taking over-the-counter meds.*

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### Benefits of Turmeric

- Contains bioactive compounds with powerful medicinal properties.
- Dramatically increases the antioxidant capacity of the body.
- Boosts brain-derived neurotrophic factor, linked to improved brain function and a lowered risk of brain diseases.
- Leads to various improvements that lower your risk of heart disease.
- Arthritis patients respond very well.
- May help delay aging and fight age-related chronic diseases.





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