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Nutrient & Supplement Guide

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Introduction

This supplement information is designed to provide foundational nutritional support and is general in nature. It is by no means exhaustive as the supplement spectrum is vast.

Appropriate use is best discussed with us personally by connecting with Jenny for a Personal Health Support Session.

Care must be taken to thoroughly research your own situation, especially in pregnancy, breast-feeding, with children or the elderly, with specific conditions or when taking pharmaceutical medications.

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Disclaimer

This information is intended for educational, informational and awareness purposes only, and is copyright protected to Soul Integrity Ltd partnering with the Health Wisdom Institute.

Through our services and educational material, we have no intention of offering any diagnosis, treatment or cure for any condition or disease, but rather to support the natural self-healing and rebalancing ability of our body, mind and spirit through awareness and knowledge.

Full responsibility remains with each individual for the decisions made about their own health and life.



Do We Need Supplements?

Ideally, we would receive all of the nutrients we need to be optimally healthy from our food. However, over the last century, the nutrient density of commercially grown food has greatly diminished.

Increased amounts of pesticides and artificial fertilisers used in modern farming practices have contributed to this.

Decreased mineral levels and unbalanced soil microorganisms have also led to the production of crops with diminished natural immunity and decreased nutrient profiles.

What to consider when choosing a supplement:

- Can you find an appropriate **food source**? Natural foods contain vitamins that are combined with a whole host of other phytonutrients that act in synergy to support the body in a more balanced way.
- Should you avoid **fillers**? Titanium dioxide, colourings, hydrogenated oils, maltodextrin and soy are all fillers to avoid. Magnesium stearate is used as a lubricant and is best minimized.
- Is it OK to use **synthetic supplements**? Synthetic supplements can quickly boost nutrient reserves for short-term goals or support (e.g. times of increased stress). They can be used as a tool for a specific reason or within a protocol (i.e. methylated forms of folate are vital for people with certain genetic SNPs).



All About Minerals

Mineral balance in our body is a vital component of our health. Minerals are used in hundreds of enzyme processes in the body, for electrolyte balance and to maintain the structure of our body.

Mineral deficiencies are very common. Experiments have shown that plants and indeed our own bodies can trans-mutate one mineral into another under certain conditions.

Minerals found in living systems may be in a very different form than those in inorganic rock forms.

Concentrated mineral food sources: seaweeds, chlorella, barley grass, wheat grass, kale, bone broth.

There are a variety of forms of supplemental minerals each with different effects. These can range from:

- Amino acid chelated minerals
- Angstrom ionic minerals
- Colloidal minerals
- ineral salts

Note: Mineral levels can be tested in the blood, hair or scan of our hand – see our shop for details.



A-Z of

Nutrients

Vitamin A

Potential benefits: supports reproductive health, vision, detoxification, immunity and is an antioxidant.

Food sources: liver and other organ meats, egg yolks, fish liver oil. The form of vitamin A that is found in vegetables is a precursor called beta carotene, especially found in bright coloured vegetables and fruits e.g. bell peppers and greens.

Suggested products:

- Vitasorb A

Anti-Inflammatory Support

Potential benefits: inflammation is natural process the body uses to defend itself against pathogens and for repairing dysfunctional tissue. However, unchecked chronic inflammation can lead to all manner of health conditions. Many foods and herbs have anti inflammatory properties by modulating the immune systems response into a more balanced state.

Food sources – colourful fruits and vegetables, oily fish & krill oil, herbs and spices like ginger, turmeric and rosemary

Suggested products:

MSM powder: helps to break down calcification, increases oxygen transport, assists liver detoxification, reduces allergies e.g. hayfever.

- MSM Powder

Curcumin: antioxidant, anti-inflammatory, liver support, gene expression, DNA protection.

- CurcuminX4000

Note: an anti-inflammatory diet is essential for healing chronic inflammation.

Antioxidants

Potential benefits: protects cells from oxidation, UV skin protection, anti-inflammatory.

Food sources: fruits and vegetables, especially bright coloured ones.

Suggested products:

Astaxanthin: Excellent for skin health and may provide resistance to UV sun rays.

- [Astaxanthin](#)

B Vitamins

Potential benefits: supports energy production, liver and cellular detoxification, brain function, nerve health, mood and hormone balance, genetic expression, metabolism and adrenal stress support.

Food sources: most foods contain some levels of B vitamins but they are especially rich in green foods like chlorella, barley grass powder, bee pollen, and some fermented foods like kefir. See page 12 for our recommended green superfood blends.

Our gut microbiome produces B vitamins for us if our gut is healthy.

Supplemental B vitamins can be beneficial. Higher quality products

contain the activated forms of B vitamins that many people often have a challenge converting from their basic form. These are often referred to as methylated B vitamins.

Suggested products:

- [B Complex Plus](#)

Vitamin C

Potential benefits: Supports immunity, wound healing, skin complexion, energy production, hormones, brain function, detoxification, adrenal function and is an antioxidant.

Food sources: berries, acerola cherry, fresh sprouts, baobab powder, citrus fruits, green vegetables, salad, wild leaves.

Herbs: Rosehips, amla berry.

Suggested products:

High quality food source (superfood):

- **Pure Radiance C**

Ascorbic Acid form:

- **NutriBiotic Ascorbic Acid with Antioxidant Bioflavonoids**

Please note: orders to iHerb will incur a 30-40% customs charge upon receipt to the UK

- **Vitamin C Powder** (useful for people sensitive to pure ascorbic acid - may induce laxative effect)

For enhanced cellular absorption:

- **Liposomal Vitamin C**

Note: large doses of ascorbic acid may convert into oxalates in some individuals.

Vitamin D

Potential benefits: Vitamin D is a hormone that assists calcium absorption and immune system function and influences positive gene expression. It has powerful epigenetic influence.

Vitamin D is converted to its active form of Vitamin D3 from cholesterol in our skin with exposure to sunlight energy.

Vitamin D assists absorption of calcium from food. For this reason, if choosing to supplement Vitamin D3, it is wise to taking it with Vitamin K2 to ensure the calcium is put in the correct place and not deposited as calcification in soft tissues like the arteries.

Food sources: fish, dairy, fish oil, eggs, mushrooms.

Suggested products:

Liquid oil emulsion (for better assimilation):

- Vitamin D/K2

Vitamin E

Potential benefits: this fat-soluble antioxidant protects cell membranes and supports healthy skin and fertility.

Food sources: seeds, seed oils, egg yolks, nuts, avocado.

Suggested products:

- Purely E Oil

Enzymes

Systemic enzymes

Potential benefits: Helps break down foreign protein in blood stream, digest excess fibrin and reduce inflammation.

Suggested products:

Anti-inflammatory systemic enzymes:

- [SerraEnzyme 80,000iu](#) **OR**
- [SerraEnzyme 250,000iu](#)

Digestive Enzymes

Potential benefits: supports digestion of food macronutrients (protein, fats, carbohydrates), reduce indigestion, increases nutrient assimilation.

Suggested products:

- [Essential Digestive Plus](#)
- [Enzymedica Digest Gold with ATPPro](#)

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Green Superfood Blends

Potential benefits: can contain a broad spectrum of wholefood nutrients with herbal plant properties for synergistic, adaptogenic nourishment to enhance a balanced diet. Rich in minerals and antioxidants.

Suggested products:

- [Pure Synergy - The Original Superfood](#)
- [Good Green Stuff](#)

Iodine

Potential benefits: supports thyroid function, lymphatic system, energy levels, immune system and assists detoxification.

Food sources: seaweed, fish, egg yolks, grass fed butter, grass fed meat.

Suggested products:

- **Lugols Iodine 15%** (economic version – appropriate when larger doses are required and for transdermal application)
- **Nascent Iodine**

Note: if you're considering supplementing with iodine, it may be useful to get your iodine levels checked. See our [testing page](#) for more information.

Vitamin K2

Potential benefits: supports calcium metabolism, assists calcium uptake into bone away from soft tissues, contributes to bone strength, maintains joint health, cardiovascular health and healthy teeth.

Food sources: Fermented foods like kefir, natto, sauerkraut, unpasteurized dairy, skate oil. Healthy gut flora also naturally produces Vitamin K2 within us by converting K1 from leafy green vegetables (if we have healthy digestion).

Suggested products:

- **Vitamin K2**
- **Super K with Advanced K2 Complex**

Long-Chain Essential Fatty Acids; EPA and DHA

Potential benefits: supports healthy brain function, cell membrane integrity, cellular voltage, hormone regulation and assists with lowering inflammation.

Food sources: oily fish, pasture raised egg yolks, algae, marine phytoplankton, oysters and other seafood.

Suggested products:

- The Krill Miracle
- Norsan Marine Omega 3
- Marine Phytoplankton Powder
- Marine Phytoplankton Liquid

Note: EPA and DHA are highly unsaturated which means there are easily reactive with oxygen. Oxidised or rancid fatty acids are not beneficial to health as they induce free radical damage.

Many forms of supplement fish oils or seeds oils are already rancid when purchased due to the manufacturing techniques.

Magnesium

Potential benefits: used in over 300 metabolic pathways, magnesium is essential for detoxification, energy production, muscle relaxation and nervous system health. Magnesium is synergistic with calcium in the body, aiding bone metabolism and hormone levels.

Food sources: Magnesium is found in the chlorophyll molecule in plants. All green leafy vegetables, algae, barley grass, nuts, seeds and grass-fed meats are sources.

Suggested products:

Magnesium Citrate (excellent for energy production and has laxative properties).

- Magnesium Citrate Capsules
- Magnesium Citrate Powder

Magnesium Glycinate (chelated form of magnesium for greater levels of absorption and bioavailability; excellent for calming nervous system and supporting the liver).

- Now Foods Magnesium Bisglycinate Powder

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- Magnesium Glycinate Powder

Magnesium Threonate (may be helpful for migraines and neurological health).

- Neuro-Mag (Magnesium L-Threonate)

Magnesium Chloride Oil (excellent for transdermal use; helpful for replenishing levels quickly and for those with digestive issues like malabsorption).

- Ancient Minerals Magnesium Oil Spray

Magnesium Sulphate (Epsom Salts). Laxative if used internally. Sulphate can be challenging for the kidneys if used daily. Excellent for a therapeutic relax bath.

- Epsom Salts

Ionic magnesium (smallest particle size for greatest absorption. Bound to fulvic acid for increased assimilation).

- Mineralife - Magnesium

Probiotics

Potential benefits: our gut bacteria are an essential component to our health and the proper function of our body and mind. Health gut flora protects our digestive system, helps assimilation of our food and is a fundamental component of our immune system.

Many influences disturb our gut bacteria – for example, stress, sugar, processed foods, pesticides and pharmaceutical drugs (especially vaccinations and antibiotics).

The most prominent assault on our microbiome in the last century has been inappropriate use of antibiotics that indiscriminately kill off good and bad bacteria. It is becoming increasingly more important to reserve the use of antibiotics for serious infections.

Comprehensive repopulation of our gut environment after antibiotics is important to prevent pathogenic organisms like candida, E-coli, clostridia or C-diff becoming dominant as an overgrowth.

Food sources: dairy kefir, water kefir, sauerkraut, kimchi, organic natural yoghurt.

Suggested products:

- **Complete Probiotics** (refrigeration preferable)

Note: fermented foods are high in histamine, so use caution with histamine-related symptoms eg. hives, allergic symptoms.

Selenium

Potential benefits: supports immune function, thyroid hormone conversion, antioxidant levels, enzyme function, glutathione production.

Food sources: seaweed, egg yolks, fish, nuts, seeds, dairy, grains, poultry, green vegetables.

Suggested products:

- Selenomethionine
- Selenium 100ug

Zinc

Potential benefits: supports immune system, wound healing, eyesight, detoxification, hormone balance including as an aromatase inhibitor, testosterone production.

Zinc is involved in the antioxidant super oxide dismutase (SOD). Zinc balances copper metabolism by inducing metallothionein in the gut for heavy metal detoxification.

Food sources: meat, fish, nuts, seeds, seaweed, green vegetables.

Suggested products:

- Zinc Complex
- Mineralife - Zinc

Thanks for reading!

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If you have any questions, please contact

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