

WEEK 3 | HYDRATION & SUPPLEMENT GUIDE

ELECTROLYTE BALANCE

As you rely less heavily on carbohydrates, you tend to store less water and therefore can become dehydrated more easily and experience mild electrolyte imbalances. It's important to make sure you are getting enough water and electrolytes for the first few weeks, while your body becomes fat adapted.

Quick note: if you have kidney issues, take water pills, or have been advised against changing your sodium intake make sure you check with your healthcare provider before playing with your electrolyte balance.

Electrolytes needed: sodium, potassium, and magnesium are the key imbalances experienced.

Sodium: when insulin is lower (the goal here), sodium is excreted from the kidneys more readily meaning you likely need extra. I'm not talking processed table salt here though. My go-to's are pink Himalayan salt or sea salt.

Magnesium and Potassium: We are a magnesium deficient society period. Add into that alcohol intake and stress, and it can be a real problem. Potassium is also at risk of deficiency for similar reasons. Bottom line? You need to get your electrolytes in to feel your best.

Best foods: salmon, avocado, dark chocolate, pink Himalayan salt or sea salt, leafy greens, nuts, bone broth. Drink my Super Hydrating Lemonade in this week's email throughout the day to keep those electrolytes balanced!

SUPPLEMENTS

We all want the magic pill that's going to make weight loss easy and effortless. The one that will make inflammation go away, boost your immunity, and magically just make you the healthiest person ever. Right?

Unfortunately, that pill doesn't exist.

That being said, there are plenty of supplements that can be a HUGE help when it comes to losing fat (the right way), reducing inflammation, increasing energy, boosting immunity, balancing hormones, balancing blood sugar, and just all around feeling better. These are supplements that provide your body with nutrients that it may be missing or those that are used too quickly for your food to keep up. These supplements can also help you relax and sleep better.

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Unfortunately, the supplement world is a HARD one to navigate. There's a LOT of crap out there, and supplementing with the wrong things can be ineffective at best and dangerous at worst. That's where this guide comes in. This guide can be your bible when it comes to useful supplements both for everyday use and special circumstances.

In each section, you'll find a list of my recommendations as well as brands that are trustworthy.

MEDICAL DISCLAIMER

All information contained within this guide is for informational purposes only. It is not intended to diagnose, treat, cure or prevent health problems – nor is it intended to replace the advice of a qualified medical practitioner, health practitioner, or fitness professional. No action should be taken solely on the contents of this guide. Always consult your physician or qualified health professional on any matters regarding your health or any opinions expressed in this program.

The information provided within this guide is believed to be accurate based on the best judgment of the authors, but the reader is responsible for consulting with his or her health professional on any matters raised within. We do not assume liability for the information contained within this guide, be it direct, indirect, consequential, special, exemplary, or other damages.

It's advisable to consult your physician before changing your diet, starting an exercise program, or taking supplements of any kind.

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SUPPLEMENTS FOR DAILY USE

Magnesium: also known as the relaxation mineral. A product called CALM is one of my absolute favourite bedtime drinks. This is amazing for constipation, tension headaches, sore muscles, and chocolate cravings!!! CALM should be taken in the evening, following the label for the recommended dose.

Fish oil: a good quality fish oil is essential for dealing with inflammation. It's also very important for brain health, hormone health, gut health, etc., A good brand is CanPrev's Omega Pro. Fish oil can be taken anytime. Again, follow the label for dose.

Vitamin C: a powerful antioxidant that is helpful for adrenal health, liver health, thyroid health and building the immune system. As a water-soluble vitamin, we excrete what we can't use right away, meaning you should take a half dose in the morning and another half in the afternoon for optimal benefits. You need a buffered Vitamin C, and Synergy C from CanPrev is a good choice.

Vitamin D: imperative for bone health and your immune system (among many other benefits). Your Vitamin D should be in dropper form and ideally suspended in MCT oil to aid absorption. You need at LEAST 1000IU of Vitamin D, but many healthcare providers recommend supplementing 3000IU to 4000IU per day for best results with inflammation, bone health, and the immune system. The AOR Liquid D3 brand is a good choice, it can be taken anytime. Talk to your healthcare provider for optimal doses for you.

Probiotic: gut health is essential for good health. Everything, literally everything starts in the gut. Probiotics maintain a healthy gut ecosystem which impacts everything from digestion to skin health to weight (and so much more). You can also choose to eat fermented foods every day like sauerkraut and kimchi; they have their own probiotics all ready to go. If you're opting to supplement, I would suggest the HCP line by Progressive and make sure to take your probiotics in the evening before bed.

B Complex Vitamins: so important for energy as well as supporting your adrenals and thyroid and hormones. Take B complex vitamins in the morning and at lunch for better energy all day. A good B complex is CanPrev's Synergy B. You can follow the dosage directions on the label.

Biotin: very important for skin, hair, and nails as well as for metabolism of proteins, fat, and carbohydrates. Biotin is poorly absorbed when you have a leaky gut so larger doses may be needed in this case. Pure Encapsulations makes an 8 mg Biotin which is very good quality. One per day is enough.

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IDEAL SUPPLEMENT SCHEDULE

| MORNING | LUNCHTIME | MID AFTERNOON | BEFORE BED |
|-----------|-----------|---------------|------------|
| Synergy B | Synergy B | Omega | Magnesium |
| Biotin | Vitamin C | Vitamin D | Probiotic |
| Vitamin C | | | |

SUPPLEMENTS FOR OCCASIONAL USE

Aloe: excellent for stomach or digestive issues. It is super soothing and can help to support an irritated gut. In my house, we keep aloe around in case anyone catches a stomach bug, or eats something that irritates their digestive system. A good brand is Lily of the Desert.

Teas (use as often as you like)

Teas are such a lovely and relaxing way to supplement. Teas are typically made from dried herbs and are usually safer than supplementing with herbal supplements in their whole form while still being effective. There are many different teas on the market. These are my top three to aid in detoxification and the beginning stages of balancing your body.

Milk thistle: This powerful herb is jam-packed with the ability to support your liver through detoxification. It also decreases inflammation, acts as an antioxidant, and stimulates the production of bile, which is important as we add all sorts of great healthy fats into the diet. Alvita milk thistle tea is a great brand!

Turmeric: This superpowered ingredient is a star when it comes to inflammation. Turmeric is an excellent antioxidant, cancer-preventive, liver protective, AND it aids in fat metabolism. That makes turmeric a superstar something we want to incorporate as much as possible. You can make your own turmeric tea or buy one. A good brand is: Numi Turmeric Tea.

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Matcha Green Tea: This slightly different type of tea (it's the powdered leaves of the plant that are added directly into your tea instead of steeped) is a very powerful addition to your routine. Matcha contains the amino acid theanine which produces a relaxed but alert mental state and gives you sustained energy and very clear thinking. Matcha is also rich in something called catechins which have been shown to boost metabolism which is exactly what we want to do as we support healthy fat loss. The best matcha brands are: Aiya Organic, Do Matcha Organic or Midori Spring Organic.