



WHAT'S THE DEAL WITH SUPPLEMENTS?

A great analogy I like to use when it comes to supplements goes like this:

You can't build a house (your body) with rotten wood (poor nutrition) and expect the house to stay strong and stable with high quality expensive GOLDEN Nails (supplements).

So... supplements should "supplement" an already high quality diet. That being said supplements are important and if you're using them they should be of "Golden Nail" type quality.



You don't need to go crazy either. I don't believe spending lots of money. I recommend EVERYONE be taking a whole food Multi-Vitamin like Garden of Life. Next in line of importance is good quality Fish Oil Capsule like Carlson's Cod Liver Oil, Nordic Natural or Krill Oil (not shown). Following the Fish Oil I recommend a "Green" Drink like Athletic Greens (www.athleticgreens.com). No one consumes enough veggies and this particular "Green" anti-oxidant drink tastes fantastic. Lastly come the Meal Replacements to be used in place of, you guessed it, a real meal. These come in handy when on the go, the weekends or traveling. Along with the Meal Replacement Shakes I also recommend MEAL Bars. Take your pick as they are really based on your preference although the important thing is that they taste good, satiate you, are nutrient dense and they are quick and convenient. The Living Fuel Powder and CocaChia bars pictured below can be found at www.livingfuel.com, everything else can be picked up at your local Vitamin Shoppe.

Let me know if you have any other questions pertaining to your "wood" for your "house" and the "Golden Nails" that are holding it all together.





