

Nathan Crane:

Hello hello, welcome everybody, I'll let everyone just connect to the audio here for a moment, those of you who are joining us live, and we'll get started in about 20 seconds.

Nathan Crane:

Hello, hello, hello, welcome, welcome, looks like most people have joined to the audio here, wonderful. All right. So, we're going to go ahead and get started. Thank you so much for joining me in the Supplements Explained Masterclass kickoff call I'm Nathan Crane, creator of the Supplements Explained Masterclass. In this masterclass I am joined by doctors Joel Fuhrman and Dr. Joel Kahn, as well as dietician Julieanna Hever. Over the coming modules you're going to learn all of the core foundations about supplements you probably wish, and I wish that I knew, years ago. These are things that are going to save you a lot of money and a lot of wasted time, and really the goal is to help you achieve your optimum level of health with the deeper underlying steps and protocols and information that we need to know about supplements to support a strong and healthy diet and lifestyle.

Nathan Crane:

So those of you who are joining us live, if you can, please go ahead and in the chat just let me know where you're joining in from. Let us know where in the world you're joining in from, I am in Jacksonville, Florida, right now, and would love to know where you're joining us. And many of you who will be watching the replay as well. These replays will be available inside your members area, you can access them at any time in case you miss any of them. Hoover, Alabama, all right, welcome. Dorado, Puerto Rico, Emma, all right. We've got Bill from Maryland, hello Bill, awesome to have you here. Pat from Naples, Florida, hello, hello, hello, wonderful to see all of you joining us here. We've got Druvey from Indiana, hopefully I said your name correctly, and many people joining us all over the world. So excited for this, excited for this kickoff call and to dive into this masterclass with all of you.

Nathan Crane:

What we have coming up is really exciting, so in today's kickoff call I'm going to give you an overview of the masterclass, help you discover what key points to keep an eye out for on the upcoming modules, as well as answer some of your questions here as well. So this particular kickoff call is going to be a bit shorter than the other live Q&A calls. We'll probably only go about a half hour today, the other ones will probably go at least an hour, where you will get three live sessions to ask your questions, as well as the recorded sessions, to ask your questions to Dr. Joel Fuhrman, Dr. Joel Kahn and Julieanna Hever. I'll be hosting all three of those calls, so make sure to watch the modules leading up to those calls so you can come prepared with your relevant questions.

Nathan Crane:

So if you have questions for me you can start putting them in the cha., I see your chats coming through, we've got Jenny from Iowa, we've got Ontario from, or Marion, sorry, from Ontario, Canada, welcome, welcome. And more of these specific questions you're going to have, we're going to definitely save those, after you've watched the modules and we bring them to those individual Q&A calls with the doctors, so that's going to be a really exciting bonus addition for you signing up for the masterclass and watching the modules.

Nathan Crane:

So here's how the masterclass works. We've got two modules per week for five weeks. That gives you enough time to watch a module, take a couple of days, go through your workbook, answer any notes, put in any notes, prepare any questions, and then we'll do a Q&A the following week. So you'll be able to watch a few modules and then bring any questions you have to the Q&A. We wanted to do it this way so that you're not just bombarded with all 10 modules all at once and have to go through it. These modules are somewhat short enough length to go deep, but also for you to walk with real practical hands-on information to transform your health and your life for the better. So two modules per week for five weeks; the first module should have been sent out to you today, this morning, so check your inbox for that.

Nathan Crane:

So I'm going to go through the 10 modules and what we're going to be covering and what you have to look forward to. You'll also have a workbook that looks like this, let me share my screen, see if this works for you guys. Let me know in the chat if you can see this okay, and if you haven't got this yet you'll be getting it very soon, just put in the chat there if this looks okay on your screen. Let's see, where's my chat so I know, yes, Bill says yes, all right, good. So you're going to get a workbook like this, you can print it out, we've put this together for you to really help you implement what you're going to learn during this masterclass. So I'm really excited for this workbook, and here's what we're going to be covering in all 10 modules.

Nathan Crane:

So I'll go through this just briefly with you, and then you can go through this on your own in more depth, but Module 1 is really about Creating Your Supplements Revealed Game Plan With Personalized Nutrient Testing. This is with Dr. Joel Fuhrman. Again, that's coming out today, if you're joining us live for this right now, it'll be inside your members area. If you have any issues with that just contact the support email and they'll make sure that you can get access to it. These are some of the key bullet points, as well as some of the important blood tests that he's going to cover and talk about in the module, so make sure to watch that and then print out this workbook.

Nathan Crane:

Module 2 is also with Dr. Fuhrman: How to Know Which Supplements to Keep and Which Ones to Throw Away. Talking about slowing the aging process, talking about the right diet so that you have a rich, nutrient-rich, dense diet so you're not wasting tons of money on multivitamins, and things that actually don't work. Certain vitamins that you really don't need and you can get rid of, because you're getting it from your food, and other ones that you do need because you're probably not getting it from your food. So that's going to be an important module to watch.

Nathan Crane:

Module 3 is with Dr. Joel Kahn, and really this is The Doctor-Approved Guide to Buying, Storing, and Taking Your Supplements. He goes deep into B vitamins, C vitamins, fat-soluble versus non-fat soluble, when you should take your vitamins, what times a day, with food, without food. We get a lot of those questions, which ones should you take together? Which ones shouldn't you? Should you take them in the morning, the evening, with food, without food? All of that gets covered in-depth in Module 3, so that's going to be a really good one for you guys to watch. Where is the workbook? Yeah, so you'll get it

in your, if you don't have it yet, it'll be emailed to you very soon. If you don't have it by tomorrow just email our support staff and they will make sure that you get it.

Nathan Crane:

Module 4, How to Make Your Supplements More Bioavailable with Dr. Joel Kahn as well. This is a really important one, we look at using the diet as the underlying fuel for the body, but then what are things that most people are low in, and what do we need to supplement? Talks about CoQ10 and the science behind that, recommended dosages, magnesium, goes into the science of the omega-3 fatty acids, where to get good sources of that, good supplements, nitric oxide, good multivitamin, D vitamins, K vitamins, so Module 4's a really good one.

Nathan Crane:

And then immunity, the immune system. We know this is a really big concern for most of us, especially with COVID and viruses and bacterial infections, and all these things going on, keeping a strong immune system, even for cancer, for any kind of infection that might happen. As we age, keeping a strong immune system is really important, so what are the evidence-based solutions for keeping, and supplements, as well as, he really focused on supplements here, which is great, like zinc and vitamin D and quercetin and vitamin C, NAC, different kinds of mushrooms. And then how to increase and improve gut health to improve... 70% of our immune system we know is in our gut, our GI tract, so Module 5 is a really great one you'll definitely want to watch.

Nathan Crane:

Module 6 is a combined module where I teach the first half, and Julieanna Hever teaches the second half. We talk about detoxification and getting heavy metals, mercury, cadmium, lead, aluminum, phthalates, molds, funguses, and endocrine-disrupting chemicals out of your body. The supplements that can help with that, when to take them, why you would take them, and how to get these things detoxed out of your body. Also very important for helping your body heal and thrive. And she talks about, part two, is also from a food perspective. What are the foods you should be eating daily that also help your body continuously get these toxins out of your body?

Nathan Crane:

Module 7 is the Little-Known Supplements That Can Help You Lose Weight with Julieanna Hever, so she really focuses a lot more on the diet here, and the nutrients from the diet, and how to approach losing weight from a sustainable, healthy approach. Not from the approach of, take this magic pill and all of your fat burns away, because the reality is there is no magic pill on the planet that burns your fat away, it just doesn't exist. So what does the science say? What can you do daily? What foods, what nutrients, what things can you do to actually help your body burn extra fat and get to a healthy weight? So this is about providing you real information that's going to give you real results, not sell you some magic fairy dust unicorn dream that a lot of these companies are doing out there to make millions of dollars. This is about helping you achieve your goals in a real and sustainable way.

Nathan Crane:

Module 8 is with Joel Fuhrman. Dr. Joel Fuhrman again, looking at the best known anti-aging and longevity supplements, and this is a really great one in terms of which supplements can you take each day. It talks about ECGC, for example, talks about reducing risk of osteoporosis and sarcopenia, that's really important as we age, also why we need more zinc and good nutrient sources for helping get these

nutrients from our food and then finding out if you actually need to supplement. The whole thing about this is, as you'll learn in Module 1, Module 2, is we don't want you wasting money on a ton of supplements you don't need. That's the important thing to take away as you dive into this, because there's no reason for you to buy 100 supplements a day if you don't actually need them. We want you knowing what you need. What's the science say? What can support you?

Nathan Crane:

What's the science say about turmeric and curcumin, for example, for inflammation and anti-aging? These are things that can really support you, but you shouldn't be taking vitamin D, for example, and vitamin C if you already have adequate levels on a daily basis from your diet, and Module 1 covers that in depth. But most people are actually deficient in vitamin D and vitamin K2 and vitamin B12, but not everybody, not everybody is. So it's not a one-pronged approach for every single person. Each person is unique, and that's why this masterclass is important to go through individually. Because what you need may differ from what I need. It may differ from what Tom needs, and Marion needs, and anybody else needs, and that's really important.

Nathan Crane:

Module 9, Dr. Fuhrman talks about vegans, vegetarians, and supplementation, as well as on a animal-based diet, what are the most common nutrients that people are deficient in, and how to test and find out, and then which ones to make sure to supplement with to keep your diet, to keep your body and brain aging gracefully and living with more vitality and clarity.

Nathan Crane:

And then Module 10 is basically taking all nine modules and combining them into one module of the most important act action steps to take away. So module 10 is a recap of all nine modules, and it's really highlighting the bullet points and key specifics. It'll be a really great resource for you to go back to, like after you watch all nine modules, if you ever want to go back to it again in a year, or in six months, or whenever, you could really just go back and watch Module 10, because that's going to recap all nine modules for you. So you'll have that as part of your masterclass to just refresh yourself on from time to time, and that's going to be a really great tool. And again, you're going to have the workbook, you're going to have sections to take notes, you're going to have these key takeaways from each module that we've put together for you as well, and then you also have the transcripts, if you want to read instead of watch the videos, you can also read the transcripts and print those out.

Nathan Crane:

So that is the 10 modules, as I said, you're going to get the workbook. If you received Module 1 already this morning and you had a chance to watch it, can you put in your chat if you've already watched Module 1, anybody who has let me know. Let me know if you've already watched it; it should have been in your inbox. If not, double check junk or spam just in case, it should be coming from Supplements Revealed in your inbox, and the email, "yes", Bill says, "I have". Great. If you have, so those of you who watched it already, in the chat, let me know, oh you got it yesterday, Pat, great. Yeah, let me know some of your key takeaways already from Module 1, I'd love to know what's your number one key takeaway from watching Module 1, and any questions you have about it as well. And then you'll actually be able to bring your questions for Dr. Fuhrman, I'm very familiar with the content, I can answer some of it, but some of those questions you can actually take to Dr. Fuhrman as well in the upcoming Q&As with him.

Nathan Crane:

While you're typing in any takeaways from Module 1 so far, again, if you miss any modules you can go back in and watch them, so you don't have to watch them when they come out twice a week, they'll come out every Thursday, Tuesday, every Tuesday, Thursday, so the next one will come out Tuesday, if you're watching this on Thursday, for example. You don't have to watch it the moment it comes out. It'll be available as a recording inside your members area, so you don't have to worry about that. If you miss any, go back and watch them, because you'll want to stay up-to-speed with all the content and information, or at least attend one of the Q&As get your questions answered, and at the very least you'll have the workbook you can print out with all the key bullet points that you'll be able to go over on your own as well.

Nathan Crane:

Bill's saying a key takeaway was only use whole supplements, don't use synthetics. Yeah, I think that's a good point. I've had this conversation with Dr. Fuhrman, where most supplements you take are actually going to be synthetic, and he even has a point where for certain supplements, for certain molecules, they're going to be synthetic and they are going to interact in your body just as it would as if it came from a food source, for example. So he's not against completely synthetic nutrients that come in certain supplements, what he said there, and if you go back and listen, is when you are getting a whole food source supplement, meaning the supplement itself is meant to be, let's say it's a protein powder, or food powder, or whatever, that that is whole food, and ideally it's organic. I don't know if he talked about that in Module 1, but it's talked about in upcoming modules for sure, that when it is a food source supplement, that it is organic.

Nathan Crane:

But most of the supplements you'll get today, even if it's a food source, when they have really high levels of certain nutrients in there, there's no way they can get that from that food source, so they add in the synthetics to increase those percentages of those nutrients. And that's just very common today. I mean, the only way you're going to get those kinds of high nutrients in a food source is if it's a super concentrated powder and you're adding five or six or seven or eight scoops to your drink, but most of them just don't have it.

Nathan Crane:

So the synthetic thing, there's pros and cons to it, and ideally we get most of our nutrition from food, we get it from whole foods, ideally. I'm not talking about the grocery store, I'm talking about real whole food that grows from the earth that we can cook, that we can eat, and then we are just supplementing with those that we absolutely need. Which is why he talks about, in Module 1, nutrient testing, the different kinds of tests that you should be doing to find out what you're deficient in, and then if you're deficient in those, those are things you can adjust and tweak and improve with specific supplements.

Nathan Crane:

PRGlore, sorry, I'm not sure what your name is, says how early in life good choices are important. Yeah, that's a great key takeaway. Obviously we can't change our past, but we can help our future generations, our children, grandchildren, learn what we've learned, and at the very least we can make decisions now to improve our lives and our choices moving forward. Pat's saying the importance of reading the labels and knowing what ingredients to avoid. Absolutely, that's a great one. Will the workbook be in your member portal? Diane's asking. I believe it should be, I will double check with the

team, but we'll make sure that everybody gets it. Like I said, if you don't have it by tomorrow we'll make sure it gets emailed out to everybody.

Nathan Crane:

And yeah, the other big one from Module 1, I think there was a big takeaway, was ferritin. A lot of people say, yeah, you need an iron supplement, but Dr. Fuhrman talks about how taking iron is dangerous if you don't need it. It's really important to test, especially for women, most men should not be taking iron in their multivitamin, for example. Women, including pregnant women, should only take iron if there's a documented deficiency. If you do need a supplement with iron, small doses are much better absorbed, and knowing your favorable range. So knowing that range, and that's in the workbook, it's in the module as well. But the important thing there, like with iron, people just go, "Oh yeah, most people are low in iron, you need to take iron." Well, if you're actually not deficient in iron and you take iron, it can be very dangerous for your health, and he goes in-depth on that.

Nathan Crane:

He also talks about favorable ranges for B-12, for the omega-3s, for vitamin D, so knowing these ranges and then testing and making sure that you're in those ranges is really important for long-term brain health, so we avoid things like Parkinson's neurological disease, long-term immune health, so we can help avoid things like cancer and other infections and chronic disease, and testing these things is really essential. So good, I'm glad some of you have already watched it, you've got some great takeaways. Again, you'll have the workbook to go through. Make sure you attend as many of the Q&As that you can. If you can, attend them live. You can always go watch the replay, so no problem.

Nathan Crane:

Just remember, this is a little bit of a marathon. Let's call it a half marathon. It's not a sprint, it's not a, hey, let's run down the street and change everything in five minutes kind of thing. It's like, hey, we're learning new things as we go along, some things we change slowly, takes some time. Other things we can change quickly. Far too often we're looking for that magic pill that solves everything and I'll tell you right now it doesn't exist, and we're never going to sell you a lie like a lot of people out there do. "Take this one magic pill and it solves all your problems." It doesn't exist, it will never exist. It's a multitude of diet and lifestyle and supplemental changes and enhancements that we learn about and improve over time, and so if you can get that right from the beginning, and many of you may already have that approach, and some that may be new for you.

Nathan Crane:

But when you recognize that hey, it takes a little bit of work, education, but the important thing is just being consistent and making little changes as I go, then we start to see big improvements, and actually it can be very quickly. I mean, within weeks, or months, see big improvements in overall health and wellbeing, and even reversal of certain health issues. So that's what's really exciting here, and just know that we're here to support you, our team is here to answer your questions. We bring on the best doctors and experts to help you get clear and cut through a lot of the misinformation and noise out there, and all the selling and propaganda so that you can get the real information to help you take charge of your health.

Nathan Crane:

And as I said, I'll be here hosting these live Q&As for you. You'll be able to bring your questions live to the doctors if you're joining live, and if you do have any other questions between now and the next Q&A, just email our support team and let us know. So other than that, like I said, this is going to be a little bit of a shorter session as it's just a kickoff call. I wanted to go over what's coming up, what to look out for, answer your questions, letting you know there's a workbook coming for you, letting you know the Q&As are coming, how the modules are coming out twice a week, you'll have access to all that in your members area. I will email our support team right now and make sure they follow up and get the workbook out to everybody, and I look forward to seeing you all in the upcoming Q&As and hearing what you've learned through these modules and how you've implemented it in your own life.

Nathan Crane:

So thank you so much, appreciate you all being here. Wish you an amazing day, or night, wherever you are in the world, and we'll talk to you soon. You guys take care.