



SUPPLEMENTS EXPLAINED MASTERCLASS

WORKBOOK



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Welcome to the Supplements Explained Masterclass!

This masterclass is based on leading-edge research from world-leading doctors and dietitians.

- ▶ You'll learn how to take control of your health and only take the supplements that you actually need.
- ▶ You'll learn first-hand which supplements work and which don't:

Which supplements to avoid

Which ones you don't need

How to pick effective supplements

How to save money and time

How to use supplements as supplements

- *Discover the most effective diet & lifestyle to achieve 80% of your real health and fill in the other 20% with specific, targeted supplements*

This workbook includes key bullet points from each of the modules and space for you to take your own notes.

I'm excited you're joining me and my guest experts on this journey.

To your health,

Nathan Crane

Natural Health Researcher & host of the Supplements Explained Masterclass

Dr. Joel Fuhrman:

- ▶ There's no substitute for eating the right diet
- ▶ The human body is dependent upon green vegetables
- ▶ Even when you eat an ideal plant-based diet, there are certain nutrients that are often lacking
- ▶ Both an insufficiency and too much of certain nutrients can have potential risks
- ▶ Use blood tests to determine your levels
- ▶ 4 Important Blood Tests:

1. Vitamin D

- Favorable range: 30-50 ng/ml or 75-125 nmol/L

2. Vitamin B-12 & Methylmalonic Acid (MMA)

- Elevated MMA in the blood indicates insufficient B-12
- Knowing results for both B-12 and MMA is helpful, as a high MMA might indicate a mild deficiency or a developing deficiency if B-12 results are on the lower end of the normal range
- Favorable ranges:
 - B-12: 160-950 pg/ml or 118-701 pmol/L
 - MMA: Normal ranges vary somewhat between different labs. The normal range is approximately < 300 nmol/L or < 0.3 µmol/L
- Deficiency in B-12 (or folate) results in accumulation of homocysteine
- Favorable range: < 15 µmol/L

3. Omega-3 Index

- Adjust how much you take based on your blood tests
- Favorable range: > 5%

4. Ferritin

- Taking iron is dangerous if you don't need it
- Testing is especially important for women
- Men should not be taking iron in their multivitamin
- Women (including pregnant women) should only take iron if there is a documented deficiency
- If you do need to supplement with iron, small doses are better absorbed
- Favorable range: Men: 50-336 µg/L Women: 40-307 µg/L
- It is beneficial to supplement with small amounts of zinc daily (approx 7.5 mg-15 mg/day) instead of consuming additional animal protein

My Module 1 Notes:

Module 2: How to Know Which Supplements to Keep, and Which to Throw Away with Joel Fuhrman, MD

Dr. Joel Fuhrman:

- ▶ We slow the aging process and live longer based predominantly on what we eat, but supplementing intelligently and conservatively plays a big role in health and longevity
- ▶ We have to have a diet rich in phytochemicals and antioxidants which means eating a lot of fruits and vegetables - especially green vegetables
- ▶ The synthetic folic acid you get in a supplement doesn't have the same biological properties as folate from food

Folic acid stimulates cell replication, leading to higher risk of cancer

- ▶ Almost all multivitamins use synthetic folic acid because it's cheap
- ▶ You shouldn't take folic acid or even folate because you can get enough by consuming a diet rich in green vegetables

Folic acid is probably the most dangerous supplement you could take

Pregnant women especially should be consuming green vegetables to get folate instead of relying on a supplement

- ▶ Don't take a supplement with vitamin A or beta-carotene in it

Vitamin A is acetal or retinyl palmitate, which has been linked to shorter lifespans and increased risk of cancer

- ▶ Taking isolated beta-carotene blocks the absorption of other important carotenoids and creates an imbalance - leading to higher rates of cancer in some studies
- ▶ Get your vitamin E from food, not supplements
- ▶ Don't supplement with copper, selenium, and iron

Selenium in higher dosage (more than we get from food) could be harmful

Brazil nuts contain a lot of natural selenium

- Limit your intake of Brazil nuts to a maximum of 15/week
- If eating Brazil nuts straight from the shell, reduce your intake by at least half

- ▶ Cheap supplements often contain other harmful ingredients such as food dye, coloring, and other chemicals

- ▶ Isolated vitamins and minerals cannot be organic
- ▶ You cannot get enough vitamins and minerals from food-derived supplements - you need to get your nutrients from food
- ▶ Dehydrated powders and organic dehydrated foods have benefit for people who eat poorly, but that benefit is a mere fraction of what eating a healthy diet would give you
- ▶ Increasing plant protein and lowering animal protein in the diet is the key to slowing the aging process and preventing cancer
- ▶ To support maximum human immune function we need to selectively and carefully utilize a few key supplements

My Module 2 Notes:

Module 3: The Doctor-Approved Guide to Buying, Storing, and Taking Your Supplements with Joel Kahn, MD

Dr. Joel Kahn:

- ▶ There are 2 buckets that vitamins fall into:

Water-soluble vitamins

- Includes vitamins B & C
- Will be absorbed by taking with a glass of water

Fat-soluble vitamins

- Vitamins A, D, E, and K
- Best taken with a small amount of food

- ▶ Take your multivitamin with your breakfast or lunch so both the water- and fat-soluble nutrients are best absorbed
- ▶ Test your blood levels to know which key nutrients you're low in such as vitamin D, vitamin C, vitamin B-12, omega-3, and magnesium
- ▶ Sometimes you'll know you're deficient if you feel better and/or certain health markers improve once you start taking a supplement
- ▶ The fundamental foundation of health is a healthy diet but even with a healthy diet we are still prone to nutritional deficiencies
- ▶ The #1 most common nutritional deficiency is omega-3 fatty acids
- ▶ Food sources of omega-3s are chia seeds, flax seeds, walnuts, leafy greens, fatty fish
- ▶ The other common deficiencies are vitamin D, B-12, magnesium, and iodine
- ▶ Calcium deficiency can be solved with diet in most cases; otherwise stick to low doses

Calcium can be taken on an empty stomach with water

Dairy isn't necessary as a source of calcium; many plant foods contain calcium

- ▶ The quality of the supplements you buy matters

Look for GMP Certification and/or third-party testing by organizations such as Consumer Labs, NSF, and USP

- ▶ If you're going to take a concentrated food or vegetable supplement, look for organic to avoid taking in pesticides, herbicides, and toxins

- ▶ Supplements come in different formats including tinctures, liquids, gel packs, capsules, and tablets - you have to look at affordability, portability, and convenience

Gel packs and liquids can be more expensive

Tablets may not break down as well

Capsules are generally reliable but pay attention to what the capsule is made of (vegan vs animal products)

- ▶ Maintaining your health is always the better option than finding out you have a problem and having to dig yourself out of a hole

My Module 3 Notes:

Module 4: How to Make Your Supplements More Bioavailable with Joel Kahn, MD

Dr. Joel Kahn:

- ▶ Cardiovascular disease (CVD) is the umbrella term for heart disease

The most common conditions Dr. Kahn sees are high blood pressure (hypertension), hardening of the arteries (atherosclerosis), and rhythm problems

The number one cause of death in the world is diseases related to high blood pressure so be sure to get your blood pressure checked

- ▶ We need to look at our diet as the fuel that runs our body

Use the highest quality fuel possible

The majority of Americans are low in omega-3 fatty acids, vitamin D, magnesium, zinc, calcium, and other things that support heart health

- ▶ Coenzyme Q10 (called CoQ10 for short) is an important heart supplement

Your body makes less CoQ10 after the age of 40

Not easily found in foods

Is necessary for mitochondria (the cells' "batteries") to function properly

Is also a powerful antioxidant

Statins block the body's ability to make CoQ10

Is a very safe supplement with lots of research behind it

Recommended dose: 100-400 mg daily

Available in liquid and capsule form - look for GMP certification

There's a blood test available to show how much CoQ10 your body is making

Studies show CoQ10 is highly beneficial for congestive heart failure

- ▶ Most Americans do not get enough magnesium (MG) in their diet

Magnesium is used in 300 different chemical reactions throughout the body

As a supplement, magnesium is available as sprays/rubs, liquids, powders, capsules, and tablets

Magnesium is safe and doesn't store up in the body; if you notice loose stools, you can back off the dosage

Magnesium comes in many forms

- *Magnesium oxide is the cheap, readily available form that's poorly absorbed*
- *Better choices include magnesium glycinate, magnesium taurate, and magnesium citrate*

- ▶ Combining CoQ10 and magnesium has provided powerful health benefits at a reasonable cost and a very high safety profile in thousands of Dr. Kahn's patients
- ▶ Omega-3 fatty acids are the only fat you have to have to run your body in a healthy manner

Children need omega-3s for brain health even more than adults do

Fish sources of omega-3s are the SMASH fish: sardine, mackerel, anchovy, herring, and salmon

Plant-based sources are leafy greens, nuts, and seeds

- *Dr. Kahn recommends two tablespoons a day of a combination of ground flaxseed, chia seeds, and hemp hearts*

With omega-3 supplements, the choice is between fish-based and vegan sources

- *If taking fish-based omega-3s, quality is super important*
- *Look for GMP and third party tested*

- ▶ Another important nutrient for heart health is Nitric Oxide (NO)

L-arginine and citruline in foods supports the body's production of NO

Dietary nitrates in leafy greens, beet root powder, red spinach powder, the white rind in watermelon help the body produce more NO

- ▶ Another favorite supplement for heart health is vitamin D3 with vitamin K2

Look for a multivitamin or supplement with around 100 mcg of K2

My Module 4 Notes:

Module 5: How to Use Supplements to Boost Your Immunity with Joel Kahn, MD

Dr. Joel Kahn:

- ▶ Our immune system is a monitoring system / radar system / surveillance system that protects us from toxins and disease
- ▶ Vitamin D has risen to the top importance in terms of immune support

Many people are low in vitamin D - even in areas with lots of sunshine

Food sources of vitamin D include dairy and non-dairy products and mushrooms

Check your levels with a blood test

Vitamin D is a fat-soluble vitamin so you don't want to overdo it with supplementation

It's common to dose up to 5,000 iu of vitamin D

- ▶ Zinc has antiviral and anti-infectious activity

There is a zinc blood level test that your doctor can run

10-15 mg per day through diet or supplementation is recommended

Food sources include nuts, seeds, and oysters

- ▶ Quercetin is an antioxidant that is anti-inflammatory and has immune-supportive properties

Complementary with zinc; may work together better than either one can alone for immune support

Cardiovascular vitamin that also supports blood pressure, cholesterol levels, and healthy blood vessels

Available in some healthy foods such as garlic, onions, berries, and some nuts & seeds

Typically want around 250-500 mg/day but can double up during active infections

- ▶ Vitamin C is very important for immune support

The human body can't make vitamin C; you have to get it through food or supplementation

Powerful antioxidant with anti-inflammatory properties

Food sources include leafy greens, lemons, limes, oranges, tangerines, watermelon, acai berry, amla berry (Indian gooseberry)

Available in many forms including lozenges, capsules, tablets, powders, and liquids

Absorbed most efficiently in small doses (e.g., 250-500 mg 3x/day)

- ▶ N-acetylcysteine (NAC) is an inexpensive, widely available supplement for immune health

We need N-acetylcysteine to make glutathione (the “master antioxidant”)

Available in capsule, tablet, and liquid forms

Cystine is one of the sulfur amino acids and acetylcysteine is modified cystine

- ▶ Mushrooms are a source of vitamin D and beta-glucans

Beta-glucans support a healthy immune system and are excellent for cardiovascular health

Shiitake and maitake mushrooms are particularly rich in beta-glucans

Mushroom-based supplements are available in many formats including capsules, tablets, powders, mushroom coffee, and more

- ▶ Gut health is total body health

70% of our immune system in our whole body is concentrated around our gut (GI tract)

Incorporate more fresh, colorful, plant-based foods into your diet and decrease poor quality foods

You can upgrade your health in as little as two weeks!

My Module 5 Notes:

Module 6: The Ultimate Supplement Detox with Nathan Crane and Julieanna Hever, MS, RD, CPT

Part 1 - Nathan Crane:

- ▶ There are thousands of toxins in our environment that we're exposed to
- ▶ 4 Primary Categories of Toxins:

1. *Heavy Metals (mercury, cadmium, lead, aluminum)*
2. *Phthalates & Plastics*
3. *Mold & Fungus*
4. *Endocrine-Disrupting Chemicals*

- ▶ The first step is to STOP adding more chemicals to your toxic load while working to remove others out of your body
- ▶ Tips for Detoxing:

Heavy Metals

- *Filter your water*
- *Reverse osmosis is best*

Cookware

- *Get rid of aluminium and non-stick cookware*
- *Use stainless steel, ceramic, or cast iron cookware*

Fish

- *Contains high amounts of mercury*
- *Stick to small, wild-caught fish (the larger the fish, the more mercury)*

Silver amalgam fillings

- *Continually off-gas mercury throughout the life of the filling*
- *Work with a biological dentist to have fillings safely removed*

Consume organic foods & supplements

- *Pesticides contain heavy metals which get concentrated down in supplements*

Phthalates & Plastics

- *Filter your water*
- *Don't store foods in plastic*
- *Drink out of glass and stainless steel*

Mold & Fungus

- *Can get mold strips to test*
- *Consult with a mold expert to have mold professionally remediated*
- *Use an air purifier in your home*
- *Add plants to your home (1 plant for every 100 feet²)*

Endocrine-Disrupting Chemicals

- *VOCs can be off-gassing from paint, carpet, and furniture for years*
- *Use an air purifier in your home*
- *Add plants to your home (Aloe vera is especially good)*

► **Supplements for Detoxing**

Heavy Metals

- **Zeolite**

Take it at night before bed

Don't take with any supplements / medications or it can bind to them and remove them from your body

- **Spirulina**

Can alternate with the zeolite

Mold

- **Activated charcoal**

Take separately from zeolite and spirulina

- **Suggestion: Take one detoxing supplement for a couple of weeks and then switch**

You don't need to be taking everything all the time

Better to cycle through, then give your body a break before starting again

Phthalates

- **Cruciferous vegetables**

Consume multiple servings per day

Part 2 – Julieanna Hever:

- ▶ We live in a toxic world but the #1 thing we have the most control over is our food
- ▶ Eat these foods:

Vegetables

Legumes

Seeds

Fruits

Mushrooms

Herbs

Whole grains

Nuts

Spices

...in infinite tasty combinations

- ▶ Minimize or abstain from animal products
- ▶ The toxins that animals consume along with their foods are concentrated in their flesh and secretions
- ▶ Avoid processed foods
- ▶ Plants are the only source of the 2 most important nutrients:

1. Phytonutrients

2. Fiber

- ▶ It's what you do overall that matters for your long-term health
- ▶ What should you emphasize in your daily diet? The 6 Daily 3's:

3 servings of leafy green & cruciferous vegetables (e.g., kale, broccoli, cabbage, bok choy, lettuce, arugula)

3 servings of other colored vegetables (eat the rainbow)

3 servings of fruit

3 servings of legumes (lentils, beans, peas, soybeans, hummus, etc.)

3 servings of nuts & seeds (almonds, chia, Brazil nuts, walnuts, etc.)

3 varieties of mushrooms each week

- ▶ There's nothing wrong with whole grains but there's nothing in them nutritionally that you can't get from the other foods
- ▶ A whole food plant-based diet naturally helps you detoxify and is the first and most important step to living your most health-promoting life

My Module 6 Notes:

Module 7: Little-Known Supplements That Can Help You Lose Weight with Julieanna Hever, MS, RD, CPT

Julieanna Hever:

- ▶ Diet is the #1 cause of early death and disability in the world
- ▶ Optimal health results from very simple choices
- ▶ Consume these foods in infinite tasty combinations:

<i>Vegetables</i>	<i>Legumes</i>	<i>Seeds</i>
<i>Fruits</i>	<i>Mushrooms</i>	<i>Herbs</i>
<i>Whole grains</i>	<i>Nuts</i>	<i>Spices</i>

- ▶ There are no secret potions, powders, or pills for healthy sustainable weight loss
- ▶ Start with a food journal
- ▶ Determine your “why” - why you want to lose weight

It has to be visceral and meaningful for you

3 Principles instead of weighing & measuring your food

- 1. Whole food, plant-based eating*
- 2. Time-restricted eating*
- 3. Mindfulness approach*

- ▶ Stop and check in with your body - are you actually hungry? (The celery test)
- ▶ While eating, do you feel satisfied?

Really tuning in to hunger and satiety

- ▶ Everything about food is HABIT and you can change your habits

New habits initially feel uncomfortable

As you practice they become systematized and automatized and then become second nature

- ▶ Weight loss is very different physiologically than weight maintenance
- ▶ Formula to determine your ideal weight:

Women: 5 feet = 100 lb + add 5 lb per additional inch of height

Men: 5 feet = 106 lb + add 6 lb per additional inch of height

+/- 10%

- ▶ Changing your diet is like learning a new language

As you practice you become fluent

Eat when you're hungry

Stop when you're satiated

- ▶ The Celery Stick Test:

How to know if you're truly hungry... a celery stick sounds good to you.

- ▶ Julieanna's clients do the following:

Decide what time of day they're going to eat every day

- *Pick times you can consistently eat every day*
- *You will get hungry at those times but then you won't notice hunger other times of the day*

What are you actually eating?

- *Eat vegetable, fruits, whole grains, legumes, mushrooms, nuts, seeds, herbs, and spices in infinite tasty combinations*
- *Stick to whole foods and cut out flour, oil, and refined sugar, and limit salt*

Love your food

- *Find 4-10 recipes (your repertoire) that you love and rotate through them - you don't have to be miserable!*

The scale has no judgment, guilt, or shame

- *It's simply a tool that provides feedback*
- *If the scale doesn't go down, then change your recipes or eat less*
- *The key is to get your weight down and then focus on maintenance*

Time Restricted Eating (TRE)

- *Limiting your feeding window*
- *Fasting is technically not eating for one or more days*
- *TRE gives us similar benefits to fasting without needing to do true fasting*

From the last bite you swallow it takes 4-6 hours until digestion is complete

- *If you're eating frequently your body never gets a break from digestion to focus on metabolic housecleaning and healing*

Anytime you eat off plan, go back to your why

- *Go deep - what's going on?*
- *Are you:*
 - Tired? - you need rest*
 - Stressed? - you need soothing*
 - Bored? - you need entertainment*

You're not broken if you eat something not on your plan

- *Navigate with intention*
- *Choose you now and keep choosing you again and again*

My Module 7 Notes:

Module 8: Anti-Aging, Longevity, a Longer-Healthier Life With Supplements (Is it Possible?) with Joel Fuhrman, MD

Dr. Joel Fuhrman:

- ▶ What we put in our mouth affects our health, longevity, happiness, and brain function
- ▶ We can control aging proteins and the length of our telomeres by using intelligent supplementation on top of an excellent diet

They have to be combined - one without the other is pretty much worthless

- ▶ In the last decade there has been much advancement in blood tests and the ability to test biological age and detect cancer earlier
- ▶ When eating a plant-based diet you need to ensure you're getting enough protein

Higher-protein nuts & seeds include hemp seeds, pumpkin seeds, almonds, and sunflower seeds

Eat enough beans, soybeans, and green vegetable - both raw and cooked

- ▶ As we age, we need more zinc, vitamin K2, vitamin D, and vitamin B-12

Get a blood test to see if levels are going down and supplement accordingly to stay in that perfect sweet spot

- ▶ Calcium absorption also goes down with aging - especially in postmenopausal women

Increases risk of osteoporosis and sarcopenia

Take in calcium like food - small doses of 100-200 mg with each meal

- ▶ Putting turmeric in your food is beneficial, but it's not very absorbable

The beneficial part of turmeric for anti-aging is the curcumin or curcuminoids

Combine curcumin and the right amount of EGCG (40-100 mg/day)

- ▶ Don't make decisions based on one study

Need to investigate all the studies, the amounts used, and look at all the evidence before coming to a conclusion

Don't use super mega doses or over-supplement with things just because you heard they were good for you

- ▶ Exercise is the most critical “supplement” for anti-aging

The aging process is inhibited by exercise

Builds up longevity proteins

Keeps our muscle density, keeps the fat out of our muscle, and keeps our muscles strong

Work on endurance, agility, and strength

Side-to-side agility-type exercises enhance proprioception and balance

- ▶ Tweak your body weight to the perfect weight for you

Males should have body fat below 15%

Females should have body fat below 25%

My Module 8 Notes:

Dr. Joel Fuhrman:

- ▶ We live in an era of unprecedented opportunity to slow the aging process and live longer than ever before by switching to a primarily plant-based diet
- ▶ The term “plant-based” can be confusing

Plant-based usually means at least 90% of calories coming from plants

Whole food plant-based is a diet that avoids processed foods

“Vegan” is usually a person that’s 100% plant-based with NO animal products

Vegan doesn’t refer to the quality of the plants being consumed

- ▶ A Nutritarian diet is a diet of nutritional excellence to slow the aging process and maximize human lifespan

Can be vegan or include a small amount of animal products - under 5% of total calories

- ▶ Taking probiotics doesn’t give us an optimal microbiome compared to eating a wide variety of plant fibers
- ▶ There are certain nutrients that are better found in animal products:

DHA & EPA

Zinc

Iodine

Vitamin B-12

Vitamin K2

Vitamin D

- ▶ The Nutritarian diet focuses on the GBOMBS: Greens, Beans, Onions, Mushrooms, Berries, Seeds
- ▶ Other plant materials that aren’t commonly eaten are beneficial and have anticancer effects

E.g., Green tea extract (EGCG), turmeric/curcumin, astragalus, elderberry, mushroom extracts, and beta-glucans

- ▶ Protein matters

Studies show that more animal protein shortens lifespan

More plant protein increases lifespan

Plant protein absorption slows with aging

You may need to supplement with a plant-based protein powder

Some elderly people may need a small amount of animal protein if their protein levels or albumin are getting too low

- ▶ Some people don't thrive on a vegan diet

Can do a comprehensive amino acid analysis

The most common amino acid deficiencies in vegans are taurine, choline, and creatine

- ▶ Nutritional excellence is fun, exciting, makes you happier, removes fear, and enhances the pleasure and confidence in your life!

My Module 9 Notes:

Dr. Fuhrman Recap from Modules 1 & 2:

- ▶ 4 important blood tests to run:

1. *Vitamin D*
2. *Vitamin B-12 & Methylmalonic Acid (MMA)*
3. *Omega-3 Index*
4. *Ferritin*

Test	Favorable Ranges	Date Tested	My Results
Vitamin D	30-50 ng/ml or 75-125 nmol/L		
Vitamin B-12 & MMA	<p>B-12: 160-950 pg/ml or 118-701 pmol/L</p> <p>MMA: Normal ranges vary somewhat between different labs. The normal range is approximately < 300 nmol/L or < 0.3 µmol/L</p> <p>Deficiency in B-12 (or folate) results in accumulation of homocysteine. If checking homocysteine levels, favorable range: < 15 µmol/L</p>		
Omega-3 Index	> 5%		
Ferritin	<p>Men: 50-336 µg/L</p> <p>Women: 40-307 µg/L</p>		

- ▶ Based on your blood test results, supplement as needed to achieve the favorable blood levels. It is also beneficial to supplement with small amounts of zinc daily (approx 7.5 mg-15 mg/day).
- ▶ Dr. Fuhrman's top supplements to avoid:

Folic Acid

Vitamin A (acetal or retinyl palmitate) & Beta-carotene

Vitamin E

Copper, Selenium, Iron

Dr. Kahn Recap from Modules 3 & 4:

- ▶ Vitamins are either water-soluble or fat-soluble. Take your multivitamin with your breakfast or lunch so both the water- and fat-soluble nutrients are absorbed.
- ▶ The most common nutritional deficiencies which require supplementation:

Omega-3 fatty acids

Vitamin D

Vitamin B-12

Magnesium

Iodine

Calcium (stick to low doses if not resolved with food)

- ▶ The quality of the supplements you buy matters. Look for GMP Certification and/or third-party testing by organizations such as Consumer Labs, NSF, and USP.
- ▶ Dr. Kahn's top supplements for heart health:

Coenzyme Q10 (CoQ10)

Nitric Oxide (NO)

Magnesium

Vitamin D + Vitamin K2

Omega-3 fatty acids

- ▶ Dr. Kahn's top supplements for immune support:

Vitamin D

Quercetin

N-acetylcysteine

Zinc

Vitamin C

Mushrooms

Nathan Crane & Julieanna Hever Recap from Module 6:

- ▶ 4 primary categories of toxins we're exposed to:

1. Heavy Metals (mercury, cadmium, lead, aluminum)

2. Phthalates & Plastics

3. Mold & Fungus

4. Endocrine-Disrupting Chemicals

- ▶ Key supplements for detoxing:

Zeolite

Activated Charcoal

Spirulina

Eat lots of cruciferous veggies

- ▶ Plants are the only source of the 2 most important nutrients, which also help with detoxing the body: phytonutrients and fiber.
- ▶ Emphasize the 6 Daily 3's in your diet:

3 servings of leafy green & cruciferous vegetables (e.g., kale, broccoli, cabbage, bok choy, lettuce, arugula)

3 servings of other colored vegetables (eat the rainbow)

3 servings of fruit

3 servings of legumes (lentils, beans, peas, soybeans, hummus, etc.)

3 servings of nuts & seeds (almonds, chia, Brazil nuts, walnuts, etc.)

3 varieties of mushrooms each week

Julieanna Hever Recap from Module 7:

- ▶ There are no secret potions, powders, or pills for healthy sustainable weight loss. The #1 thing to take control of your health is through the food you consume.
- ▶ Consume these foods in infinite tasty combinations:

Vegetables

Legumes

Seeds

Fruits

Mushrooms

Herbs

Whole grains

Nuts

Spices

- ▶ Julieanna's steps for weight loss:

Start with a food journal - write down everything you eat

Determine your "why"

Stick to whole food, plant-based eating - cut out flour, oil, and refined sugar, and limit salt

Practice time-restricted eating (TRE) - choose the times you'll eat each day

Use mindfulness - eat when hungry; stop when satiated

Develop your repertoire of recipes

Anytime you eat off plan, go back to your why

Choose you now and keep choosing you

Dr. Fuhrman Recap from Modules 8 & 9:

- ▶ We can help control aging by using intelligent supplementation on top of an excellent diet.
- ▶ When eating a plant-based diet you need to ensure you're getting enough protein. Higher protein plant foods include hemp seeds, pumpkin seeds, almonds, sunflower seeds, beans, soybeans, and green vegetables.
- ▶ As we age, we need more zinc, vitamin K2, vitamin D, and vitamin B-12. Calcium absorption can also go down.
- ▶ Turmeric and ECGC in green tea have anti-aging benefits.
- ▶ Exercise is the most critical "supplement" for anti-aging.
- ▶ Tweak your body weight to the perfect weight for you:

Males below 15% body fat

Females below 25% body fat

- ▶ A Nutritarian diet is a diet of nutritional excellence to slow the aging process and maximize human lifespan. It can be vegan or include a small amount of animal products (under 5% of total calories).
- ▶ There are certain nutrients that are better found in animal products which plant-based eaters need to supplement (based on blood test results):

DHA & EPA

Zinc

Iodine

Vitamin B-12

Vitamin K2

Vitamin D

- ▶ The Nutritarian diet focuses on the GBOMBS:

Greens

Onions

Berries

Beans

Mushrooms

Seeds

- ▶ Other plant materials that are beneficial to consume in supplement form:

Green tea extract (ECGC)

Elderberry

Turmeric/curcumin

Mushroom extracts

Astragalus

Beta-glucans

My Module 10 Notes:

Nathan Crane

Nathan Crane is a natural health researcher and holistic cancer coach. He is an award-winning author, inspirational speaker, Amazon #1 bestselling author and 20x award-winning documentary filmmaker.

Nathan is on the Board of Directors for the Beljanski Foundation, a Non-Profit Conducting Scientific Research into Natural Solutions for Cancer.

Nathan is also the Director of the Health and Healing Club, President of the Holistic Leadership Council, Producer of the Conquering Cancer Summit, Host of the Conquering Cancer Documentary Series, and Director and Producer of the award-winning documentary film, *Cancer; The Integrative Perspective*.

In 2005, at only 18 years old, Nathan began his health, healing and spiritual journey, eventually overcoming a decade of brutal teenage addiction, house arrest, jail and challenging times of homelessness to become an international author, filmmaker, researcher, and educator.

Nathan has received numerous awards including the Accolade 2020 Outstanding Achievement Humanitarian Award, and the Outstanding Community Service Award from the California Senate for his work in education and empowerment with natural and integrative methods for healing cancer.

With more than 15 years in the health and wellness field as a researcher and advocate, Nathan has reached millions of people around the world with his inspiring messages of hope and healing.



Dr. Joel Fuhrman, MD

Joel Fuhrman, MD, is a board-certified family physician, seven-time *New York Times* best-selling author and internationally recognized expert on nutrition and natural healing. He specializes in preventing and reversing disease through nutritional methods.

Dr. Fuhrman is the President of the Nutritional Research Foundation and on the faculty of Northern Arizona University, Health Sciences division. He coined the term “Nutritarian” to describe a nutrient-dense eating style, designed to prevent cancer, slow aging, and extend lifespan.

For over 30 years, Dr. Fuhrman has shown that it is possible to achieve sustainable weight loss and reverse heart disease, diabetes and many other illnesses using smart nutrition. In his medical practice, and through his books and television specials, he continues to bring this life-saving message to hundreds of thousands of people around the world. His two most recent books are *Eat to Live Quick and Easy Cookbook* and *Fast Food Genocide*.



Dr. Joel Kahn, MD

Dr. Joel Kahn, MD, founder of the Kahn Center for Cardiac Longevity is a practicing cardiologist in Detroit and a clinical professor of medicine at Wayne State University School of Medicine. He graduated summa cum laude from the University of Michigan Medical School and trained in interventional cardiology in Dallas and Kansas City.

Known as “America’s Holistic Heart Doc,” Kahn is a diplomate of the American Board of Internal Medicine and maintains sub-specialty board certification in cardiovascular medicine and interventional cardiology. He’s the author of multiple best-selling books including, *Whole Heart Solution*, *Dead Execs Don’t Get Bonuses*, *The Plant-Based Solution*, and his most recent, *Lipoprotein (a): The Heart’s Quiet Killer*.

Dr. Kahn is a regular medical expert on major national shows and has appeared on *Dr. Phil*, *The Doctors*, *Dr. Oz*, and *Larry King*.



Julieanna Hever

Known as The Plant-Based Dietitian, Julieanna Hever has a Bachelor of Arts degree in Theatre from UCLA and a Master of Science degree in Nutrition from Cal State Northridge, bridging her three biggest passions for food, performing, and helping people.

As a Registered Dietitian, Julieanna has authored seven books, including the brand new *Choose You Now Diet*, *The Healthspan Solution*, *Plant-Based Nutrition (Idiots Guide)*, *Vegiterranean Diet*, and two peer-reviewed journal articles on plant-based nutrition for healthcare professionals. Julieanna is the host of *The Choose You Now Podcast*.

Past projects have included being the host of *What Would Julieanna Do?*; giving a *TEDX* talk; writing as the nutrition columnist for *VegNews Magazine*; and teaching the eCornell Plant-Based Nutrition Certification Program. She has appeared on *Harry*, *The Dr. Oz. Show*, *The Steve Harvey Show*, *Reluctantly Healthy*, *The Marie Osmond Show*, and *E! News*.

