



# HealthExperts Canada



## YOUR GUIDE TO SEASON APPROPRIATE SUPPLEMENTATION



## SMART SUPPLEMENTATION IS ALWAYS IN-TUNE WITH THE SEASON.



If you're finding it challenging to get all of your nutrients from your diet, you may wish to think about a higher potency multi-vitamin. Taking a proper multi-vitamin, a green superfood, a more specific essential fatty acid complex, and of course a protein and calcium supplement is as important as ever.



## Why Does Season-Appropriate Nutrition And Supplementation Matter?

Each season is different from one another in that they each possess a unique set of advantages and challenges with respect to maintaining health and wellbeing.

For example, during the fall and winter, the sun is less present, and fresh and local fruits and vegetables may not be as readily available to us. This can make it easy to lack certain vital nutrients – especially vitamin D. On the other hand, in the spring and summer, the powerful sun and heat have the ability to rob our bodies of certain nutrients like vitamins A, E and C. We'll also need these vitamins to help protect us from sun damage.

With that said, have you and your family been supplementing with the season in mind?



## **FALL & WINTER**

During these chilly (and downright freezing!) seasons, there's a particular vitamin that we should not be forgetting about. Because the sun is significantly less present as days get shorter, we should ensure that we supplement so that our bodies don't become deprived.

The skin absorbs the sun's ultraviolet (UV) rays and creates vitamin D this way. Sun exposure for 10-20 minutes daily is sufficient in the spring and summer, however, during the colder months we should be spending closer to two hours outside in order to receive optimal levels.

## **SPRING & SUMMER**

When the sun's out regularly, we don't need to worry as much about supplementing with Vitamin D – especially if we've been spending enough time outdoors. However, the warmer seasons (especially select hot, hot days) can rob our bodies of certain nutrients – particularly vitamins A, E and C. Luckily, these vitamins are available through multi-vitamins and green superfood supplements, which we'll talk about more in the upcoming pages.

## The Power of Vitamin D!

Vitamin D is finally being recognized for the powerhouse that it is, which means many of us are just now beginning to understand why it is so vital to our overall sense of well being.

Vitamin D is known to offer a multitude of essential health benefits; such as assisting calcium in building and promoting strong bones, supporting cardiovascular health, supporting the nervous system, immune system and brain, as well as playing a role in helping to regulate insulin levels.



## Re-Booting The System



Whatever season you're in or transitioning into, why not take on a good internal body cleanse? This can help us to feel refreshed and energized. Most of us not only understand the importance of cleansing, but also realize that we should be doing it at least twice a year: ideally in the springtime and in the fall.

### **Why cleanse?...**

Many of us underestimate the importance and value of a good cleanse! Cleansing our bodies and minds of excess clutter allows us to better prepare ourselves for the times ahead by increasing our energy levels, both mentally and physically.

Cleansing can be accomplished in many ways, whether it's through a short period of fasting, or by following a simple cleansing program. The Health Experts can help you with a cleanse that's ideal for you and your lifestyle.



## Multi-vitamins; Multi-beneficial

There are a lot of choices when it comes to multi-vitamin supplements. You no longer have only the choice of "Which brand of one-a-day multi should I take?". You now have the choice between a one-a-day, two-a-day, three-a-day or even a four-a-day or six-a-day multi-vitamin depending on the brand and quality you desire. They now have formulas that are specific to gender (male or female), age (over 50 years old and under 50 years old) and lifestyle (highly active or mildly active).

*"Choose the multivitamin that is right for body's compositional needs."*



There are also organic whole food versions of multi-vitamins, which would be like consuming only the highest concentrations of vitamins and minerals from the purest, cleanest, most wholesome organic foods available. And for those of you following the raw food philosophy, there are even raw food multi-vitamins. One shouldn't be quick to dismiss the absorption rate of liquid or chewable supplements either. Just remember to always pick a multi-vitamin that suits your needs and lifestyle specifically.





## Green Superfoods Supplementation

Health professionals have been recommending green superfoods for years as one of the building blocks for the Five Fundamental Supplements to achieve optimal health and wellness. It is the most simple, proven and effective way to increase your energy and vitality. Just one serving daily will give you the highest quality source of antioxidant and, the most alkalinizing phytonutrients, as well as bone-building support.

Some of us who may have reduced our serving size of green superfoods over the summer may think it wise to bump up our intake to normal amounts once again. Don't forget that each serving of a green superfood supplement is typically equivalent to six servings of organic fruits and vegetables.

From the use of pure wheat grass, barley grass, alfalfa, spirulina, chlorella and blue-green algae, the benefits of these supplemental food sources have long been known to provide SO many amazing benefits.



IMMUNE SUPPORT



BEAUTY



CANCER PREVENTION



HEART HEALTH



LONGEVITY



DETOXIFICATION

Green superfoods are known for a wide range of benefits like cleansing and detoxification, providing optimal cellular health through antioxidant support, assisting with widespread anti-aging benefits, improving blood pressure and serum cholesterol levels, enhancing Immune function, improving pH levels by creating a more alkalizing body system, improving the efficiency of the liver, colon, heart, kidneys and blood system, as well as being proven to increase physical energy and improve overall vitality.

Whew! It's no wonder these supplements have been nicknamed "superfoods"!

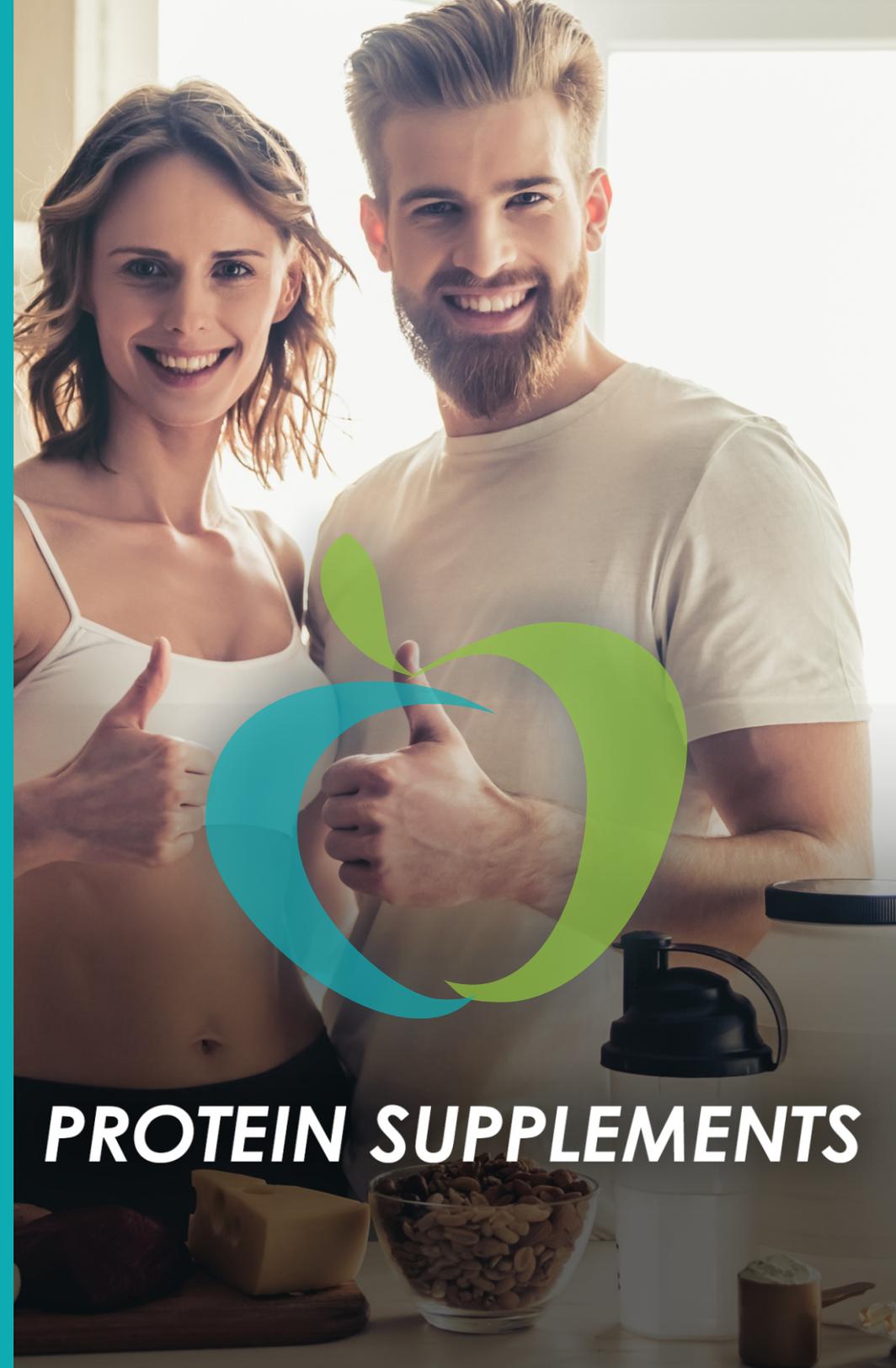


## Essential Fatty Acids: Did We Mention “Essential”?

Our bodies can't produce essential fatty acids – we need to get them from certain foods and supplements. High concentrations of omega-3 fatty acids are found in salmon, tuna, halibut, krill, algae and certain plants. Alternatively, choosing an essential fatty acid supplement like cod liver oil can provide us not only with excellent levels of omega 3, but also immune boosting nutrients like vitamins A and D.

These nutrients will assist in strengthening our immune systems, improving our moods and will help to strengthen our bones and preserve muscle – all of which become increasingly important as we start spending more time indoors.





# **PROTEIN SUPPLEMENTS**

## Protein Supplementation

Receiving enough protein through our diets can be a bit overwhelming at times. But protein has been shown to be responsible for much of the health benefits to our bodies.

Protein helps to strengthen bone density, boost immunity due to its rich amino acid content, improve the health of our hair, skin and nails and is the number one food source for our muscle tissue.

Because of the fact that muscle is technically the fat burning engine in our bodies, protein ultimately helps us to maintain a healthy body weight. The more skeletal muscle we have, the more body fat we burn by doing nothing at all.

...Enter the convenience of protein powders and protein bars as supplements to our diets. It's not always easy to find higher protein snacks, so think of adding a protein powder supplement to your next grocery list. It could ultimately be the most beneficial food in your family's home!



## Calcium Supplementation

The greater the amount of stress we put on our bodies throughout our lifetimes, the more important calcium becomes. Our bones are like every other important organ in our bodies. They need constant care and maintenance in order to avoid the dreaded bone disease of osteoporosis.

Women are especially susceptible to this disease; however more men are showing signs of bone degeneration because of their intense physical activity throughout their lifetime. The secret to avoiding bone loss is supplementing with calcium.



Calcium supplementation requires many co-factors to optimize absorption into our bodies. Co-factors like magnesium and vitamin D enhance the overall benefits of calcium, and supplementation should begin much sooner than the age of 50 in order to prevent any disease.



## Season-appropriate nutrition for the whole family Matters

Can you say that every member of your family truthfully consume 7-10 servings of fruits and vegetables daily? You may want to, but your daily lifestyles and routines may not always allow for it.

For those of us with children, there is never a more important time to think of their preventative health and wellness. Children in school, regardless of their age, are constantly being bombarded with attacks on their immune system.



For this reason, consider supplementing your children's diet with antioxidants like vitamin C to help keep their immune defence systems strong, no matter what season it is.

Increase your children's omega 3 supplementation for brain power, and consider stress busting protein shakes with the right ingredients to keep their spirits high!



## **Don't let the cold seasons compromise you and your family's health!**

When planning your own preventative measures for optimal health and wellness during the cold or hot months, let's not forget about the rest of the family. They will be sure to thank you for it!

We hope this book was able to teach you the importance of supplementing for the season, as well as teach you how you can ensure the whole family is getting proper, wholesome nutrition all year-round.

Happy Seasonal Supplementing from Health Experts Canada!



## About The Health Experts



### **Marilyn Mitchell**

**Holistic Nutritional Therapist  
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Marilyn has a medical certificate as a certified Ophthalmic Assistant. She originally held the position of Executive Assistant to a Medical Centre and finally worked in management within the retail sector of the Natural Health Products Industry, before earning herself a degree as a Certified Holistic Nutritional Therapist. Marilyn has since gone on to become a Certified Holistic Coach Practitioner.

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### **Frank Pirri**

**Cert. Sport Nutritionist**

A third-generation health industry professional, Frank holds a lifetime of knowledge and experience in wellbeing.

Formally educated in all aspects of complimentary medicine, he specializes in sport nutrition and weight management.

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