



## **The Six Foundational Supplement Pillars To Achieve Optimal Health and Wellness**

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When you find yourself wanting to take control of your optimal wellness, the task of finding the right supplements can be very overwhelming. With so many brands and formulations now available, it's challenging to know what will work and what may not. To make your decisions easier, we've compiled a list of the six most foundational supplement pillars necessary for you to use if you're wondering where to begin on the path of optimal health and wellness.

1. A Target Specific Multi-Vitamin/Mineral
2. A Green Superfood
3. Essential Fatty Acids
4. Protein Powder Supplementation
5. A Calcium & Magnesium Supplement
6. A Probiotic

Why these six supplements? It's actually quite easy. When you realize what these types of supplements have to offer the human body, you could virtually never need to add any others. Wouldn't that make your supplement regimen much easier? Think of these six supplements as the foundational pillars of your nutritional program. We have always been told that you can't build a strong, solid house without a strong, solid foundation. The same holds true for any nutritional program. Let us explain it further.

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 year's old and under 50 years old) and Lifestyle (highly active or mildly active). 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 are called Super for a reason. They were originally introduced to us as individual green food supplements such as Kelp, Spirulina, Chlorella, Wheat Grass, Barley Grass and Blue-Green Algae. Then they were ultimately combined to give us the benefits of all of them in one complete Green Superfood complex. These Superfood supplements were proven to increase the alkaline pH of the human body which in turn helps to preserve cellular tissue. This, along with the high antioxidant value of the combined Superfoods also proved to help strengthen immunity. They helped to improve heart health and enhance energy and general feelings of well-being. No one had truly anticipated the total benefits of this super combination, but it became clear, that this new selection of Green Superfoods would become one of the greatest supplements to add to any daily regimen.

Essential Fatty Acid supplementation is just that, essential. Our bodies do not naturally produce them, so we must get them from other sources like our foods. The challenge is to take in enough for optimal health and wellness. Hence, the introduction of Omega 3, Omega 6, Omega 7 and Omega 9 supplementation. These Omega nutrients help to boost cardiovascular health, increase energy, protect and lubricate the joints for the prevention of arthritic inflammation, improve eye health and boost brain function. They also help to beautify our bodies from the inside out by enhancing the overall look of our hair, skin and nails! Knowing how essential they are, it's no wonder they belong in the top six foundational supplements.

Protein has been shown to be responsible for much of the health benefits to our bodies. It 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. Due to 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 virtually doing nothing at all. As active individuals, we require approximately 1 gram of protein per 1 pound of lean body mass. Receiving enough protein through our diets can be a bit overwhelming at times. 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!



There is also the very important concept of preserving our bodies own foundation, our bones, with none other than that all important mineral, Calcium. 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 a well absorbed Calcium product. 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. If an individual's health prevents them from using calcium supplementation, the use of Magnesium alone may provide just as much benefit, as we already know it's an important co-factor in the absorption of calcium from all sources. It's also critically important for muscle relaxation, brain health and heart health. With many different types of magnesium available, it's important to choose the one that best suits your individual needs!

Last, but not least, probiotic use has never been more exciting! There is soo much current research in the study of the human microbiome (our gut bacteria), it's no wonder this recent addition to the foundational six is being seen as the most important building block for reaching optimal health! Nutritional probiotics benefit the human body in countless ways. The more "good" bacteria that resides in our intestinal system, the less likely the "bad" bacteria have a chance to take over. This is very important to our immune systems. Think of the volume of good bacteria in your body as your own personal army to help defend against fungal, viral and bacterial attacks! It has also been studied and shown, that healthy "good" bacteria can benefit brain health, help to control candida (yeast), improve digestion, aid in healthy bowel function and reduce certain bacterial infection rates.

After reviewing all six foundational supplement pillars, it leaves no question as to why they are so important in helping us achieve our goal of optimal health and wellness. A strong, healthy body is built with a concise and well-planned foundation!



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## **The Six (6) Foundational Pillars of Nutritional Supplementation Checklist:**

- 1. Target Specific Multi-Vitamin & Mineral
- 2. Green Superfood
- 3. Essential Fatty Acids
- 4. Protein Powder
- 5. Probiotic
- 6. Calcium/Magnesium (Bone Density Support)