

Lesson 7: Transcript
Supplements

Hey everyone. Today we are going to talk about the part of our diet that's not related to food. What am I talking about? It's a multibillion dollar industry. Everyone has heard of it, but almost everyone is totally confused by it. Can you guess what it is yet? I'm sure you have. Supplements. We're going to talk about supplements today. So how do I feel about supplements? Many people feel that there's no place in the diet for supplements. Many people feel like supplements are the best thing in the world that everyone should be taking 12 to 15 types of supplements a day. I'm in neither of those camps. How I feel about supplements is that they should do just that. They should supplement your diet. However, we all should get the majority of our nutrients from real food. No matter what supplements we may take, we still always need to focus on real food first.

I'm a nutritionist. I love food. I talk about food all day long. I want people to get all of their nutrients from food first, but there is a time and a place for supplements for many people, not for everyone, but for many people. Remember, real food first all the time for everyone. Supplements are meant to supplement a real food diet if there is a need for them.

Before we get into the supplements that I do think the majority of people should be consuming on a daily basis to supplement their real food diet, I want to first talk about the difference between the nutrients you are getting in supplements and the nutrients you are getting in food. Remember, nutrients work together, so when you're getting, let's just say calcium in a food, the other nutrients that are found in that same food are working with that calcium to help it be absorbed. When you're taking calcium on its own in a supplement form, it doesn't have all of those other components of the food with it. That is a major difference and that is why our nutrition and the majority of our nutrition should come from real foods.

Aside from the other nutrients in the food that are helping absorb the nutrients that you're looking to consume, you also have to remember that that food also has other components that are good for you. For example, let's go back to that calcium, calcium found in yogurt has other nutrients that are going to help absorb the calcium, but you're also going to find things like protein that's going to help you be more satisfied. So eating whole foods is beneficial for multiple reasons, aside from the fact that food also gives you energy and is our fuel.

If a client comes in and they're on 12 or 15 or 18 different types of supplements, I can generally bet that I'm going to go through that list and probably knock out at least 80% of those supplements. A few of them may be necessary and may be helpful in that person's diet, but the majority probably are just there for unnecessarily and they probably are just wasting their money on it and they're probably flushing most of those nutrients out in their urine anyway.

With that said, there are a few supplements that I do believe that most people fall short of in their diet. We're all human. We don't eat perfectly every single day. Even when we have whole balanced, great real food diets, it's still hard to meet certain nutrient needs. And for those nutrients, I do believe we should get them in supplement form.

Think of these supplements as insurance for your healthy diet, not a replacement for a healthy diet. That's one of the biggest mistakes that people make. They look for a quick fix and they take a supplement because, "Oh, I don't like dairy or I'm not eating dairy, so I'm just going to take some calcium." Or, "I don't like fish, so I'm just going to take Omega-3. Don't look at supplements as replacing your diet. Look at them as a supplement to your diet for insurance.

The few types of supplements that I do think you should be taking for the majority of people, now remember that does not go for every single person out there, but most people I do believe need to take an Omega-3, ubiquinol, a probiotic and vitamin D. I've attached a handout with the why behind

I think you should be taking the supplements I just mentioned. I've also attached a list of other supplements that may be appropriate for you and/or your clients depending upon your unique needs.

When you go to buy supplements, you have to be a smart consumer. Supplements are one of the easiest things to get sucked into. They have some of the craziest marketing I have ever seen. We've all probably bought some form of a supplement that we saw in some crazy ad or just were sucked into off the grocery store shelf. We have to be smart consumers when it comes to buying supplements.

In the food world, many little boutique brands, think of a little boutique granola brand made with four different organic ingredients. It would be the type of food product that I would absolutely recommend buying. But in the supplement world you really have to be careful when it comes to those small companies. Unfortunately you can't have as much confidence because the FDA does not regulate supplements like it does food. The big companies that have been around for a long time sort of police themselves. They have been doing R&D for years. They know how to protect the quality and integrity of the supplements they're selling so they're really policing themselves. If something is out there and it's being sold at a too low of a price, another company is going to come in and test set and say, "How can they be selling this nutrient for that price? That's not possible." So they are really policing themselves. So go for those bigger companies that you've heard of that have good reputations that have been around for years.

Also, you want to look for the GMP, the good manufacturing practices seal on a supplement label. If you don't see it and you think the company is a great company, then give them a call. It may be on their website, it may just be missing, but you absolutely should be looking for that and should make sure that the company you're buying a supplement from does have that GMP seal.

Also, make sure that that supplement has no added fillers and colors and other junk in there. And also don't forget to speak with your doctor if you are on medications, to make sure that the supplements you're taking or planning on taking don't have any interaction with the medication you're on.

As I mentioned, there are some supplements that I believe that most people should be taking, but remember we're all different. We are all unique. We have our own unique genes, we have our own unique lifestyles, we have our own unique diets, we have our own unique activity levels, so we are all individual and you have to take yourself in mind when you are thinking about your supplement plan. So refer to the handout that has the supplements on it that I think that most people should be consuming. But again, don't forget they might not all be right for you.

Also refer to the additional supplements that some people may need. Maybe you're a vegan and you need an extra supplement. Maybe you're in your prenatal years and you need an extra supplement. So refer to that list as well. But remember you are a unique individual. All of the clients you are seeing are unique an individual and you have to take their entire lifestyle and diet into consideration when you're recommending supplements.

Probably the biggest mistake people make when buying supplements is buying too many and buying the wrong ones, falling victim of these crazy marketing claims and buying some of these trendy supplements. Supplements are very trendy and they make some wacky claims because, hey, it's America and you know what? We love quick fixes in America, but supplements are not meant to be any quick fix. They are meant to be a supplement to a great whole food diet. They are not meant to be miracles, and if it sounds too good to be true, it is too good to be true. I promise you that.

Remember, supplements are meant to fill the gap of your diet or provide a little bit of backup insurance for your diet. They're not meant to be miracles, which is why things like fat burners don't make any sense. Think about it. Does that make sense? Is that filling a gap? Is that supplementing

your diet? No, it's promising some crazy miracle. That's why there's no room for things like fat burners in your diet and in your supplement routine.

Another mistake people make is, well, if a little is good for me, then a lot may be even better for me, or if two pills is good for me, maybe four will be even better. You can absolutely overdo supplements. You have to be aware of the dosage, and you also have to be aware of where you're consuming other nutrients. You may be eating a fortified cereal and taking a supplement and having a bar that's fortified as well and getting too much of a certain nutrient. So you really need to be careful when you're taking supplements where you're also eating other fortified items.

By now, you know my philosophy on supplements. Supplement your diet, your real food diet if and when necessary, because really the only way to learn which supplements you should be having and which supplements you should absolutely avoid, is to really know the facts about all of them, what they do, how much you should have, and really when you should have them and when you should avoid them.

So I want you to download those handouts, study up, and there's going to be a little bit more quizzing in this lesson as well before you can move on to the next one. Because there are so many products out there, there is a little bit more studying involved with this lesson, so you can get a full grasp of all of these products and take the quiz before you move on to the next lesson. So go study up, have some fun.