

Recommendations for Supplements

Vitamin B12 - Global Healing Center

- Supports our nerves, energy, and stress levels
- Highest quality has 3 components/cobalamins; Adenosyl, Methyl, and Hydroxocobalamin
- Alcohol-free organic, sublingual kosher tincture
- <https://globalhealing.com/collections/supplements> - Triple Blend



Recommendations for Supplements

Vitamin D3 - Global Healing Center

- Is a cofactor in over 350 actions in the body
- Important for bones and immune system
- Anti - viral
- Best to get it directly from the sun
- Vegan, lichen derived
- Alcohol free, kosher
- <https://globalhealing.com/collections/supplements> - Suntrex



Recommendations for Supplements

Vitamin K2 - Many Brands

- Best if food based - Organic Natto (Japanese fermented beans)
- Important for the bones
- Beneficial for people with Parkinson's
- Anti - viral
- <https://www.nyrture.com/> - Sells Natto
- <https://rhapsodynaturalfoods.com/> - Sells Natto
- <https://www.amazon.com/Vitamin-Supplement-LiveWell-Health-Support/dp/B07R74JS51> - K2 + D3 Supplement



Recommendations for Supplements

Vitamin C - Many Brands

- Best if food based - Guava, Kiwi, etc.
- For high dose - Sunflower based liposomal
 - Immune boosting
 - Anti-viral
 - Anti-cancer
- <https://www.amazon.com/Lipo-Naturals-Preservatives-Encapsulated-Bioavailability/dp/B00IM009IO> OR
- https://liponaturals.com/?gclid=Cj0KCQjwk4yGBhDQARIsACGfAetbUeET4BYpFYqU8F89vWQgcgO0x5PHYzkZ20ih0ALV-Xg-eKV4d9gaAu_1EALw_wcB
 - Links to Liposomal Vitamin C



Recommendations for Supplements

Zinc - Blue Mountain Organics (Raw, Organic, Sprouted)

- Best if food based; raw organic sprouted pumpkin seeds or raw organic sprouted pumpkin seed butter
- Good for overall health, is anti-viral in that it stores viral replication
- <https://www.bluemountainorganics.com/stone-ground-pumpkin-seed-butter-organic.html> - Blue Mountain Organics Pumpkin Seed Butter



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Iodine - Larch Hansen (The Seaweed Man)

- Best if food based - wild-harvested sea vegetables
- 85% of cancer patients are iodine deficient
- Extremely detoxing and supports thyroid glands
- <https://theseaweedman.com/>
- <https://globalhealing.com/collections/supplements> - Supplement Nascent Iodine

