

## 5 Tips for improving the Three Pillars of Health

### Foundation of Health Daily Shake:

- ♥ 3-5 g Prolab Glutamine Powder (Gut, Inflammation, Glutathione)
- ♥ 1 serving Undenatured Whey –nondenatured (Improves Glutathione)
- ♥ 2 scoops Powdered Greens (Reduces inflammation)
- ♥ 1 cap Isotonix Magnesium Plus (Reduces inflammation)
- ♥ 1 scoop Nutriclean fiber powder (Gut health)
- ♥ 8 oz Water (Inflammation--weight loss--detoxing)



2. Drink warm water with lemon upon rising (pH--reduces inflammation)
3. Add lemon to drinking water through the day (pH--reduces inflammation)
4. Take 1500 mg of Heart Health Omega 3/day (Reduces inflammation)
  - a. If inflammatory symptoms still occur, you may add Curcumin
5. For overall health, add oligomeric proanthocyanins OPC--3 (Reduces inflammation, improves glutathione)