



HEALING HANDS CHIROPRACTIC

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SUPPLIMENTAL LIST *most NB

- *Multivitamin** Food based, Standard Process Catalyn. Rambow Light, New Chapter, Wholefoods, Rebecca's or Integral Yoga, gender and age specific formulas are helpful.
- *Water** Drink half your oz. in body weight. Example 120 pounds need to drink 60 oz. Add lemon to the water helps alkalize the body.
- *Minerals** Our soil is mineral deficient deficient so taking a supplement is necessary.
- *Omega III** Fish oil, Innate Choice = Liquid: Anchovy, Herring, Sardines (carry in office) or Nordic Naturals. Udo's vegetarian form at Wholefoods. Take 2 teaspoons a day (at least 3 000mg).
- *Magnesium** Magnesium Glycinate, 400mg day.
- *Vitamin D3** Pill, liquid or chewable form Anabolic Laboratories or Designs for Health (carry in office). Take 5 000 IU in winter and 2000 IU in Summer.
- Probiotics** Helps restore the normal bacteria in your gut (70% immune function comes from it), especially take after antibiotics. The higher the billion the better refrigerate.
- Milk Thistle** Also called silymarin, helps detox the liver, take if you drink any alcohol or take meds. Livaplex from Standard Process is excellent and eating cruciferous vegetables.
- Anti-inflammatory**
Ginger (also is a natural cough suppressant, anti spasmodic, thins the blood and helps with insulin sensitivity) and **Turmeric** (liver detox, anti-tumor activity), **Zyflamed** (turmeric and ginger) by New Chapter (a turmeric derivative curcumin is a fat burner) **Garlic, Ginger, Boswellia** (Frankincense) has been shown to help with RA, Crohn's, Ulcerative colitis **Bromelain** (found in Pineapple) it is also a digestive aid. Take 300-400mg 3 x day.
- Calcium, Magnesium & Vitamin D3** You need magnesium to absorb calcium into the blood and vitamin D3 to get it into the bones.
- Glucosamine Sulfate & MSM**
Helps restore the cartilage in the joints, MSM is a natural anti-inflammatory.
- Vitamin B Complex**
These vitamins are water soluble so you do not store them, they help with coping with stress. Bee pollen is a great source of B-Vitamins, you can get them at Wholefoods. Ashwagandha- Aid to cope with stress.
- Co Q10** Also called Ubiquinol, helps with oxygenation of cells and our levels decline with age. It has been shown to have anti-aging properties. Necessary if you take any statin drugs for cholesterol (try Red Rice Yeast as an alternative to help lower cholesterol), or on blood pressure meds.
- Red Rice Yeast** Taken to help lower cholesterol, better then statins which have may side effects including muscle aches and cognitive function issue.

Resources Western A Price Foundation, Ewg.org Environmental working group

