

Vitamins/minerals and foods high in nutritional content-always consult first with your doctor of chiropractic

Vitamin A/food carotenes: sweet potato, carrots, kale, butternut squash, romaine lettuce, sweet red peppers

B-complex: dried red chili pepper, sesame seeds, spinach, peas, mushrooms, green beans, broccoli, carrots, tomatoes, sweet potato, cauliflower, avocado, bell peppers, spinach, garlic, kale, collard greens, mustard greens, beets, parsnips, shellfish, crab, mackerel, red meat, tempeh

Vitamin C-buffered: red bell peppers, kale, brussels sprouts, broccoli, strawberries.

D3: There is not a cell in your body that does not have a d3 receptor. humans have evolved to be outdoors. the sun-fair skinned, ten minutes in shorts and a tank top produces about 10,000 units. Optimum D status (blood test) >75 and <125.

Vitamin E: almonds, spinach, sweet potato, avocado, sunflower seeds

Vitamin K2- 2 versions MK-4 and Mk-7: 1 ounce of natto has 700 mcg of mk-7

Multi-minerals

magnesium: dark leafy greens, pumpkin seeds, sesame seeds, brazil nuts

potassium: dark leafy greens, baked potato, acorn squash

calcium: kale, sardines, broccoli, watercress, bok choy.

chromium picolinate

selenium

iron

manganese

Good fats/oils: olive oil, avocado oil, coconut oil

omega 3 fatty acids: flax seed oil, fish or krill oil, salmon, chia seeds, mackerel, walnuts

Other supplements

glucosamine/chondroitin: tendon soup

co-q-10