

The Smart Supplement Guide



Vitamins • Minerals • Trace Elements



Be the Boss of your Body

Introduction

Welcome to *The Smart Supplement Guide; Understanding Vitamins, Minerals, Absorption, and Quality Forms on a Budget.*” After reading this information you are able to make well-considered choices when buying supplements that will benefit your health as well as your purse.

The reason for sharing this information with you is **absorption**: when you use the wrong form of a vitamin or mineral, buy a supplement with a capsule that is made of something that prevents the content to reach your body, or the bulking agents inside the capsule are toxic to your health, you do yourself a disservice: you pay for something that does not work.

Almost 3 decades ago I broke out in terrible rashes and was not able to sleep due to itchy bumps all over my body. Even wet towels around my legs only gave temporary relief. I was determined to find out the cause and a little later experienced the effect of the right foods on my system.

I noticed, however, that when I had stress in whatever form, itchy patches would return. I researched extra support through supplementation and found that my body was short of certain minerals and it also responded well to a few vitamins. I speak from experience here when I say that these supplements have helped me go through trying times.

Being university trained (MA), the information I looked into needed to be scientific and know now that stress and changes fall under the research header **Epigenetics** – the effect of the environment and other triggers from outside the body on our DNA. They strongly influence its functioning.

Because a lot of companies understand the need for supplements, they sell products that sound good, but are not to your advantage. The hard and fast rule is that cheap supplements contain a lot of non-absorbable and synthetic forms of what you are looking for. This does not mean, however, that the really expensive ones are automatically good.

I invite you to read on and decide for yourself which forms you want to have as your supplement. Do have it tested, though, to make sure it is right for you, since each human system is different.

The information in this guide has been scientifically proven, but research is ongoing. I sincerely hope this knowledge gets you further on your journey to good health.

With healthy regards,
Elske

Disclaimer: Although scientifically correct, the information in this guide is for educational purposes only and is not intended as medical advice, diagnosis, or treatment. Supplements can interact with medications and are not suitable for everyone. Always consult with a qualified healthcare professional before starting any new supplement regimen, especially if you have a medical condition, are pregnant, or nursing. Results may vary. I am not a doctor, and this guide does not replace professional medical care.

HOW TO USE THIS GUIDE

This guide is based on all the ESSENTIAL vitamins and minerals. Without them, your body is already fighting a losing battle. Once these nutrients are readily available in your system, you can veer out into other items.

The given information works two-ways: you read what all the different vitamins and minerals do and “decide/feel” that you can do with some of them. Or you already know that you need some of them, but not which type/brand.

This guide enlightens you about all the different types, so that when you read the ingredients of the stickers, you instantly see whether or not you should buy them.

When I first started buying supplements, I believed the ladies in the shops. Because I was having myself tested with – at that time - one of the first quantum biofeedback machines, I discovered that those tablets were badly absorbed (48%). It meant I needed to take twice as many tablets just to get the right dose for my body, but then learnt there are different types of the same nutrient that gave a much higher absorption percentage. Had I known then, my body would have had far more support.

Additionally, the more I dug into the content of these vitamins, the more I discovered they were filled with bad “stuff”. Here I was trying to get my body healthier by taking these supplements, while at the same time I was also poisoning my system with the additives.

This is why I have added a full section about what capsules are made of and what they put inside - apart from the healthy nutrients. I learnt the hard way: one day I saw a full tablet back in the toilet. It had not even broken down a bit. That was literally my money going down the drain.

Because every system/body is different, please have it tested. There are great methods these days: try quantum bio-feedback, NES health scans, NEI/Biotensor or – when you know how to – muscle tests.

BONUS: Most people do not know that certain vitamins and minerals don’t go together, ie. the one inhibits the other’s absorption. You will find this at the end of the guide

NB: I have not added the daily amount of each nutrient, as this depends on what you eat, your gender, your age, your daily physical activities, stress, your sensitivities and how quick your metabolism is. Testing is the only way.

Healthy shopping!

