

PART 2

Base Level Supplementation For Wellness

Fish oil

There are many benefits of supplementing with fish oil such as; Eliminate joint pain and inflammation (as little as 3g/day)/ Improve skin / Promote weight loss / Reduce DOMS / Reduce incidence of heart disease / Stabilise mood and Improve mental focus.

A good fish oil supplement should contain the essential fatty acids DHA (docosahexaenoic acid) and EPA (Eicosapentaenoic acid), which are commonly called the Omega 3 fatty acids. An essential fatty acid is an acid which is not synthesised by the body but essential for health, therefore needs to be consumed.

In nature omega-3s are also widely available in all greens, especially in spinach, romaine, and arugula. One of the highest levels of omega-3 can be found in purslane, a widespread wild green. Oily fish is also a common and more familiar source of omega 3 FA. Fish such as Atlantic and Australian salmon, blue-eye trevalla, blue mackerel, gemfish, canned sardines, canned salmon and some varieties of canned tuna. Other fish such as barramundi, bream or flathead, and seafood such as arrow squid, scallops and mussels, are also good sources of omega-3.

Alpha-linolenic acid (ALA) is found in flaxseed oil, walnuts, and also in green leafy vegetables.

With the Metagenics brand, fish oil comes in both capsule and liquid form and exceeds industry standards for purity from common contaminants such as mercury, pesticides and oxidation.

I can recommend:-

Metagenics "MetaPure EPA/DHA Liquid" provides EPA 1.9g & DHA 930mg per 5mL.

The caps provide EPA 400mg/cap DHA 200mg/cap (recommended 5 caps/day)

<https://www.metagenics.com.au/products/metapure-epadha-liquid-500-ml-oral-liquid>

Pro-align

Health & Lifestyle Coaching



MetaPure EPA/DHA Liquid

100 mL oral liquid (20 days)

High Purity, Low Reflux, Concentrated Fish Oil.

In healthy people, EPA/DHA has been shown to or may:

- Temporarily relieve the pain and inflammation from arthritis.
- Help maintain cardiovascular health and assist in the maintenance of triglycerides within the normal range.
- Easy, once a day prescribing to improve compliance.
- Store below 30°

****see your practioner for an initial assessment**

Pre and pro biotics

Our colony of friendly bacteria living in the gut is established by the time we are 6 months and fully developed in adulthood weighing as much as our liver! This beneficial colony provides up to 70% of our immune system, preventing harmful substances getting into the blood stream. They help to break down food so we can then extract and absorb the nutrients from them. They assist with the fermentation of indigestible carbohydrates, produce B group vitamins and vit K and help maintain optimal digestive function. Mood regulation also occurs in the gut, 95% of serotonin is located in the gut, so therefore assists with improvements in depression and anxiety.

The importance of getting the balance right in the gut cannot be emphasised enough. An unhappy bowel can also lead to musculoskeletal problems such as pelvic/SIJ dysfunctions, tight psoas (hip flexor) and a reduction in core activation and timing. A healthy gut can lead to a healthy back!

There are many types of probiotic in the metagenics range, each with a slightly different beneficial outcome.

Pro-align

Health & Lifestyle Coaching

Ultra flora restore for example has a proprietary symbiotic blend of Bifidobacterium lactis (11.5 billion/cap) and lactobacillus aciophilus (11.5 billion/cap) and lactobacillus rhamnosus (2 billion/cap).

<https://www.metagenics.com.au/products/ultra-flora-restore-30-capsules>



Ultra Flora Restore

60 VegeCaps (60 days)

High Potency Probiotic Capsules.

The probiotic strains in Ultra Flora Restore may:

- Assist in the restoration of healthy gut flora.
- Ideal for use during and after antibiotic therapy.
- Contains high quality, first milking colostrum.

Multi vitamins/minerals

There are many Benefits to topping up our vitamin and mineral content such as:-

- Support of healthy blood and heart
- Healthy bone, muscle and nerve conduction
- Brain and cognitive function
- Hormone metabolism
- Energy production

Femme essentials is a multi vitamin specifically for women. It is Scientifically formulated to provide key nutrients for the support of the hormonal system. It contains broccoli sprouts which act as a strong antioxidant, vits B6 12 folic acid which also support oestrogen metabolism, Mg and Fe is found in highly bioavailable compounds (diglycenate form) that can be absorbed easily into the body for immediate use.

There is also a Male version with has more zinc (supports the prostate) and milk thistle for liver support.

<https://www.metagenics.com.au/products/femme-essentials-60-tablets>



Femme Essentials Multivitamin and Mineral

60 tablets (60 days)

Women's Multi with Antioxidant Support.

Ingredients in Femme Essentials may:

- Women's multivitamin with antioxidant support.¹
- Support healthy hormone metabolism.²
- Contains broccoli sprouts (Broccoplus™).

Anti inflammatories

The following natural anti inflammatories will assist with both acute and chronic inflammation providing natural support to the system. Although inflammation is a very natural process and essential for healing and repair, prolonged inflammation can inhibit return to 'normal' movement and muscle activation /timing. Pain associated with inflammation can be an ongoing blockage to efficient rehab and progress.

Natural anti-inflammatory will assist with

- Acute pain and inflammation
- Relief muscular and arthritic pain
- Joint and tissue inflammation and swelling



Inflavonoid Intensive Care

For Acute Pain and Joint Inflammation.

Ingredients in Inflavonoid Intensive Care have been shown to or traditionally used:

- For temporary relief of pain and joint inflammation.
- Contains the exclusive BCM-95™ Turmeric.
- For the temporary relief of the pain of arthritis.
- It works within 1-2 hrs and has should be used for a minimum of 3 days, max 3 weeks.

Osteopenia, muscular cramps, energy levels, stress, arthritis are just some of the other common conditions that can be assisted with natural supplementation with metagenics.

(All products free from dairy protein, lactose, gluten and wheat, artificial colours & flavours)

Why Metagenics Products are so Highly Regarded

(Practitioner only high quality supplement)

By prescribing the Metagenics range of Natural Medicines your Practitioner is recommending the highest quality, effective products available. Sold only through Healthcare Professionals, the Metagenics range is formulated to meet the exacting standards necessary to treat acute and chronic health disorders. That's why Metagenics is the number one provider of Natural Medicines in Australia and New Zealand.

Please contact Sally for any further information on metagenics products and how you can bring balance to your system.

sally@pro-align.com.au