



THE
TUESDAY
MINUTE

IT'S TIME TO FEEL GOOD AGAIN

Try This

Afternoon Power Drink

THIS WEEK'S TOPIC

“He noticed dramatic improvements in digestion and profound changes in gut health.”

We have all seen how supplements can be applied in different ways, and the creative ways supplements can be ingested. We remind patients they can grind up tablets or break open capsules for kids and put them in honey, berry blends or nut butters. We can use NitroGreens in shakes, or mix it into no bake brownies made from dates. We can add MCT Oil in shakes or add it to coffee or mix it into salad dressing.

I usually squeeze a couple of drops of emulsified Vitamin D, K and A right into a NutriClear shake, and I often add NitroGreens too. Many supplement powders can be added into organic juices or mixed into smoothies. A new protein powder from Biotics Research called



Hydrolyzed Collagen Protein comes in Chocolate and Vanilla Cream, and is great blended in shakes or even blended and stirred into coffee with a little cinnamon.

I have a friend who likes the pleasant flavor of the new Hemp Oil from Biotics. Before bed, while he chews 2 or 3 Children's ENT Pro, which are flavored, he adds a dropper of Biotics new Hemp Oil under his tongue. He says,

it's a nice combo before bed. Recently, someone shared with me another innovation I thought you might be interested in. It's combining several products to make a refreshing afternoon iced drink that is packed with nutrients and flavor.

The first product is GI Resolve. GI Resolve was specifically formulated to support gastrointestinal health and function without any added flavors, colors, sweeteners, gums

or common allergens. GI Resolve contains Zinc Carnosine, L-Glutamine, N-Acetyl D-Glucosamine, MSM, Licorice, Okra, and Aloe Vera. Since GI Resolve alone has a natural unsweetened ice tea flavor, it made the perfect base for his innovation. The next product is Acti-Mag Plus, another powdered drink supplement. Acti-Mag Plus delivers 400mg of Magnesium per scoop, plus Thiamine, Riboflavin, Niacin, Vitamin B6, Folate, Pantothenic acid, Organic beet juice, bamboo and Taurine.

Here's the thinking behind his innovation... Acti-Mag Plus has a pleasant berry flavor. If you combine the berry flavor into the iced tea flavor of GI Resolve, you have a delicious berry iced tea. In about 8 oz. of water, stir in a teaspoon of GI Resolve. Add 1 scoop of Acti-Mag Plus. He adds a packet of Stevia for sweetness, but you can leave it out since the natural berry flavor of Acti-Mag Plus is very satisfying.

But here's the bonus step. He often adds a half teaspoon of IAG, sometimes a half teaspoon of Potassium HP, Mixed Ascorbate Powder, or D-Ribose....occasionally rotating them to cover the bases. After a good solid stir, because the ingredients need to dissolve, add ice for a refreshing drink packed with nutrient power.

So the rest of the story is this: since my friend began incorporating this drink into his afternoon routine, he's noticed dramatic improvements in digestion and profound changes in gut health. He told me since he takes capsules and tablets at other times of the day, getting a Magnesium boost and digestive supplement in a drink, is a nice addition. Innovations like these are fun and practical. I'm sure you have come up with many yourself. Feel free to share them with me, I'd love to hear your ideas.

Use the comment section on this page and share your supplement innovations. When we dialogue with our patients, we may need to find creative solutions to improve compliance, or just share inspiring ways to enhance their wellness lifestyle. You get the point, if we are enjoying supplements and the experiencing the benefits for ourselves, our enthusiasm will be contagious to our patients. Thanks for watching. I look forward to being with you again next Tuesday.