

10 Supplements I Can't Live (Fully) Without.



I am far from discovering the fountain of youth. With my current vices, mainly including everything 'beach' and consequently, excessive sun exposure, I can probably hope to simply look and feel my chronological age at best. - Reversing the aging process is a bit challenging when your hobbies actually speed up the clock... But there are a few things that can help mitigate the damage and have quite a profound effect on slowing down the aging process, which when you titrate down, really means maximizing energy by minimizing inflammation. Or, doing more awesome shit and less dumb shit... Do you have the energy to volunteer, coach, play, or simply walk after work or in the afternoon or do you just want to chill out? Hmmmm.... Your energy stores might be low. DON'T LET THAT RUN OUT!

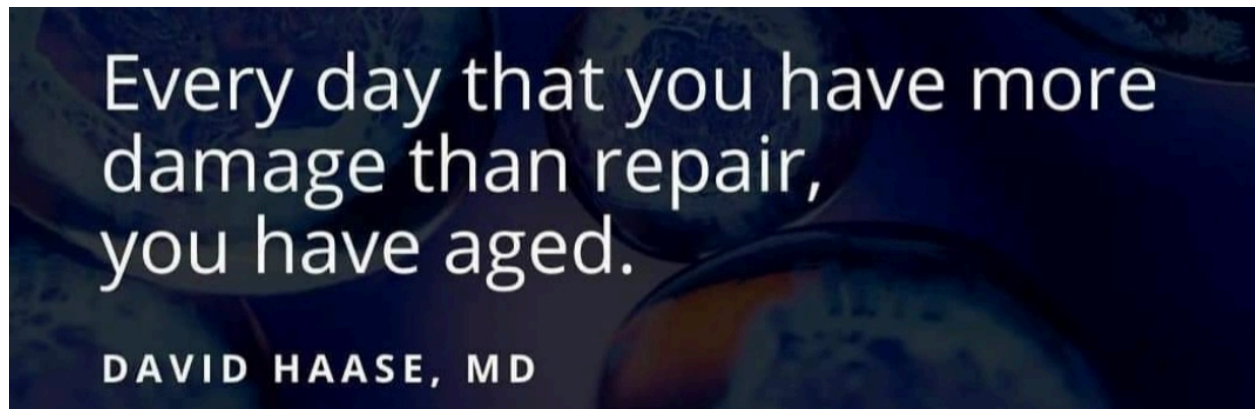
Before we get to all the sexy supplements, know that nothing is as effective as a balanced lifestyle for healthy aging. I like to sum this up by simply being connected, which leads to fulfillment, which is highly correlated with a long healthy life. When you are connected to a community, friends, family, nature, and your purpose, you will most likely live to your fullest life span regardless of other things. Typically, good food, sleep, and exercise organically happen when connected and fulfilled. So, let's work on that first. Then, in addition to this balance, I find the following ten supplements to be extremely important for topping off your energy stores, which in terms often leads to being more connected. Maybe, you simply haven't reached your goals because you didn't have the energy to do so... So, forget all of the bs shakes, juices, and concoctions you have heard of. Believe me, I have tried them all. This list are the non-negotiables that are the closest nutritional/supplemental piece to the fountain of youth I am aware of.

- I have listed these supplements in order based on importance: 1. Air, 2. Water, 3. Food, 4. Anti-inflammatories (though we aren't supplementing air in this list- it is still probably the most important...) So don't breathe junk air!!! Refer to my last article on how to clean up your home environment: [Best Purchases – xrlifestyles](#)
- I always prefer you get the majority of your nutrients from nature, and I believe you can do this with a little effort. Therefore, the majority of the list contains items that aren't as available in nature or at least in a convenient and clean way.
- This regiment would cost you about twenty bucks a day. That is affordable!!! If you can't swing the full amount, I urge you to look into your budget a bit more and possibly consider

trading out a few meals, juices, and coffees this month for the following list. These supplements will most likely save you 10-fold what you will be spending initially in future health care costs.

- I like to 'dry out' on weekends by taking off from all supplements. Changing up your regiment time to time can help the body become more resilient and adaptable.

As always, I am not a medical professional, nor do I play one on the internet. Please do not use or misconstrue this as medical advice. These are simply some supplements that have made huge changes in friends and family's quality of life. If I wanted to be my very best at pretty much everything mentally and physically, I would figure out how to make these supplements part of my daily regimen. Remember, we are all different and may experience things differently. Be mindful and proceed with caution.



1. Quinton: Proper cellular hydration is required for optimal health. The right balance of key minerals maintains cellular hydration. Quinton is the gold standard for hydration and mineralization. I take a packet of Quinton Hypertonic solution upon waking and Quinton Isotonic Solution before dinner.

Quinton Isotonic: [Amazon.com: QuintEssential 0.9 - Keto Liquid Mineral Electrolyte Supplement with Trace Mineral Replenishment, Sea Water Minerals Hydration Drink to Support Detox, Relaxation \(30 Sachets\): Health & Personal Care](#)

Quinton Hypertonic: [Amazon.com: QuintEssential 3.3 - Seawater Electrolyte Liquid Minerals Supplement for Hydration, Muscle Recovery + Energy Support - Liquid Trace Minerals Electrolyte Drink \(30 Sachets\): Health & Personal Care](#)

*** If these products are sold out, try www.quicksilverscientific.com. People are starting to catch on to the benefits of Quinton and it is getting harder and harder to find.

2. Essential Amino Acids: Essential Amino Acids are the building blocks of every tissue in our body and more. They cannot be made by the body and must be consumed often for optimal health and fitness. Proper consumption of these nutrients give your body the ability to restore and rebuild. I take 10-20 grams of essential amino acids daily on an empty stomach based on my activity load.

Perfect Amino: [Amazon.com: BodyHealth PerfectAmino XP Mixed Berry \(30 Servings\) Best Pre/Post Workout Recovery Drink, 8 Essential Amino Acids Energy Supplement with 50% BCAAs, 100% Organic, 99% Utilization: Health & Personal Care](#)

3. Essential Fatty Acids: Essential Fatty Acids make up your cellular membranes, brain tissues, and much more. These fats cannot be synthesized by the body and must be consumed. I prefer to get them from daily consumption of cold-water fish. But I supplement with 1-2 grams of essential fatty acids with my morning coffee in the event that cold water fish is not an option.

Kion Omega: [Amazon.com: Kion Omega-3 Fish Oil | Brain Health and Cardiovascular Support | 30 Servings: Health & Personal Care](#)

*** Side note on fasting. Your body needs Water, Vitamins and Minerals, Essential Fatty Acids, and Essential Amino Acids, often, to be optimal. Supplying your body with these nutrients make a fast MUCH easier. Having the above three supplements with your morning tonic while fasting is a huge fasting hack. Yes, it may break your fast for a short period, but the journey will be much easier and arguable better!

4. Vitamin D: Vitamin D is more of a hormone than a vitamin, but regardless, is essential for overall health and wellness. Even if you are getting adequate sun exposure, supplementation may still be necessary to maintain optimal levels. I suspect that glyphosate is changing the way our bodies absorb and convert from the sun. I typically take 5000mg of vitamin D3 alongside K2 daily to keep my levels around 60nm.

Vitamin D3/K2: [Amazon.com: Thorne Research - Vitamin D/K2 Liquid \(Metered Dispenser\) - Dietary Supplement with Vitamins D3 and K2 to Support Healthy Bones and Muscles - 1 Fluid Ounce \(30 ml\): Health & Personal Care](#)

5. Magnesium: Magnesium is responsible for hundreds of biochemical reactions in the body to say the least. It also helps with bone density, athletic performance, and inflammation. We unfortunately deplete our levels with every type of stress we undergo from coffee to alcohol, to exercise, and alike. Therefore, I take about 200mg with my morning coffee as well as my evening wine. The form of magnesium matters which is why I like the one listed. It contains seven different forms of magnesium to give you a broad spectrum to get the benefits of each. I have also grown very fond of Gerolsteiner mineral water which contains about 100mg of magnesium per liter. I find this version to be very bioavailable.

Magnesium: [Amazon.com: Magnesium Breakthrough Supplement 4.0 - Has 7 Forms of Magnesium Like Bisglycinate, Malate, Citrate, and More - Stress and Anxiety Relief - Natural Sleep Aid - Brain Supplement - 60 Capsules: Health & Personal Care](#)

6. Carbon 60: I freaking love this stuff! Talk about a massive anti-inflammatory that makes me feel good! Chronic inflammation can slowly leach away your energy leaving you in a fog. Carbon 60 first thing in the morning knocks out whatever type of brain fog I am experiencing and sharpens all of my senses. I put about 1 tbs in my morning coffee.

Carbon 60: [Amazon.com: Carbon60 plus regular strength. Has 20mg more Carbon 60 per 100ml than most competitors. carbon 60, cold pressed extra virgin olive oil, c60: Industrial & Scientific](#)

7. Molecular Hydrogen: Molecular Hydrogen is my new favorite, and taken alongside of Carbon 60, will seriously knock out the inflammation. Molecular Hydrogen is a selective antioxidant which basically means that it has the ability to neutralize the bad oxidants and leave some good ones to help out. I put two tablets in my morning water elixir with Quinton Hypertonic that I drink when first waking up, about 20 minutes before coffee.

Molecular Hydrogen: [Amazon.com: Quicksilver Scientific H2 Elite Tablets - Molecular Hydrogen Water Additive for Energy + Metabolism Support, Perfect for Open Containers - High-Dose Antioxidant Hydrating Drink \(60 Dissolving Tablets\): Health & Personal Care](#)

8. Fulvic Acid: This is pretty much dirt. Yep, the organic compounds that make up good ole fashioned soil. We have somewhat lost our balance with nature in the past 20 years or so, and our guts are taking the toll. Our gut lining has a junction barrier system that keeps things intact. When these junctions loosen up and start letting foods seep through and into the bloodstream, bad things can happen like leaky gut, allergies, etc. Fulvic acid can patch up this barrier and help keep you in a natural balance. My allergies I have been dealing with my whole life are almost 100% gone after a month of Fulvic Acid. I take 1 tbsp. before dinner. A healthy microbiome does more for your overall health than you can imagine. My next article will be on gut health...

Ion Biome: [Amazon.com: ION*Gut Health | Promotes Digestive Wellness, Strengthens Immune Function, Alleviates Gluten Sensitivity, Enhances Mental Clarity | 2-Month Supply \(32 oz.\): Health & Personal Care](#)

9. Zinc: Zinc is an essential nutrient that I find difficult to get in food. It helps with immunity, growth, DNA, protein synthesis, and more. I prefer eating a dozen or so oysters a week to get my quota. But when they are unavailable, I take 15mg or zinc with 2mg of copper (to balance out the zinc) with my morning coffee.

Zinc and Copper: [Amazon.com: Zinc with Copper, 15mg Zinc, 2mg Copper, 60 Capsules, Bulletproof Keto Essential Minerals and Antioxidants to Support A Healthy Immune System, Mood, Heart, Hormone Balance: Health & Personal Care](#)

10. B vitamins: B vitamins can vaguely be summarized as being responsible for producing cellular energy or being able to create energy from nutrients. B vitamins are only found in the animal kingdom, so if you are predominantly a plant eater, you may need to supplement. I am a bit of a carnivore, so my levels are pretty topped off, but when I overconsume alcohol or exercise excessively, I will supplement a methylated B complex with my morning coffee.

B Complex: [Amazon.com: Jigsaw Health Activated B Complex w/SRT, 120 Tablets: Health & Personal Care](#)

There you have it. The good stuff! I could go on and on regarding good supplements and great results. From vitamin C to adaptogens and melatonin to fiber, yes, it's all good. Especially for acute issues, there are hundreds of targeted solutions. Again, these are just the ones that I feel can really turn back the aging clock and give you tons of energy. Enjoy!

"Imagine if the culture took the attention it put on masks, social distancing and vaccines and invested it instead—with the same amount of energy and money—into helping people build healthy immune systems, where would we be?"

JOEL SALATIN – WISE TRADITIONS PODCAST 314
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