



Week 7: Biomedical & Nutritional Blueprint

The common supplements that I recommend.

1. Probiotics by Klaire Labs
2. Candida Overgrowth: Monolaurin or Candida Plus enzyme capsules and/or homeopathic
3. P5P Plus by Klaire
4. Adrenal Support: Zen, Rescue, Stress Ez, Zen (Gaba & l-theanine)
5. Vitamin C sourced from tapioca only in capsule or powered form
6. Vitamin D liquid or powder
7. DMG liquid
8. Kirkman Labs unflavored powder will contain the Vitamin C & P5P & Mg
9. Chewable or powder digestive enzymes including the enzyme, peptidase
10. NOW brand Silver sol liquid
11. Lauricidin pellets: start with three, do not chew just swallow. It is also more selective, meaning that it focuses on the bad guys and leaves the good guys. Also offers a wider spectrum of anti-fungal, antibacterial and antiviral activity than caprylic acid. In addition to being more selective, it has not been found to contribute to microbial resistance. If you have fungal overgrowth, there's higher risk that dormant viruses may become active, or bacteria overgrowth also exists. This makes lauricidin interesting because not only has it demonstrated anti-Candida properties in research, it may also offer support for any co-existing bacterial and viral infections, as well as synergy with other anti-fungal medications. Do not chew pellets. To be taken with meals.
 - https://www.lauricidin.com/professionals/677-nancy-guberti&utm_source=my.lauricidin.com&utm_medium=instore&utm_campaign=reorder
12. BDNF (Brain Derived Neurotropic Factors) are addressed in its own pdf.

Implement one at a time and wait 3 to 7 days before adding the next.

Please keep a journal to monitor the new foods and supplements.

Supplement Recommendations: *Always check with the primary medical doctor before starting supplements. To make it easier I also send an email from the Wellevate account which is a distributor that sells all the supplements and they are in a temperature controlled building for the supplements. This company is reputable and reliable as many supplement companies on Amazon are selling outdated products and reapplying labels.*

These statements have not been evaluated by the Food and Drug Administration.

These products are not intended to diagnose, treat, cure or prevent any disease.

Disclaimer: You should always speak with your physician before taking any medication or nutritional, herbal or homeopathic supplement, or adopting any treatment for a health problem. If you have or suspect that you have a medical problem, promptly contact your physician. Never disregard professional medical advice or delay in seeking professional advice. Information and statements regarding dietary supplements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease.

*Join the Monthly Membership Programs
to stay committed and motivated to you health goals.*

*<http://totalwellnessempowerment.com/membership/>
<http://totalwellnessempowerment.com/parentmembership/>*

*Sign up for the Look & Feel Great Program
<http://nancyguberti.com/nine-steps-health-univ/>*

Your health is worth it because YOU are worth it!

NANCY GUBERTI, M.S., C.N. 203-542-7390

NANCY@NANCYGUBERTI.COM

FUNCTIONAL MEDICINE METABOLIC SPECIALIST

FOLLOW NANCY

**ON TWITTER, FACEBOOK, PINTEREST, INSTAGRAM, & LINKEDIN,
YOUTUBE**

**Join the Total Wellness Empowerment Facebook Group at: [https://
www.facebook.com/groups/1934763973485704/?ref=group_header](https://www.facebook.com/groups/1934763973485704/?ref=group_header)**