

Medical Food Shakes and Bars

The reality for most busy people is that it's almost impossible to find the time to prepare nutritionally balanced, complete whole food meals. Fortunately, certain medical food shakes or bars offer a simple solution to this complex problem.

What is a “medical food”?

By definition, a “medical food” is a nutritional product that includes therapeutic ingredients targeting specific nutritional needs and clinical conditions. Think of it as a therapeutic accelerator. You can achieve a lot with diet and lifestyle change alone, but adding a medical food helps you get there faster and maintain the changes.

While whole foods should be the cornerstone of your nutritional regimen, a high quality, low *Glycemic Index* medical food can be used to increase nutrient intake, while decreasing calorie intake. A properly designed medical food provides exact portions of high quality protein, energy-rich carbohydrates, and fats, plus important vitamins and minerals without excess sugar. These medical foods can be conveniently stored in a drawer in your office for easy access during the day.

These essential nutrients help you maintain a high rate of metabolism, while keeping insulin levels low. Properly used, this type of medical food can help you improve your insulin balance to lose fat, gain muscle, create more energy, gain mental clarity and enjoy better moods to prepare you for life's challenges.

I am a big proponent of using high-quality medical food replacement shakes to replace 1 or 2 meals or snacks per day. It takes away the worrying about cooking and eating the right foods in the proper amounts.

Breakfast is the meal most people struggle with because they either don't have time or they aren't hungry. Coffee and a muffin is not a meal; it's a dessert.

Preparing a quick meal replacement shake is an easy and convenient way to get a great balanced breakfast to start your day right! Or, try a medical food bar for the perfectly balanced snack, especially when you're on the go.

The shakes and medical food bars are delicious and make eating for vitality really easy!

See the Store section of my website for medical foods to help manage your health conditions.



Nutritional Supplements

Scientific studies show the majority of Americans are deficient in many essential nutrients.

Nutritional supplements help people achieve balance in their overall health.

Examples of supplements many people benefit from:

- **High-quality protein powder** to ensure adequate protein intake and reduce appetite and cravings. Add to smoothies/shakes and other drinks or food.
- **Probiotics** to restore healthy intestinal flora, enhance immune system and aid in the digestion and absorption of food, as well as proper bowel function.
- **Digestive enzymes** to break down large food molecules (proteins, fats, and carbohydrates) for digestion and nutrient absorption, therefore lowering the risk of allergic responses and inflammation.
- **Proteolytic enzymes** to reduce systemic inflammation and joint pain.
- **Vitamin D3** is responsible for the regulation of over 2,000 genes in your body! Vitamin D deficiency is epidemic across the world and could be contributing to hundreds of common health problems. Research suggests that up to 85% of people could be deficient in vitamin D without knowing it, leaving them with less-than-optimal health.
- **High-quality essential fatty acids (EFAs) Omega-3** fish oil that contains EPA and DHA to help reduce inflammation and improve insulin sensitivity, cardiovascular, brain, and nervous system health as well as maintaining healthy, supple skin. Studies show 90% of Americans do not get enough healthy fat from their diet.
- **A high-quality multi-vitamin/mineral formula** to combine highly absorbable, natural ingredients in a scientifically balanced formulation. Vitamins and minerals play essential roles in all body processes including proper growth, digestion, energy production, hormone synthesis and regulation, immune function, detoxification, nerve and muscle function, and reproduction.
- **B-Complex** including folate, niacin, and vitamins B1, B2, B6, and B12 have active roles in regulating mood and emotional well-being. Deficiencies of B Vitamins can cause symptoms of depression, irritability, stress, and tiredness.
- **Magnesium** is responsible for more than 300 biochemical reactions in your body and is essential to good health. Approximately 50% of total body magnesium is found in bone. The other half is found predominantly inside the cells of body tissues and organs. It helps lower blood pressure and supports healthy heart function. An estimated 80% of Americans are deficient in this important mineral and the health consequences of deficiency are significant. Magnesium deficiency is a common problem for people with gluten sensitivity as well as anyone under acute or chronic stress.
- **Fiber** supports healthy cholesterol and blood sugar levels, healthy bowel function, and weight management. We should be consuming 35 to 50 grams daily, but average Americans get about 7 to 10 grams.