



Supplement Guide

This Supplement Guide offers a comprehensive list of supplements that I have personally recommended over the years. Each supplement included has been carefully selected based on my experience and trust in their effectiveness and quality. This guide is designed to provide you with reliable options that have stood the test of time and have been consistently favored for their benefits.

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The supplements in this guide will help fill in the nutritional gaps when life takes over making it impossible for us to get daily requirements of vitamins and minerals.

First let's address a common question...Are supplements necessary?

Most people don't eat enough nutrient dense foods during their meals even if they are making healthy choices. Our food supply is highly contaminated with pesticides and grown in nutrient-depleted soil which is having a devastating effect on the nutritional value

In 1997, UCLA conducted a study to investigate why several women were anemic even though they were eating a lot of spinach salads. They compared samples of spinach grown in 1997 with the iron and other mineral content of spinach grown on the same plot of land in 1953.

The findings were startling: Potassium had dropped by 53 percent, phosphorus by 70 percent, copper by 96 percent, and iron by 60 percent. All in all, one bowl of spinach in 1953 had 43 times the nutritional value of that grown 1997 (44 years).

Can you imagine what the findings would be today?

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"Even if someone receives the most nutrient-rich breast milk as a baby and eats an ideal diet throughout their entire life, obstacles ranging from toxic chemical exposure and pollution to poor water quality and stress, create the need for supplementation."

- Anthony William, Medical Medium

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Supplements

WHAT ABOUT WHEN THEY SAY STRENGTHENING THE IMMUNE SYSTEM WILL BRING ON AN ATTACK?

I've been boosting the shit out of my immune system since 2008! Your body isn't attacking itself, it's attacking the Epstein-Barr virus. You need your immune system to be as strong and as healthy as possible to attack and kill the virus.

Note: I healed my symptoms before I started taking all of these supplements. I was a single mother with very little money. Would taking supplements have sped up the healing process? I think so, but I don't know for sure. My point? I healed without taking all of these. I slowly added one new supplement at a time.

WHERE DO I START IF I'M ON A TIGHT BUDGET?

I recommend these four supplements as your foundation.

- FISH OIL
250-500 mg of combined EPA and DHA
- VITAMIN D
10,0000 IU daily
- SPIRULINA
1 Teaspoon daily
- COCONUT OIL
Start with 1 Teaspoon and gradually work up to 2 Tablespoons

WHEN IS THE BEST TIME TO TAKE VITAMINS?

Fat soluble vitamins A, D, E, and K need to be taken with some kind of fat. The water soluble ones can be taken with your shake. To make things easier, I put all the vitamins I have to take in a day in a small cup that says on my counter. Every time I eat or have a smoothie, I take a vitamin.

SUPPLEMENTS

Cat's Claw

<https://www.medicalmedium.com/blog/healing-benefits-of-cats-claw>

“Remarkable” at killing Strep and EBV

Lemon Balm

<https://www.medicalmedium.com/blog/healing-lemon-balm>

Calms the nerves and kills EBV. I take two droppers (not 2 drops, 2 full droppers) of both of these in the morning and again at night.

MultiVitamin

<https://www.amazon.com/INNATE-Response-Formulas-Prenatal-Postnatal/dp/BOIM7ME3FE>

I recently learned from the Medical Medium that every woman should be taking a prenatal, whether you're pregnant or not. I take one in the morning with my shake and the other at night with dinner. A good multivitamin will have your daily dosages in two servings. This is because your body can only absorb so many nutrients at once. Splitting up the dosage in two parts will allow for the best absorption.

Liquid B-12

<https://www.medicalmedium.com/blog/healing-benefits-of-b12>

Take a liquid supplement, not a shot or a pill. The injections and pills do not have the right kind of B12 blend and have the potential to trigger an overreaction in a sensitive body.

Member Comment: After starting on the liquid B12, I feel more normal than I have in the past 18 months - Even my dizziness has calmed down. I'm taking other supplements as well, but really noticed a difference with the B-12.

Zinc

[https://www.amazon.com/dp/BOO9ZLZWAS/ref=as_sl_pc_qf_sp_asin_til?](https://www.amazon.com/dp/BOO9ZLZWAS/ref=as_sl_pc_qf_sp_asin_til?tag=wwwmedicalmed-)

[2O&linkCode=wOO&linkId=KP5VD4KRI3SB3DHH&creativeASIN=BOO9ZLZWAS](https://www.amazon.com/dp/BOO9ZLZWAS/ref=as_sl_pc_qf_sp_asin_til?tag=wwwmedicalmed-2O&linkCode=wOO&linkId=KP5VD4KRI3SB3DHH&creativeASIN=BOO9ZLZWAS)

In with Monolaurin or you can take liquid from Vimergy (other liquids are loaded with toxic ingredients). Zinc is your shield against pathogens. The more pollution we encounter, the more zinc we lose. Fruit/Veggies don't even have zinc anymore due to depleted soil so we don't get it there.

SUPPLEMENTS

DHA/EPA

<https://vimergy.com/products/vegan-epa-dha>

While it's okay to eat wild fish sparingly if you're someone who loves fish, fish oil supplements are another matter. You would think it's all the same, but it's actually very different. The primary issue is mercury and dioxins, which are present in most of the fish used to make these supplements. When you eat fish with mercury in its flesh, the mercury has a tendency to stay mostly in your intestinal tract, liver, and stomach area. It's another, more dangerous story when you consume fish oil supplements. Although manufacturers say that the physical mercury is removed from their supplements, it's an impossible and unrealistic claim. In fish, mercury concentrates itself mostly in the volatile omega oils. So when millions of fish are processed for their oil, mercury levels are at an unparalleled level. The process that supplement manufacturers then use to try to lower the mercury content actually destabilizes the toxic heavy metal. It becomes a highly absorbable, homeopathic version of itself. This concentrated mercury that ends up in fish oil supplements has the ability to cross the blood-brain barrier and quite easily enter sensitive organs, bypassing and disrupting the body's systems. It can also strengthen and feed pathogens. Instead, look for a fish-free, plant-based, algae-derived omega supplement.

- Cleanse to Heal by Anthony William, Medical Medium

Monolaurin

https://www.amazon.com/dp/BOO9ZLZWAS/ref=as_sl_pc_qf_sp_asin_til?tag=wwwmedicalmed-

[20&linkCode=wOO&linkId=KP5VD4KRI3SB3DHH&creativeASIN=BOO9ZLZWAS](https://www.amazon.com/dp/BOO9ZLZWAS/ref=as_sl_pc_qf_sp_asin_til?tag=wwwmedicalmed-20&linkCode=wOO&linkId=KP5VD4KRI3SB3DHH&creativeASIN=BOO9ZLZWAS)

Antiviral; breaks down EBV load and reduces cofactors. It's the lauric acid found in coconut oil.

Probiotics

Many people these days buy expensive probiotics because they heard they are good for gut health. Probiotics are not unhelpful. There are some probiotic supplements that I recommend to those who are interested. However, there is a much more important biotic that most people are unaware of, and it is vastly less expensive and more down to earth. Elevated biotics are microscopic, life-giving organisms that cover the above-ground surfaces (leaves and skins) of raw, unwashed (or lightly rinsed) organic produce.

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The elevated biotics' probiotic film can make a world of difference when it comes to digestion. Unlike factory-produced probiotics and soilborne organisms, elevated biotics are able to survive your digestive process and make it to your ileum, the final section of your small intestinal tract that creates the vitamin B12 critical to your body's functioning. You can read more about Elevated biotics the book Life-Changing Foods by Anthony William, Medical Medium.

Spirulina (Hawiiian)

<https://www.medicalmedium.com/blog/healing-benefits-of-spirulina>

According to the Medical Medium, Spirulina can be a better choice than a regular multivitamin because it's so rich in bioavailable nutrients.

- The beta-carotene found in spirulina is ten times more concentrated than carrots.
- IRON: Ten grams of spirulina can supply up to 70% of the minimum daily requirements for iron. 1 Tablespoon = 17 grams
- PROTEIN: About 60% of spirulina's dry weight is protein, which in the form it comes in within spirulina, is essential for growth and cell regeneration. It's a good replacement for fatty meat and dairy products.
- GOOD BUGS: Spirulina suppresses bad bacteria like E. coli and stimulates the growth of the good bugs which helps you absorb the nutrients from your food.
- DETOXIFIER: Deemed a medical food in Russia after 270 children in Chernobyl consumed five grams a day for 45 days. Their Radionucleides (radioactive shit) were lowered by 50% and allergic sensitivities were normalized.
- Removes heavy metals: such as mercury, aluminum, lead, cadmium, and toxic copper from the liver, reproductive system, intestinal tract, thyroid, and brain.

**Heavy metals are the most favored food of viruses.

SUPPLEMENTS

Vitamin C

<https://vimergy.com/products/micro-c>

Vitamin C is anti-inflammatory, helps increase our blood's white count by strengthening our neutrophils, eosinophils, basophils, and macrophages; and generally boosts the immune system against viruses, bacteria, yeast, mold, and other unwanted fungus. This makes getting an adequate amount of vitamin C essential if you are battling a chronic illness or symptom.

The right kind of vitamin C also helps to cleanse the liver, blood and lymph, strengthen the adrenal glands, repair damaged neurotransmitters, and restore the central nervous system. It also helps the body to detox effectively, which is a challenge many chronically ill people face until they get the right detox-supporting nutrients.

Vitamin C also strengthens all levels of the liver's personalized immune system. The liver uses vitamin C in all of its over 2,000 chemical functions. It not only detoxifies and cleanses the liver; it can also stop a sluggish liver, loosen and disperse fat cells stored inside the liver, and help the liver recover after bouts of stress-related adrenaline surges. Vitamin C can also help stop and repair scar tissue deep in the liver's core. It can also help with nodules, tumors, and cysts.

Micro-C is a supplemental form of vitamin C that can be very helpful for a wide range of people. Micro-C contains important complementary bioflavonoids that support our health, along with the vitamin C itself. It also contains rose hips, and the vitamin C in rose hips has the power to transform and activate the other forms of vitamin C found in the supplement, along with any vitamin C from food sources you consume, making them stronger. Plus, the vitamin C in rose hips is the most bioidentical, bioavailable form of vitamin C in existence—that is, the most usable form for our bodies. Micro-C is also very gentle on the system, so if someone has digestive issues or is very sensitive, it's a good choice.

- Anthony William, Medical Medium

SUPPLEMENTS

CytoActives - CoQ10 plus resveratrol, Vitamin D3 and Vitamin E

<https://www.isagenix.com/en-ca/products/vitality-well-being/individual/cytoactives>

- CoQ10 - Feeds your mitochondria
- Resveratrol
- Vitamin D3

Resveratrol is the antioxidant found in grapes. Grapes have been called the “queen of fruits” due to being one of the most nutritious and medicinal foods available since ancient times. Grapes are a rich source of vitamins A, C, and B-complex, and minerals such as calcium, magnesium, boron, manganese, iron, selenium and potassium. Grapes contain high amounts of powerful antioxidants known as bioflavonoids, resveratrol, and anthocyanins.

These phytochemicals are anti-inflammatory, anti-viral, anti-microbial, anti-aging, and anti-cancerous and provide protection against anemia, degenerative nerve diseases, heart disease, viral and fungal infections, Alzheimer’s, autoimmune disorders, and all forms of cancer. Grapes can also help provide relief from asthma, migraines, constipation, gastritis, chronic acidosis, indigestion, kidney disorders, fatigue, and vision problems.

Grapes have the ability to help prevent blood clots due to their ability to increase nitric oxide levels in the blood and therefore provide excellent protection for the heart and cardiovascular system. Grapes also amazingly enough fight tooth decay and can stop viruses in their tracts. Grapes can benefit blood sugar by providing better insulin regulation and overall blood sugar balance. The black variety of grapes are by far the most nutritious and if you can find them with seeds, even better! Grape seeds provide phenomenal healing benefits. You can chew the seeds up or place the seeded grapes in a high speed blender or a juicer. It will make a sweet, delicious, and powerful antioxidant drink that is easily digested and assimilated.

In fact, fresh raw grape juice has been called the “nectar of the gods” due to its high concentration of health promoting properties. And since the skins contain most of the antioxidants and nutrition, you will want to choose organic whenever possible.

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Sample Schedule

Morning

- Lemon Water
- Celery Juice
- Lemon Balm - 2 Droppers Full
- Cat's Claw - 2 Droppers Full
- Heavy Metal Smoothie or some version of it
 - The Heavy Metal Smoothie is where I add the Spirulina, Barley Grass Juice Powder
- Multivitamin
- Coffee or Coffee Replacement

Lunchtime

- 2 Monolaurin with Zinc

Dinner

- Multivitamin
- 2 Monolaurin with Zinc
- EPA/DHA
- Vitamin C
- CytoActives

Before Bed

- Lemon Balm - 2 Droppers Full
- Cat's Claw - 2 Droppers Full

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Disclaimer:

I am not a doctor nor am I licensed in ANYTHING. I am just Jeanene, living in a small town with my family and friends. I am no one special. Do not listen to anything I say, do not do anything I have done. I have no idea what I am talking about.

According to the medical industry, my advice is worthless to everyone.

I have eliminated my systems and changed my life, but still...

LISTEN TO NOTHING I HAVE TO SAY!

Jeanene Bono

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