

Whole Food Supplements Part 2: Affordable Access to Superior Nutrition

February 9, 2011

Following up on my December 2010 newsletter on the [Top 5 Whole Food Supplements](#), here are #'s 6-10:

#10: Liver Powder

Why? The [health benefits of liver powder are numerous](#) due in part that Liver contains:

- *B-vitamins* to [maintain brain health](#) by reducing inflammation
- *Vitamin C* for antioxidant protection that can [help with blood pressure](#).
- *Lipoic Acid* for [more antioxidant protection](#).
- *Iron* that can [help with a healthy pregnancy](#).
- *Essential Fatty Acids* for [healthy blood vessels](#).

Cost: \$0.50 per serving!

#9: Flaxseed Oil

Why? Flaxseed is an excellent plant source of omega-3 fatty acids proven to [help with both blood pressure and overall heart health](#).

Cost: \$0.44 per serving!

#8: Hemp Protein

Why? I call Hemp "[The Forgotten Protein](#)". It was a major cash crop and staple in colonial America because of its' versatility but it is [loaded with nutrition](#) including fiber and fatty acids.

Cost: \$0.30 per serving!

#7: Spirulina

Why? Spirulina belongs to the class of blue-green algae and has been shown to [benefit neurological health](#).

Cost: \$0.70 per serving!



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#6: Resveratrol

Why? Also known as the "anti-aging vitamin", resveratrol has been shown to possess a number of health benefits that include [inflammation](#), [obesity](#), [breast cell health](#), [flu virus protection](#), [digestive health](#), [eye health](#), [women's health](#), and [heart health](#).

Cost: \$1.00 per serving!

NOW Articles by Dr. Arnold

[Berry Antioxidant Intake Linked to Blood Pressure Health](#) - 2.8.11

[Study Finds Glucosamine Safe for Diabetics](#) - 2.8.11

[Ginseng May Help Brain Health After Stroke](#) - 2.8.11

[Curcumin Benefits Joint Health](#) - 2.1.11

[Vitamin D Found to Help Bladder Health In Postmenopausal Women](#) - 1.26.11

[Omega-3 Fats May Help Maintain Mental Health](#) - 1.19.11

[Garlic May Help Neurological Health](#) - 1.11.11

[Spirulina May Help Hip Joint Health](#) - 1.11.11

[Vitamin D Deficiency May Be Related to Bone Marrow Health](#) - 1.4.11

Dr. Arnold's NOW Foods Recommendation

February 2011: [NOW Foods Spirulina](#)

Dr. Arnold's "Surprise" Food Recommendation

February 2011 - [Bobo's Oat Bars](#)