



Dr. Haskel's Baseline Essentials

- The Metabolic Makeover (see video and handouts on drhaskel.com under healthy links) . Please check with your healthcare professional before implementing any dietary or supplement regimens.
- With respect to supplements, Dr. Haskel prefers initially using powders and liquids over capsules and tablets due to malabsorption issues in most people.
- Magnesium- Magnesium is involved in over 300 reactions in our bodies and our soil is terribly depleted. Dr. H's favorite - Nature Calm lemon.
- Fish Oil- Dr. H's Favorite is Nordic Naturals Pro Omega Liquid Lemon flavored.
- Digestive Support/Probiotic – Dr. H's favorites are rotating between megaspore probiotic, terrafloora and Seroyal HMF Travel (capsules are fine for probiotics as they help get the probiotic to the intestine).
- Vitamin D3 – PRL (Premier Research labs) Serum D3 (if cardiac concerns are present K2 should be taken as well).
- Vitamin C – Camu Camu Powder is one of the highest source of natural vitamin C available.
- The metabolic makeover food plan is rich in essential vitamins and nutrients and along with the above recommendations will offer a balanced nutrient dense support.

Water- Our Bodies need at least ½ their body weight in ounces. Drink the cleanest water you can find and afford.

Lymphatic Support- Rebounding (marching on the rebounder for at least 30 minutes and no more than 20 minutes) 1-2 times/day is one of the best ways to improve your lymphatic flow, a key to your immune health.

Music (you tube frequency music) go to youtube.com and search for solfeggio tunes. Pick one of the frequency videos to listen to while you have at least 5 minutes of quiet time per day. If not sure, you can start with this one <https://www.youtube.com/watch?v=5Dg00FiaRQE> .

Stress Reduction Breathing- for 5 minutes while listening to your healing music, breathe in for 3 seconds letting your abdomen expand, then exhale slowly for 6 seconds. This rate of breathing helps to calm the body.

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