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Eat Well Supplement Well Digest Well

**A NONCONFORMIST APPROACH
TO OPTIMAL HEALTH**

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with **KAREN MYERS, NTP**

Foreword by **Jeffrey Barke, MD**

PDF guide to charts in the audiobook

nonconformist
NARRATIVES

Which of these 58 ingredients do you want in your food?

Acesulfame potassium	Dimethylpolysiloxane	Propyl gallate
Artificial flavors	Enriched flour	Propylparaben
Aspartame (NutraSweet)	Erythritol	Red 3
Autolyzed yeast extract	Fructose or fructose syrup	Red 40
Azodicarbonamide	Gellan gum	Sodium benzoate
BHA	Guar gum	Sodium nitrate
BHT	Locust bean gum	Sodium Nitrite
Bleached flour	High-fructose corn syrup	Sodium phosphate
Blue 1	Hydrolyzed proteins	Soybean oil
Calcium peroxide	Maltodextrin	Soy protein isolate
Calcium propionate	Methylparaben	Sucralose (Splenda)
Canola oil	Monoglycerides and diglycerides	Stevia extract (Rebaudioside A or Reb A)
Caramel color	Monosodium glutamate (MSG)	Synthetic vitamins
Carrageenan	Natural flavors	TBHQ
Citric acid	Neotame	Titanium dioxide
Corn oil	Potassium benzoate	Vanillin
Corn syrup	Partially hydrogenated oils	Yeast extract
Cottonseed oil		Yellow 5
DATEM		Yellow 6
Dextrose		

Top six food additives to avoid

Additive	Purpose	In what foods?	Possible health effects
Sodium nitrite and sodium nitrate	Preserves meat; provides appealing color	Bacon, lunch meats, hot dogs, sausage, jerky, cured meats, and other processed meats	Associated with higher risks of certain cancers
BHA & BHT	Extends shelf life	Potato chips, vegetable oils, candy, and many other packaged foods	Considered potentially carcinogenic
Enriched flour, also called potassium bromate	Increases volume	Commercial breads	Banned in the European Union and Canada for having shown to cause cancer in animals
Trans fat, also called hydrogenated vegetable oil	Helps give foods extended expiration dates so they can last for years	Many ultra-processed foods, including margarine, baked goods and fast foods	May contribute to heart disease, obesity, and stroke
MSG or monosodium glutamate	A highly addictive chemical flavor enhancer that tricks the brain into wanting more	Extremely common in processed foods (look for “natural flavors” on labels)	Acts as an excitotoxin in the brain; can cause anxiety, agitation, migraines, memory loss, and in extreme cases, seizures
High fructose corn syrup	Sweetens and preserves	Bottled salad dressings, tomato and pizza sauce, condiments, cookies, and other foods	May contribute to arthritis, insulin resistance, and weight gain

Pasture-raised beef: more nutrition, more flavor



	Pasture-raised cows	Factory-farmed cows
Primary feed	Grass	Grains
Effect of feed	Maximum nutrition; harmonizes with cow's digestive system	Fattens cows quicker; cow's digestive system not well suited to grains
Living conditions	Free to roam natural environment, eat from pasture grass and other vegetation	Often cramped, chaotic and unsanitary; movement restricted, limited fresh air
Free from growth hormones?	Yes	No
Humanely treated?	Yes, in general	No
What this means to you	Maximum nutrition and flavor	Less nutrition, less taste, and synthetic hormones and antibiotics

The incredible edible egg: 26 nutrients

A wealth of nutrients awaits you inside every shell. Look at all you get in two eggs, approximately 100 grams or 3.5 ounces.

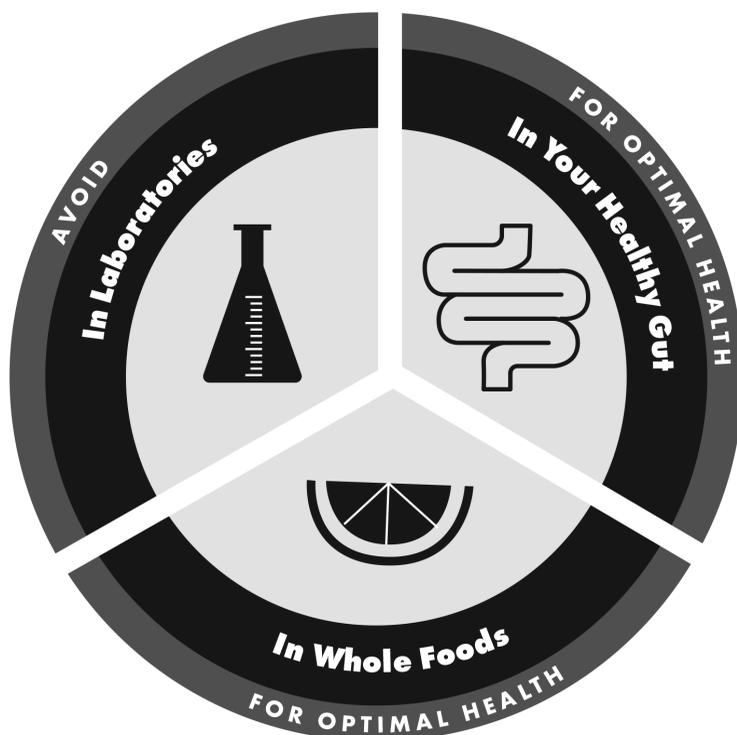
Essential minerals

	mg	DV (%)
Calcium	56.0	4.3%
Chromium	0.4	1.1%
Copper	0.07	9.7%
Iron	1.75	9.7%
Magnesium	12.0	2.9%
Manganese	0.02	0.9%
Molybdenum	17.0	37.8%
Phosphorus	198.0	15.8%
Potassium	138.0	2.9%
Selenium	30.7	55.8%
Zinc	1.3	11.7%
Choline	293.8	53.4%
Omega-3s	74.0	
Omega-6s	1,148.0	

Essential vitamins

	mcg/mg	DV (%)
Vitamin A	160.0 mcg	17.8%
Thiamin (B1)	0.04 mcg	3.3%
Riboflavin (B2)	0.46 mcg	35.2%
Niacin (B3)	2.6 mcg	16.3%
Pantothenic acid (B5)	1.4 mcg	28.0%
Vitamin B6	0.17 mcg	10.0%
Biotin (B7)	16.0 mcg	53.3%
Folate (B9)	47.0 mcg	11.8%
Vitamin B12	89.0 mg	37.1%
Vitamin D	2.0 mg	10.0%
Vitamin E	1.05 mg	7.0%
Vitamin K	0.3 mg	7.0%

Where vitamins are created



What role do vitamins play in health?

Inside your body, vitamins interact and balance themselves with other vitamins and minerals, giving you the proper balance of nutrients, which is vital for optimal health. Nutrients make life possible. Because of nutrients, you can breathe, think, digest, see, hear, and read this book.

The 3 types of vitamin C supplements

Vitamin C product	Estimated market share
1. 100% ascorbic acid (a.k.a. synthetic C)	90%
2. Combination of whole- food + ascorbic acid	8%
3. 100% whole-food vitamin C	2%

Contrary to popular belief, ascorbic acid has not been extracted from whole-food vitamin C. Rather, it's a mass-produced, lab-made chemical substance with limited therapeutic value.

According to Morley Robbins, founder of the mineral-balancing Root Cause Protocol, "Ninety-nine-point-nine percent of the drivel on the internet related to 'vitamin C' is actually referring to ascorbic acid. Ascorbic acid, or its reduced form ascorbate, does not have the critical enzyme tyrosinase (a copper-containing enzyme). That is what makes whole-food vitamin C complex so therapeutic!"

Is your “whole-food” vitamin C fortified with synthetics?

Now, there is an easy way to know for sure. Just determine what I call the C-Quotient, following the steps below. The answer will tell you if a specific product has been fortified with synthetic vitamin C.

1. In the product’s Supplement Facts box, find the weight of the vitamin C per serving, typically in milligrams. In this case, it’s 500 mg.

	Amount Per Serving	%DV
Calories	10	
Total Carbohydrate	2 g	<1%
Dietary Fiber	1 g	4%
Total Sugar	0	--
Vitamin C [from Organic Acerola (<i>Malpighia glabra</i>) Cherry Juice Powder]	500 mg	556%
Organic Acerola (<i>Malpighia glabra</i>) Cherry Juice Powder	1.6 g	--

*Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value (DV) not established.

$$\frac{500\text{mg}}{\div 1,600\text{mg}}$$

C-Quotient: 31%

The sixteen healthful nutrients in beef liver

Nutrient	Raw beef liver 3 oz % DV
Vitamin B12	1,170%
Copper	455%
Riboflavin (vitamin B2)	180%
Vitamin A (as retinol)	88%
Pantothenic acid (vitamin B5)	64%
Folate (vitamin B9)	60%
Selenium	59%
Niacin (vitamin B3)	44%
Vitamin B6	34%
Zinc	31%
Iron	30%
Phosphorus	30%
Biotin (vitamin B7)	23%
Manganese	14%
Potassium	8%
Magnesium	4%

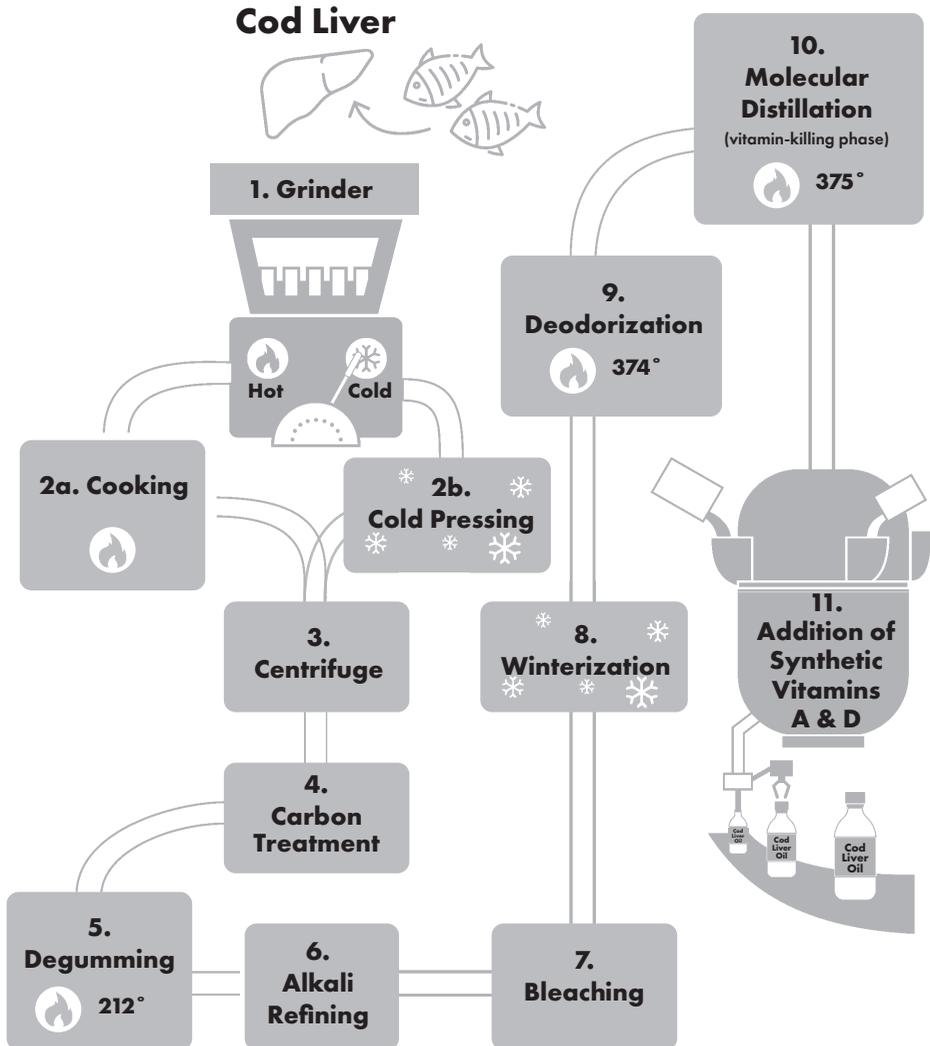
Why Cod Liver Oil?

Method 1. Ultra-processing, eleven steps

Oils are heated to over 374° F, destroying vitamins A and D

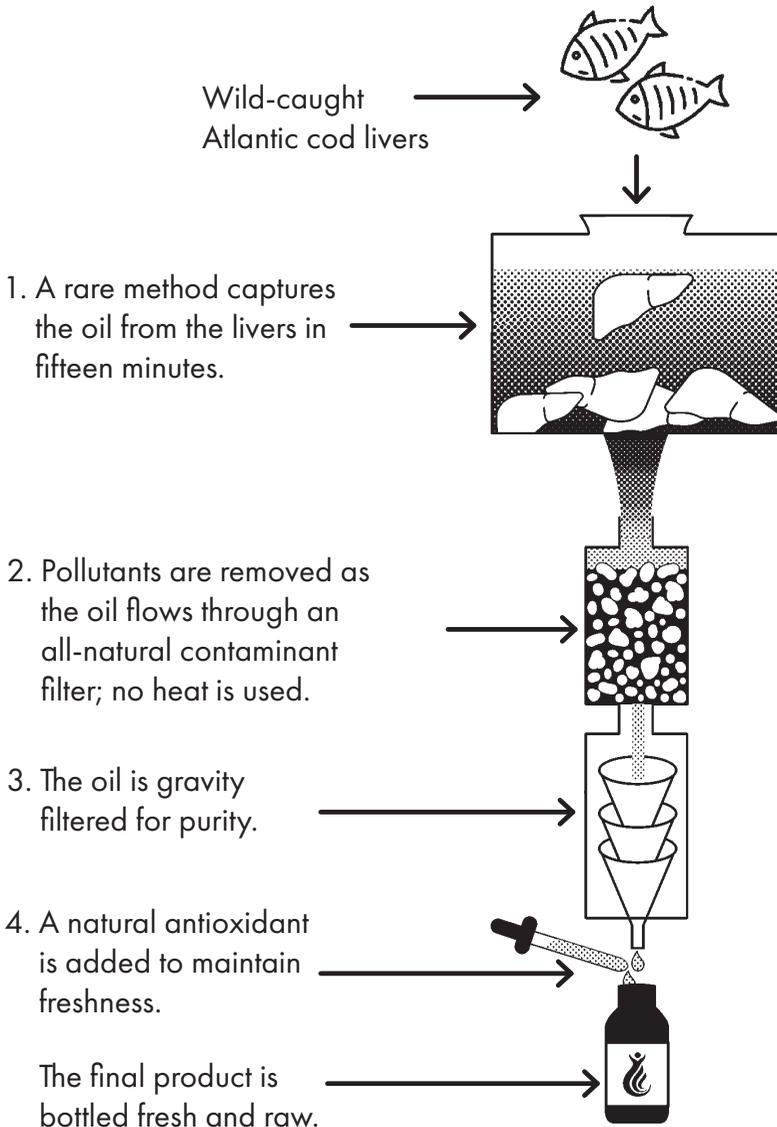


Flame symbol indicates where heat is used.



Method 3: Minimal processing, four steps

No heat is used; retains natural vitamins A and D



Magnesium deficiencies

According to Carolyn Dean, MD, ND, author of *The Magnesium Miracle*, a magnesium deficiency can show up in fifty-six specific health issues, including:

Acid reflux	Indigestion	Pins and needles sensations
Adrenal fatigue	Inflammation	Seizures and convulsions
Alzheimer's disease	Insomnia	Vertigo and confusion
Angina	Irritable bowel syndrome	Obstetrical and gynecological problems
Anxiety and panic attacks	Kidney disease	Premenstrual syndrome
Arthritis	Kidney stones	Dysmenorrhea
Asthma	Migraine	Female infertility
Atherosclerosis with calcium deposits	Musculoskeletal conditions	Premature contractions
Blood clots	Muscle cramps	Preeclampsia in pregnancy
Bowel disease	Fibrositis	Cerebral palsy
Brain dysfunction	Fibromyalgia	Osteoporosis
Cholesterol elevation	GI spasms	Parkinson's disease
Cystitis	Tension headaches	Raynaud's syndrome
Depression	Muscle spasms	Sports injuries
Detoxification	Chronic neck and back pain	Sports recovery
Diabetes	Nerve problems	Tooth decay
Fatigue	Burning	
Headaches	Muscle weakness	
Heart disease	Numbness	
Hypertension	Paralysis and sensitivity	
Hypoglycemia		

Real-food sources of magnesium

Food	Magnesium	Daily Value
Pumpkin seeds, roasted (1 oz)	156 mg	37%
Chia seeds (1 oz)	111 mg	26%
Almonds, dry roasted (1 oz)	80 mg	19%
Cooked spinach (½ cup)	78 mg	19%
Cashews, dry roasted (1 oz)	74 mg	18%
Dark chocolate (1 oz)	63 mg	16%
Peanut butter, smooth (2 tbsp)	49 mg	12%
Avocado (1 cup)	43.5 mg	11%
Swiss chard (1 cup)	45 mg	11%
Baked potato w/skin (3.5 oz)	43 mg	10%
Rice, brown, cooked (½ cup)	42 mg	10%
Banana (medium)	32 mg	8%
Bread, whole wheat (1 slice)	23 mg	5%
Chicken breast, roasted (3 oz)	22 mg	5%

How much magnesium do I need?

According to the NIH, adults need between 320 and 420 milligrams daily, depending on your age and sex. With all its many benefits, resist the urge to take too much of a good thing. As with all supplements, megadoses can be harmful to your health.

If you are diligent, you can seek out magnesium-rich foods and eat lots of them.

Magnesium content in specific foods

	USDA data	My test data
Avocado (1 cup)	43.5 mg	42.6 mg
Swiss chard (1 cup)	45.0 mg	45.1 mg
Dark chocolate (1 oz)	63.0 mg	62.8 mg
Pumpkin seeds, roasted (1 oz)	156.0 mg	145.8 mg

I'm pleased to report that the nutritional values provided by the USDA are surprisingly in line with the Eurofins tests, as shown above.

As you can see, the data is virtually the same for avocados, Swiss chard, and dark chocolate, and very close for pumpkin seeds. My mind is officially blown. Takeaway: I guess sometimes you can trust the government.

A final word about magnesium

I always enjoy reading people's feedback when they discover supplemental magnesium. One woman said: "I bought it to help with anxiety but didn't realize it was going to be my cure-all. It's helped with so many aspects of my life not limited to anxiety, sleep, energy, etc. My father started taking it after we discussed his poor sleep. He said it's helped him tremendously. My husband is a UPS driver working fifty-plus hours a week and says magnesium has helped with sustaining energy and reducing muscle cramps and aches."

The digestive system

Liver The largest organ in your body. Makes bile (fluid that helps break down fats and gets rid of wastes in the body); changes food into energy; and cleans alcohol, some medicines, and poisons from the blood.

Gallbladder
Stores the bile made in the liver, then empties it to help digest fats.

Large Intestine
Also called the colon. It absorbs water and sodium from stool.

Appendix
A pouch attached to the first part of the large intestine. Plays a role in immunity by hosting “good” bacteria.

Anus The opening at the end of the digestive tract where bowel movements leave the body.

Esophagus
Carries food from the mouth to the stomach.

Stomach
The organ where protein digestion begins.

Pancreas
A gland that makes enzymes for digestion and the hormone insulin, which helps the body turn food into energy.

Small Intestine
The organ where 90 percent of digestion occurs.

Rectum
The lower end of the large intestine, leading to the anus.

