



... For The Mind Body And Person Inside

Considerations and Recommendations for Diet and Nutritional Supplementation

At Pivotal, we understand that individuals are unique in their biochemistry and genetics. One “diet” will never be ideal for everyone. Age, sex, existing health conditions/challenges, variable lifestyle and work place demands, and unique physiology (as mentioned above) are examples of factors influencing dietary needs. So, while the Paleo, Mediterranean, South Beach, Blood Type or Ketogenic diets all have beneficial components, Pivotal providers believe that **principles trump specifics!** We recommend dietary practices that are anti-inflammatory, nutrient rich, **whole food based**, and generally beneficial for everyone... especially if your focus is **vitality and longevity**.

Before any principles or suggestions, let’s cover a few points that are important to **your well-being**, even if these are not popular or commonly held beliefs in our society. When you look at food and diet from an “evidence based” perspective, accurate science is quite helpful. *How much* you eat is less important than *what* you eat. Calories are **not** created equal. Some foods will stimulate your metabolism, while other may cause you to store fat. You are what you eat, and more importantly, what you absorb. Lastly, food is not only fuel, but “information” – it literally drives your genetic expression. The foods we consume contribute to our internal “environment” that sets that stage to support us or stress us.

So here are some generalized guidelines that will benefit virtually everyone...

- Breakfast is the **most important** meal of the day –get a minimum of **20g of protein**.
- Increase healthy fats/Decrease sugar and simple carbohydrates.
- Consume more plant than animal products.
- Consume more raw than cooked food.
- Eliminate processed and/or refined foods (no boxes, bags, packages or cans).
- **NO** sodas, regular or diet, and no “formula” drinks. Rather, clean water – filtered or spring water is best. Consume half your body weight in fluid oz. every 24 hours.
- **NO** GMO foods (soy and corn or primary culprits).
- Whenever possible, buy local, fresh, organic farm to table products. Eat whole food complexes or single ingredient foods.

Although this is not a dietary recommendation...**manage your body composition, not your weight**. Use Bioimpedance Analysis (BIA) to measure your BMI and other biological markers to monitor your internal health. What you consume (food and drink) is most likely the **most important factor** influencing your well-being. No one has more control than you, and you get all the benefits when you apply these principles. These recommendations will not work by thinking about them... “Change is easy, thinking about change is hard” as stated by Dr. Eric Plasker from the 100 year Lifestyle. The more you follow these recommendations the greater you will benefit!

[`turn me over, there is more info!](#)

When it comes to nutritional supplements, the most common questions that are consistently asked are:

1. Why do I need to supplement when I already have a good diet?
2. What is the most important supplement **for me**?

We all agree that good nutrition starts with a healthy diet. The reality is that the Standard American Diet is often referred to as the “S.A.D Diet” – having plenty of calories but lacking in essential nutrients. Beyond our poor diet, we live in an increasingly toxic world, with very demanding and stressful lifestyles. Additional nutritional support is essential to allow our bodies to repair, regenerate, and remodel while supporting our immune function and myriad physiologic demands. As early as 1936, the U.S. government stated in Senate document 284 that our agricultural soils were already depleted of trace minerals. Perhaps the best summary statement of the need for supplementation comes from one of the world leaders in functional medicine today, Dr. Mark Hyman, MD.

“If people eat wild, fresh, organic, local, non-genetically modified food, grown in virgin material and nutrient rich soils, that has not been transported across vast distances and stored for months before being eaten... and work and live outside, breathe only fresh unpolluted air, drink only pure clean water, sleep 9 hours a night, move their bodies every day, and are free from chronic stressors and exposure to environmental toxins, then perhaps they might not need supplements.”

The most important supplement for **YOU** is the one that **YOU** are most deficient in, and that’s why recommendations vary from one person to another. Four key considerations in nutritional supplements are **quality, purity, potency, and stability**. The following supplements are universally beneficial, supporting daily demands of human physiology and adding to long term resiliency.

1. **Greens First** – one scoop provides a synergistic blend of organic super foods, providing at least 15 servings of vegetables and fruits.
2. **Undenatured Whey Protein**-this is the highest biological value protein for humans...20 grams in one scoop increases your body’s production of glutathione (your #1 molecule for detoxification and antioxidant function).
3. **Vitamin D3**- blood tests are the only way to verify your status and you should seek a range of 50-70 ng/ml.
4. **EPA•DHA**- a daily consumption of 2,000 mg of EPA and 1,000 mg of DHA provide a therapeutic dose.
5. **Probiotics**- a high quality blend of various healthy gut bacteria are vitally important with our understanding of the far reaching effects of intestinal health.
6. **Multi-vitamin/multi-mineral**- a broad food based supplement is ideal, many pharmaceutical grade nutrition companies produce quality products as well.
7. **Organic Trace Minerals**- our soils and foods are markedly depleted in these vital, essential, synergistic, biochemical compounds.
8. **Magnesium**- 600-800 mg/day of a chelated form is adequate. Magnesium is the #1 mineral co-factor for enzymatic reactions.
9. **Curcumin (turmeric)** - 250-300 mg/day provides a powerful systemic anti-inflammatory effect and also supports brain health...it is “neuroprotective.”
10. **Co-enzyme Q10**- Ubiquinone is the preferred form. Depending on quality, 50-200 mg/day supports mitochondrial health (the energy producing structure within the cell).