

My Supplement Regimen

Let me begin by saying I am very hesitant to give out this information as in no way do I want it to be misconstrued that this program is the definitive approach for supplementing. Also, it is extremely important to realize, especially with Type 1 diabetics, the initial diagnosis is an extremely hard one to embrace. I would never recommend this program to someone newly diagnosed as I feel they would be overwhelmed and would do nothing.

I would not go without – a Shaklee protein source daily, usually in the morning, Vitalizer, VIVIX, and OmegaGuard. I aim to start diabetics on this program. If money is an issue, I will substitute Vita-Lea. (Remember, I started on Vita-Lea & Instant Protein and had great results.)

As soon as I wake up, I take Mindworks and Blood Pressure. In addition to the supplements I would not do without, my morning supplements also include extra B & C, Carotomax, Alfalfa, COQHeart, Flavomax, Lecithin and Garlic.

Depending upon how I feel, I may take more of everything at lunch time. I have just started to take 2 Cholesterol Reduction Complex. Stress Relief is my friend. One of the characteristics of high achiever type 1 diabetics is the propensity to over extend and to overcommit. I do this as a result of being told at diagnosis that I would live about 25 years. Yikes! Somehow this trying to do everything has stuck with me. I have Stress Relief in my car, office, kitchen and bathroom.

In the afternoon, I try to take an Energizing tea.

At dinner, I take the 2 Cholesterol Reduction Complex and OmegaGuard.

At bedtime, I take Liver DTX, Nutriferon, Osteomatrix, Vital-Mag, Optiflora pill, GLA & Vita-D3.

Once again, I don't consume the same amounts of supplements every day. It depends on my schedule and how I feel. This works for me.

I am currently not following the complete Shaklee180 program. However, I lost 28 pounds and 25 inches on the program and have kept the weight off for over 3 years. Excellent program for diabetics.