



- Clinical Herbalism
- Nutritional Guidance
- Lifestyle Coaching

transform
HEALTH

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Exercise Recovery & Lowering Inflammation

Magnesium is a naturally occurring mineral that can lower and stop muscle cramping, even if cramping occurs long after exercise. Many people have a deficiency, and yet it is involved with over 300 bodily functions like protein synthesis, muscle and nerve function, blood glucose control, blood pressure regulation, and more. It can be taken as a liquid supplement, sprayed on the muscles as magnesium oil, or absorbed through the skin during a hot epsom salt bath (1-1.5 cups per bath). It can alleviate constipation, and promote peaceful sleep. The metallic taste can be alleviated by taking it in dark juice or using magnesium citrate (fizzy!).

The RDA for women 19-50 is about 310mg, and men 19-50 is about 400mg. Caution: Talk to your doctor before supplementing. Avoid if taking heart, blood pressure, or blood-thinning medications.

Keeping It All in Balance:

Omega 3 and 6 Essential Fatty Acids:

Part of the debate about fats is the source of the fats. In pre-history days, when everyone was hunting for meat, fish and fowl, most people got two “essential fatty acids” called Omega 3 and Omega 6 in almost balanced amounts. They were in a ratio of 1:2 or 1:3, or so, for Omega 3 to 6. (They’re called “essential” because you need to eat them, instead of making them.)

As we moved toward eating beef, dairy, poultry and farmed fish that are fed corn, grains, and soybean, the level of Omega 6 rises dramatically in our food. Chickens fed grains and beans create eggs with a ratio of Omega 3 to 6 like this: 1:15 to 22! Think about our own diet, too – we also eat grains, beans and corn, which means more Omega 6’s, further unbalancing us. Most vegetable oils are also a source of Omega 6’s (except olive oil).

As our diets move towards a more even balance of Omega 3:6, it helps the conversion of Omega 3’s, because Omega 3 & 6 go through the same conversion path or “pipe.” As we increase Omega 3s, it can reduce body-wide inflammation.

Food sources are wild fish, grass-fed/pastured dairy, eggs and meat, flax oil.

ZACES - This group of nutrients helps our liver detoxify, which means we get rid of trash and recycle nutrients and internal stuff better. Most of our “trash” is not toxins from outside, but just from a lack of good internal cleaning. Cleaning out our system can lower our general inflammatory load. ZACES stands for zinc, vitamin A, C, & E and selenium. Other helpful things include B vitamins from red meats and dark greens, and antioxidants found in bright, colorful fruits and vegetables.

Fish Oil is a great anti-inflammatory in general, and can alleviate issues like PMS-sore breasts. There is some debate as to whether the best source is normal fish oil (like cod liver oil) or fermented fish oil. The difference is \$9/bottle to \$39/small supplement bottle. The jury is still out on who’s right. (It’s a nutritional fracas!) The dose is 1 tsp once or twice per day, or follow supplement instructions. (Avoid use with heart, blood pressure and blood thinner issues, until you check with your doctor.)

Caution: This information is given for educational purposes only. Please check all herbs and supplements with your medical professional before use, especially if you are on medication.

At [Transform Health](#), great health is my passion!

After an initial interview, I help clients enhance their lives through individual **Nutritional Guidance, Clinical Herbalism** and **Lifestyle Coaching**. I also offer Cooking Demonstrations and Classes, and Food Shopping Counseling.

How Does It Work?

I interview clients for an hour to an hour and a half, then try to find clues as to what is causing your main complaint. I then create a plan for you that will be discussed in a follow-up appointment. We may then discuss things like needing different or better nutrition, how food preparation affects absorption, food allergy elimination, changes to food and drink choices, enhancing sleep quality and amount, and possible deficiencies seen from clues from your own body. I hope to help guide my clients to better lifestyle choices overall.

If appropriate, I can then create a personalized herbal formula tailored to your individual needs. My herbal education focused on how to combine herbs together to meet the individual's

needs, sometimes combining several herbs together to enhance the needed effect. This might take the form of an external wash, a warm tea, a food or herb that is added to foods, or an herbal extract mixed taken with water.

Conditions:

My individualized plans help address health issues like these:

- exercise recovery
- fatigue/low energy
- stomach issues (GERD, upset stomach, gut flora, constipation, excess gas)
- skin problems (eczema, recurrent rashes and dryness)
- headaches
- PMS (disruptive, extreme)
- sleep quality improvement
- inflammation reduction
- immune enhancement
- liver detoxification
- insulin resistance/blood sugar issues
- brain fog/food allergies
- anxiety (to a point, may refer to a mental health worker)
- other recurrent problems

Invite Me to Speak At Your Group's Next Meeting

I am available for speaking engagements to present info on nutrition, herbal uses, and healthy lifestyle choices. Read more here, on our [Speaker page](#) at online.

Read These Health Articles:

There are many FREE articles on Nutrition, Herbalism, Health, Wellness, Recipes, and Lifestyle Choices available on our website [here](#), or under our website's Alternative Medicine Services link > Blog.

[SnackEnvy.biz](#) – Paleo Snacks

My second business offers delicious, ready-to-go snack packs to the Paleo community and those with digestive issues following the low-carb GAPS and SCD diets. These are high-protein, low carb, low/no sugar, and good nutrition! I started this business out of my own need for good food when on-the-go, especially when hiking, traveling, biking and more.

[Contact me today](#) to book your appointment, and start your journey toward better health: **(970) 988-5413** or **E-mail** (ContactUs@TransformHealth.Biz)

