



LWFA

Supplement Cheat Sheet

Please take the supplements as recommended on the packaging.

Stomach

To increase stomach acid production

- Dandelion
- Mugwort

Small Intestine

For bacterial overgrowth

- Peppermint oil
- Grapefruit seed extract
- Garlic
- Coconut oil

Large Intestine

For colon health and cleansing

- Dandelion
- Fennel seed
- Fenugreek
- Licorice

Liver

To increase the rate of detoxification and increase bile

- Milk thistle
- Dandelion
- Artichoke
- Onion
- Garlic
- Apples

Kidney And Bladder

- Cranberry
- Juniper berry
- Gravel root
- Asparagus
- Watermelon
- Lemon
- Celery
- Parsley

Adrenal Function High

These supplements help you when your adrenals glands are working too hard and producing too much hormones. They help with high levels of cortisol.

- Ashwaghandha
- Rhodiola
- Korean ginseng
- Magnolia bark
- Skullcap
- Tulsi
- Zinc
- Magnesium
- Branch chain amino acids

Adrenal Function Low

These supplements help when the adrenal glands have become so stressed they do not work as efficiently. They help with adrenal fatigue.

- Ashwaghandha
- Rhodiola
- Siberian ginseng
- Green tea
- Zinc
- Magnesium
- Vitamin C

Low Thyroid

These supplements help increase the production of hormones from your Thyroid. When your Thyroid is low your metabolism is slow.

- Iodine (careful)
- Selenium
- Zinc
- Bladderwrack
- Kelp
- Magnesium

High Glucose Or Both High Glucose And Low Glucose

The following supplements help you if you have high glucose levels or if you manage glucose poorly and fluctuate between high glucose levels and low glucose levels.

- Fenugreek
- R-ALA
- Ashwagandha
- Magnesium
- Siberian ginseng
- Low carb diet

High Estrogen

If you are known to have high estrogen levels then these supplements can help.

- DIM (diindolylmethane)
- Passionflower
- Chamomile
- Omega 3
- Cruciferous vegetables
- Onion
- Garlic
- Citrus fruits
- Red apples
- Grapefruit

Low Testosterone

If you are known to have low testosterone levels then these supplements can help.

- Magnesium
- Zinc arginine
- Korean ginseng
- Tulsi (holy basil)
- Fish oil
- MCT (medium-chain triglycerides)
- Coconut oil