



Supplements - Transcription

Supplements Video

So let's talk about supplements because some clients come to us and right away they say "I'm totally onboard, I'm all-in, let's do this, I'm ready to take supplements but I don't even know where to start when it comes to supplements and I totally get, supplements can be super confusing and really really important topic because they can be really tricky because the supplement industry can be really really shady and not all supplements are created even close to equal, so I got some bad news and some good news to you today.

And the good news is supplements can be super duper helpful cause they're all sorts of vitamins and minerals and nutrients which are really important part of the healing process in healing your metabolism, and healing inflammation which are we gonna talk about in getting everything balanced out so that you could lose weight and keep it up for good.

So we've got to balanced out your system, so we've got to get your metabolism boosted but we don't think supplements are magic pill by any means, time and time again, we see their effectiveness and helping our clients reach their goals, and a lot faster than they would without them. And I know you're here for sustainable long term change but it would also be kinda nice to get results you know sooner rather than later right? So we see the effectiveness of supplements with our clients but we also only recommend the highest quality supplements, pharmaceutical grade supplements which are the highest quality, they're actually tested, and they're actually regulated, you know sometimes people have the experience when they are like: I've taken supplements before and nothing happened they didn't even worked and that's almost always due to using a poor quality supplement.

So just like with food quality, I mean there's a huge difference between processed, packaged foods and whole real foods right? So just like we wanna make sure we're focusing on eating high quality food, we definitely wanna make sure were using high quality supplements, everything that were putting on our body, we wanted to be leading us closer to our goals not further and the reality is it can be really confusing when it comes to supplements and here's why, since supplements are not regulated by the FDA, there's no testing required to verify the effectiveness or even the what's on the labels actually in the product of any of those products that you find on the shelves. And it's just so scary you may have heard of that recent study when the new york state attorney's general office called out, a huge retailer like GNC, Target, Walgreens, Walmart, all of these places that sell supplements they found them when they tested them 4 out of 5 of the supplements on these store shelves didn't contain any of the



ingredients and the herbs that were listed on the label and do you know what they had instead, scary ingredients that could actually be harmful and take you further from your goals and even cause weight gain. Since the ingredients they contain can be super inflammatory. It's just ridiculous, it's scary and it's not even worth it, like it's better to take no supplements at all than to be taking these unregulated ones that could actually really be bringing you further from your goals, so that's why I recommend taking high quality supplements that are actually gonna effective or just don't take any at all.

So what do I mean when I'm talking about high quality, I think I briefly mentioned the highest quality pharmaceutical grade 3rd party tested supplements and that means that they're actually regulated, now the weird thing with that is that it can actually be hard to get your hands on pharmaceutical grade supplements because you have to go through a licensed health care practitioner, so that means they're not on the shelves at Whole Foods, they're not on the shelves at GNC or Target or Walmart and even if you find a healthcare practitioner with pharmaceutical grade supplements, even then it doesn't mean their gonna have all the best ingredients that's just means they're actually regulated not the label matches what they have so they can still have added fillers, artificial sweeteners and all sorts of junk and I was so frustrated about this that I made up my personal mission to overcome this and that's actually the reason why I created the VeroVive™ line of supplements that are in the Real Food Vitamins Store.

Because it's really hard to keep track of what other manufacturers are doing and we can't control what they're putting into our products and even when I was recommending pharmaceutical grade supplements, the manufacturer would change the product without me knowing and I'd be like, oh my gosh! I didn't know there was artificial sweeteners in there now how did that happen and I never want to recommend anything that's, anything other than top quality. So our VeroVive™ supplements, they're always gonna be the best of the best, we have total control over every ingredient that goes into every single one of these products, it's kind of like, all of my philosophies packaged up into capsules or powder and also with VeroVive™, we have some super high turnover at all of our vitamins and supplements and protein powders so everything is shipped fresh, it's shipped directly from our warehouse and it avoids another middleman issues that can happen, things that can happen like places sometimes don't refrigerate their probiotics and they're basically dead when it gets to you and there's always sort of stuff that can happen when you're bringing a "middleman" retailer and we avoid all of that just by getting it straight to you right from our manufacturer. And we always make it super easy, so we're offering these pharmaceutical grade supplements in the Real Food Vitamin Store online and again, these are the ones that are regulated, these are VeroVive™ line and there's also some others, we haven't formulated it, we'll recommend the best brand that we know and they're not gonna have any fillers, any additives like the ones in the store do and they're also gonna be absorbed a lot better which means they're gonna see results with them. We've got so



many clients take our VeroVive™ supplements and they say oh my gosh! I never thought you know, vitamin D or magnesium worked and I feel different taking yours that's because they're actually really really potent.

And just so you know, for supplements, you know they are optional, but generally when people come to us or sign up for rule breakers, you know they wanna see results quicker and they wanna see results quick and a lot of times happens is if they don't serve supplements a few months and they adamant any way and after working for thousands of women, we know that it just works just adamant right at the beginning, so I recommend with rulebreakers that you're like lets just go all in, lets just do this, because once you see results, it's easier to keep doing what you're doing, and it's easier to stay motivated, it's like a positive domino effect, it keeps reinforcing you, keep healthy changes, keep plugging away, cause it's really great when you add in supplements right away, so you can start that healthy positive domino effect and you can just, you know start seeing results right away and continue on the rest of the year.

Of course it just depends on how quickly you wanna reach your goals. It is possible to use just real food, but it's just gonna take a lot longer and we find for most of our clients and most people who sign up, their like “ I don't wanna waste anymore time, I've been wasting enough time for too long” and if that's you then awesome, I'm super excited. So in rulebreakers, I recommend hitting it hard and what your gonna do is at your game plan session with your dietitian coach. We're gonna talk about you personally and give you personalized recommendations, so that's something that I'm really excited for you to do, for you to just sit down, you know phone, skype with your dietitian coach and go into the specific supplements for you, and one thing I do wanna mention to is the regulation issue for supplements, it is also true for protein powders, protein powders fall at the same supplement category, which means there's no regulatory standards at all for protein powders in store shelves and because of this same thing they found 4 out of 5 of these tested can actually have, you know they don't even have what's on the label so I definitely don't recommend just grabbing a protein powder of the shelf, you'd be better of not using a protein powder at all, at best it might be neutral but it might also have ingredients that can be harmful like junky fillers, artificial sweeteners not listed on the label. So you really really want to check and make sure that your protein powder is pharmaceutical grade and if it's from a store shelf, chances are it's not.

line. And again these are the ones that are tested regularly through a third party, we take crucial steps to ensure that the protein powders that highest quality, for instance in our whey protein, we actually get the way, protein imported from New Zealand because that's where they have the best grass fed cows and that's gonna be the best quality protein powder so it's not just gonna be any random protein powder, it's gonna be really high quality ingredients, they're gonna boost your metabolism and help you with you weight loss, and that's also why we see awesome



results in our clients and also our protein powder tastes really good too. So real quick again you're gonna cover personalize stuff in your gameplan session with you dietitian coach but if you're wondering what your options are of course you know ask your dietitian coach at your gameplan session but I'm just gonna recommend the 2 that I recommend for women when it comes to weight loss because there are two specific ones for weight loss in women that you'll probably wanna have handy. So Pure Primal Protein™, I mentioned this one briefly I think already, This is our most recommended protein powder for weight loss, we specifically formulated it because it has metabolism boosting effects and lean muscle building as well, so if you wanna build you know, lean muscle, have your metabolism boosted, set yourself up for weight loss success, this is a dairy free beef protein powder, it's incredibly delicious, it can sound kinda weird, we've never had a complaint about these though, everyone always loves it, there's a vanilla and chocolate flavor it's fantastic.

And the other one for women, this is our hormone balancing SynerVive Protein™ powder, we'll talk about this more later in the hormone section, but we formulated this specifically for women because hormones are all over the place and they can really help with weight loss to keep your hormones balanced, we'll talk about that more on our next video. So those are really great for, to have protein powders around, they're gonna support your hormones, support your weight loss, and if you do order anything online, remember you have you 10% supplement discount and free shipping with rulebreakers10, so don't forget to use that cause that's just special just for you rulebreakers and I'm so excited about that.

Now if your curious and your like " Cassie, I get it supplements are important, you know i'm not gonna just go buy supplements on the shelves that cause more harm than good, but what should I be taking?" So obviously I can't tell you specifically what you should be taking, you'll talk about that in your game plan session and especially since I'm recording this right now, which is actually in the past, your watching this in the future, I can't make any specific recommendations, that's said if I were to pick lie 3 or 4 supplements you wanna start with, you're definitely gonna wanna start with your Pure GlutaCaps™, we already have this bottle so your gonna wanna start with at least 2 of these 15-30 minutes before every single meal that's your starting point and I'll explain more on these on the sugar cravings video which you'll watch shortly but 2 about 15-30 minutes before every meal.

Let's start with that, and then I would also recommend, if I were just to pick a couple, so ProbioVive™ is a really high quality potent probiotic and what it does is it boosts good bacteria in your gut and helps to crowd out bad bacteria and since your brain chemicals, your neurotransmitters they actually prevent sugar cravings from happening, ProbioVive™ helps with too because your brain chemicals are actually made in your gut, so you wanna make sure you've got plenty of good bacteria in your gut to help you resist sugar and also for weight loss to



happen so it's good for a lot of things and generally I recommend just taking one of these before every meal. So again maybe 15-30 minutes with your glutacaps you could take that and that's gonna help with weight loss, it's gonna help with sugar cravings and it's gonna just really get you started on a strong note, you could take more, especially if you've been sick or if you've been in an antibiotic, you could always ask in the weekly coaching calls like how much specifically you should be taking but in general, I just recommend taking one of this 15-30 minutes before your meals or even before your snacks, so a few times a day before you eat.

And then Pure Fish Oil that's the other one that I would recommend too because especially for weight loss, pure fish oil helps to specifically reduce inflammation, so if you have build up inflammation, inflammation can lead to weight gain and it can be terribly hard to lose weight when you have inflammation. So you're gonna wanna take 1 capsule of fish oil at all of your meals or with snacks, so a few a day so like one in each meal and there's a thing with fish oil that can actually be scary not only are they not all created equal, with fish oil, when you think about it, were talking about fish, so if they're making their fish oil supplements with dead fish that's really gross right? And it's not only like useless but it can also be harmful. And also the ratios are very different in all sorts of fish oils, I've always recommended a ratio of 800 DHA to 400 EPA and I couldn't always you know find that so I created one that's actually exceeded that criteria, that's actually 800 to 400 which is fantastic.

And then I think if I were would recommend just one more it would be the SynerVive™, this is for hormonal balance and we'll talk about that more in the hormones video. So if you have supplements at home one thing I wanna mention if you're thinking like am I just used those up before using any others, I totally hear what you're saying about you know wanting to use them up and I would definitely not recommend that, I recommend getting rid of anything that could actually be causing harm, it could be a part of the reason why you haven't lost weight, seriously we've seen this in our clients a lot so I recommend to start with a fresh slate in rulebreakers, starting with high quality ones, you know remember supplements are meant to help you reach your goals not bring you further away from them. That's what poor quality supplements can do. So better to just not take anything than to be putting something in your body that could cause harm, so let's just start rule breakers with a clean slate and just either start fresh with high quality supplements, we've already got your glutacaps, so definitely a good place to start or you know just don't add and ones that could be causing more harm than good.

Okay, so that's kinda the whole run down on supplements and I know it's a lot to take in again at your session with your dietitian coach you're gonna be talking about some supplements that are specifically just for you and you'll be hearing more about them in upcoming masterclasses, and of course you could always ask in the weekly coaching calls if you have any specific questions on supplements, so if you really wanted to get started with supplements, you could order those



3, you could do the Pure Fish Oil, the ProbioVive™, and you could do SynerVive™ but please do not run out to Walmart or GNC and get a bunch of unregulated supplements, so just better not to take any at all than to take those ones that could be causing harm. Alright I'm excited that you're here and congratulations on finishing your video on supplements.