

Blueprints for Change

SUPPLEMENTS FOR THE “PARTY ANIMAL”

Do you enjoy sharing food, drinks and conversation with good friends? Perhaps a little too much and too often? To help counteract the possible ill effects of a “merry” lifestyle, you may want to consider adding the following to your “food bank”:

VITAMIN C – this powerful antioxidant reduces symptoms of hangovers and counteracts the effects of staying out late.

Best Dose: 500 – 3,000 mg taken with food in divided doses since it rapidly flushes away in urine. Combine with bioflavonoid for better absorption.

CARNITINE – a vitamin-like amino acid that counters the effects of alcohol and a high-fat diet.

Best Dose: 1,000 – 3,000 mg daily.

CoQ10 – has antioxidant properties, produces energy in every cell and increases tissue oxygenation.

Best Dose: 30 – 100 mg with food that contains fat. Take with Vitamin E which protects it against oxidation and free radical damage.

GARLIC – helps control cholesterol that can result from consuming too many sugary and fatty foods.

Best Dose: 300 – 500 mg of aged garlic twice daily.

WATER – counteracts the dehydrating effects of alcohol.

Best Dose – several glasses.

MILK THISTLE – supports liver detoxification, increases energy.

Best Dose: 30 – 60 drops of extract diluted in a little water, taken 3-5 times daily.

© 2006 Evelin Saxinger, N.D., ACH

All material is provided for informational or educational purposes only. Consult a physician regarding the applicability of any opinions or recommendations with respect to your symptoms or condition.

©2006 **Evelin Saxinger**, ND, ACH, *The Transition Doctor*, coaching you towards a life of purpose and passion, maximized emotional strengths, improved performance, nutritional savvy, weight wellness, and stress control. Contact: **571-232-2737**