

CQMYOE ESSENTIAL SUPPLEMENTS: WHY AND HOW



**CONQUERING MY
OWN EVEREST**

CONTENTS

| | |
|-----------------------------|----|
| Cod liver oil/ Flaxseed oil | 3 |
| Nutritional Yeast | 4 |
| Vitamin C from Lemon/Amla | 5 |
| Vitamin D | 6 |
| Vitamin K2 | 7 |
| Isabgol/Psyllium husk | 8 |
| Triphala | 9 |
| Castor Oil | 10 |
| Apple Cider Vinegar | 11 |
| Oregano Oil | 12 |
| Calcium Lactate | 13 |

Cod Liver Oil or Flax Seed Oil for Omega 3



Requirement: 2 to 4 grams everyday

Dosage: 2 capsule of seven seas omega 3 is sufficient

When to take: Best time is right before sleeping. Second best is any time of the day. No special care required.

Tip: From the perspective of habit building, first thing in the morning with morning lemon-acv drink is also a good idea.

Points to note:

People who eat seafood, they usually don't require omega 3 supplements. Flaxseed oil capsules are the best way to consume flax seeds

Non-vegetarians can take cod liver or fish oil, Vegetarians can take flaxseed oil.

Links: <https://cqmyoe.com/resources-page/>

Nutritional Yeast



Its a source For Vitamin B except vitamin B 12. Thiamin B1, Riboflavin B2, Niacin B3, Pantothenic acid B5, Pyridoxine BY, Biotin B7, Folate or Folic acid B9. Also provides certain amino acids which we don't get from anywhere else.

It's not a remedial supplement, it's for maintenance. Means if you deficient, you may have to take certain B vitamins from any other source. With consistent Nutritional Yeast intake, we are ensuring no deficiency on a day to day basis.

Requirement: 1 tablespoon per day

Dosage: One tablespoon, with water.

When to take: No extra care required, any time of the day, with plain simple water shall also work.

Tip: From habit building perspective can link taking nutritional yeast with morning lemon acv drink or with curd intake.

Points to note:

This is made from sugar cane fiber and must use non fortified.

Non fortified means, vitamins not added externally.

Some people don't like it's smell, most people are neutral to this.

Links: <https://youtu.be/JxKh3ymsH8Q>

Vitamin C from Lemon/Amla



Though we get vitamin c from other vegetables as well. But it will be a great idea to get citric acid and vitamin c from these sources.

Helps in many functions in the metabolism. But also greatly supports in immune system and stopping formation of oxalate stones.

Requirement: 1-2 lemons everyday

When to take: Anytime of the day. With anything. No break required from consuming vitamin C everyday.

Tip: From perspective of habit formation, first thing in the morning with ACV and other supplements will be good. We can add a lemon to our green juice as well

Points to note:

Ascorbic acid tablets ain't substitute for this vitamin c or citric acid.

Vitamin C is water soluble vitamin, hence excess of it doesn't cause any harm.

Links: <https://youtu.be/QFG-c4CPKhw>

Vitamin D



This is one essential vitamin, people living in urban lifestyle lack. This vitamin almost acts like hormone (a kind of physiological communication method).

It is strongly recommend to take vitamin K2 mk7 (100 mcg per day) with vitamin D3.

Requirement: 10,000 IU per day

Dosage: Ideally we must expose ourselves to 20 mins direct sunlight everyday. Some oil on the skin is even better idea, while exposure.

But if you are deficient in this vitamin, what works the best is taking supplement of 10,000 IU every single day or 60,000 IU every single week. Take it for 4 months and get yourself tested. If still low, continue taking.

When to take: Anytime of the day, good to take supplement with some pure fat

Links: <https://youtu.be/ArmbRdulS3k>

Vitamin K2



It is strongly recommend to take vitamin K2 (this is not potassium) with vitamin D3.

Vitamin K2 mobilises calcium towards bone marrow and prevents calcification of arteries. Prevents formation plaques and lesions in arteries. Good for heart health.

Requirement: 1 capsule (100 mcg)

Dosage: Dosage of vitamin K2 is 100 mcg everyday

When to take: Anytime of the day

Tip: From perspective of habit formation, first thing in the morning with ACV and other supplements or having as last thing before sleeping will be good.

Links: <https://cqmyoe.com/resources-page/>

Isabgol/Psyllium Husk



A lot of times, while changing lifestyle and eating habits, especially while introducing new and raw greens, it is not uncommon to face constipation sometimes.

If you feel, you have issues right in formation of stool, because of lack of fibre intake, the immediate solution is to take isabgol with some water.

Requirement: SOS as required

When to take: Anytime of the day

Tip: This is a short term sos solution. Long term solutions are about fixing metabolism components like stomach acid, microbiome, peristalsis movement, potassium and many more things.

However, when you already are constipated, please avoid raw greens completely until you have better motions.

Links: <https://cqmyoe.com/resources-page/>

Triphala



If you face constipation, the key is to identify what kind of discomfort you are facing and try out solutions accordingly.

If the stool is stuck to the walls, Triphala can work great in getting it together.

Requirement: SOS as required

Dosage: 1 spoon churna with water or 1 tablet, as you have

When to take: Anytime of the day

Tip: This is a short term sos solution. Long term solutions are about fixing metabolism components like stomach acid, microbiome, peristalsis movement, potassium and many more things.

However, when you already are constipated, please avoid raw greens completely until you have better motions.

Links: <https://cqmyoe.com/resources-page/>

Castor Oil



Castor oil really helps in case of hard stools or when you have issues in passing the stool, take a spoon of castor oil and drink warm water over it, you will have a good motion soon.

For long term practice to prevent constipation: practice peristalsis movement, regular intake of ACV, water intake and optimum intake of potassium through green vegetables.

Requirement: SOS as required

Dosage: Take 1 spoon, drink warm water over it

When to take: Anytime of the day

Tip: This is a short term sos solution. Long term solutions are about fixing metabolism components like stomach acid, microbiome, peristalsis movement, potassium and many more things.

However, when you already are constipated, please avoid raw greens completely until you have better motions.

Links: <https://cqmyoe.com/resources-page/>

Apple Cider Vinegar



ACV helps in supporting the stomach acid to aid in digestion. Also helps controlling blood sugar, aids in weight loss, helps in hair health and dandruff, may help in clearing acne and pimples, also effective in curing indigestion.

Requirement: 2-4 tablespoons per day

Dosage: Always consume ACV after dilution, add 2 tablespoons in half a glass of water. Adding lemon and black salt is highly recommended.

When to take: Consume ACV before meals.

Tip: To be noted, it is safe to consume less than 30-35 ml of ACV per day. ACV is safe to consume for everyone except if you have a case of stomach ulcers. If you try out and liquid ACV doesn't suit you, ACV tablets also come in handy.

Links: <https://youtu.be/4me138zaaxc>

Oregano Oil



Oregano has incredible antibacterial, anti-fungal, and antimicrobial properties. I recommend oregano in the form of oregano essential oil. The active compound of oregano is called Thymol.

Requirement: SOS as required, please don't take more than 1 drop at a time

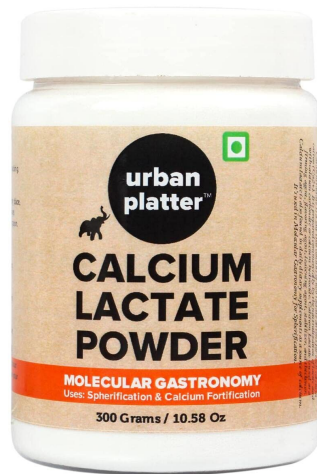
Dosage: 1 drop in 1 tablespoon of water. Directly ingest it trying not so spill on tongue or mouth, it gives a burning sensation

When to take: Any time of the day

Tip: Oregano oil is an essential oil and highly concentrated, it can be used before resorting to medicines in mild cases of common cold/flu and stomach infections. If condition gets uncomfortable, please consult your doctor.

Links: <https://youtu.be/I2-j1516Xxk>

Calcium Lactate



Calcium lactate is the best type of calcium to take. It's non-dairy and absorbs well in the body. Please don't confuse with Calcium carbonate which is NOT recommended to have.

Requirement: 100 mg, equivalent to a pinch

Dosage: Take a pinch of calcium lactate powder

When to take: Any time of the day

Tip: Calcium can accumulate in the body. Hence, please also take Vitamin D3 and K2 to mobilise the calcium in the body. Please care of the dosage, only a pinch is needed everyday, don't take larger quantities.

Links: https://www.instagram.com/reel/CVCVbJOo0_o/?utm_source=ig_web_copy_link