



How to
Sneak
Nutrients
into Your
Diet
without
Taking a Pill

Checklist: How to Sneak Nutrients Into Your Diet Without Taking a Pill

These days, with things to contend with such as soil depletion, food traveling great distances before it reaches your table, and processed foods that are stripped of nutrients, it can be hard to get the nutrients that your body needs in your daily diet. Although there are many ways to sneak in extra nutrients, here are some of my favorites. Most of them you will barely notice! And, hey, if you only pick 2 or 3, you are better off than you were before. Some of them will cost you some money, but would you rather pay the farmer now or the doctor later?

To sneak nutrients into your diet (or the diet of someone you love):

1. Switch to pastured eggs if you tolerate eggs. Conventional eggs are little inflammation bombs! Do yourself a favor and switch to pasture-raised eggs. An organic pastured egg comes from a hen able to run around and forage for protein-rich bugs, eat vitamin-rich grasses and soak up real live sunshine (aka vitamin D). If her feed needs to be supplemented, it is supplemented with organic grains that have not been genetically modified nor soaked in pesticides.

A conventional egg comes from factory-farmed chickens who are kept in cages without sunlight (aka vitamin D). They are fed conventional grains and often soy, both of which are almost always GMO. Often the cages are stacked on top of one another and they poop all over each other. Close quarters means a lot of sickness, so they are given antibiotics to keep them "healthy". Even "cage-free" chickens are only required to have a few feet per bird and are often not able to forage. They may not even be in the sun, ever. Some cage-free farms have their birds inside on the floors of large barns.

2. Add [kelp powder](#) to your salt. It has a salty taste, so you are unlikely to notice that it is there other than the color change. [Kelp](#) has iodine which is essential to thyroid function, especially in preventing thyroid dysfunction. It also has over 70 vitamins, minerals, trace elements, and

amino acids. You can go up to half salt/half kelp powder. I add it to soups, salad dressings, and spice mixes as well!

3. Speaking of salt, switch to sea salt over table salt. Table salt is stripped of its minerals and then potassium iodide is added (making it “iodized” salt) which can cause adverse reactions in some people ([source](#)), as well as anti-caking agents like sodium chloride, which, surprise, surprise, can also cause adverse reactions ([source](#)). Make sure not to get refined sea salt, however. This has been stripped of its minerals as well. Good choices are [Celtic salt](#) and [Himalayan salt](#).
4. Besides making soups and stews with [bone broth](#), cook your rice, soaked beans, and potatoes in bone broth. Go [here](#) to learn about the many benefits of adding bone broth to your diet. Either [make your own](#), or buy one like [Kettle and Fire](#).
5. Put grass-fed [collagen powder](#) in your tea or coffee. Collagen powder has many of the benefits of bone broth, such as healing the gut lining, creating soft, supple skin, boosting the immune system, and lubricating the joints. It also has protein and all of the essential amino acids. My favorite collagen is by [Organixx](#). They use 5 types of collagen and all clean-sourced, plus they have the cofactors (vitamin C and Zinc) that allow you to absorb and utilize the collagen. If you use another brand, be sure you take vitamin C with it and that you have sufficient zinc stores.
6. Add [sprouts](#) to salads and sandwiches. These tasty gems are packed with nutrition. Go [here](#) to learn about the long list of benefits of consuming sprouts as well as how to make them at home. You can even hide them in smoothies! Broccoli sprouts are some of the most nutritious and delicious sprouts, in my opinion.

7. Switch to grass-fed, raw dairy if you tolerate dairy. Pasteurization reduces vitamins as well as kills off beneficial enzymes that your body needs to help digest the milk! Many people who believe they are lactose intolerant have no trouble digesting milk once they switch to raw dairy.

Homogenization is also a problem. When milk is homogenized, the fat particles are spun around very quickly until they become very small. They become something unrecognizable to your body. It is a similar problem to those of trans-fats, also known as hydrogenated fats. We have all heard by now about the dangers of hydrogenated fats, although they are still hidden in many processed and prepared foods. If you don't have a choice to buy raw milk in your area, at least choose an organic, non-homogenized version.

What a cow eats makes a big difference! Cows were not meant to eat grains (especially gmo grains that are laden with pesticides) and they become sick when they do. This requires antibiotics, especially because of the crowded living quarters they are forced to survive in. When a cow eats the food it was meant to eat (grass), you get all the health benefits of the grass without having to eat the grass yourself. We could also mention that the quality of life of a grass-fed dairy cow is much preferable to that of a poor, conventional dairy cow.

8. Add a [kefir "shake"](#) to your breakfast. This can be milk kefir made with grass-fed milk, or coconut milk kefir. With either, you will get the benefit of gut-loving bacteria to help balance your [microbiome](#). We make ours with milk kefir, berries, and a little maple syrup. Go [here](#) to learn more.
9. Switch to pastured meats: Pastured meats are far more nutritious than their conventional counterparts! This makes perfect sense because we are what we eat and this applies to animals as well. A conventionally raised animal kept in a cage or crammed in a barn with hundreds of its kind, never to see the light of day, eating GMO corn and soy feed, can't compare to an animal free to roam in the sunshine and eat what it naturally eats as it was always intended to.
10. Add MCT oil to your coffee/tea. MCT or Medium Chain Triglycerides are an easy to digest fat (they don't require the gallbladder getting involved

for the most part). Having some fat at the start of your day starts your blood sugar regulation off on the right foot and can eliminate those carb cravings later in the day! Start slowly (1 tsp/day and increase gradually until 1 T/day), however! If you increase too rapidly, you may cause diarrhea.

11. Add Hemp Hearts to your smoothies, salads, and yogurt. They are a great source of easily digestible protein. They also have more protein than chia or flax seeds. Hemp hearts are also a great source of fiber and [resistant starch](#)! Hemp hearts are made up of 30% healthy fats and contain two essential fatty acids (omega 3s and 6s). These powerful little seeds contain many important minerals including potassium, phosphorus and calcium (bone health), sulfur (important for insulin regulation and the production of the powerful detoxifier, glutathione), iron (blood health), zinc (immune health), and [magnesium](#), which, unfortunately, most Americans are deficient in. See my post "[Do you have a Magnesium Deficiency?](#)" if you would like to know about the host of problems caused and/or exacerbated by a magnesium deficiency and to learn if you have one. (Hint: if you have trouble sleeping, you probably are deficient.) Hemp hearts are also full of the powerful antioxidant, vitamin E. They are great for skin health, cardiovascular disease, aid digestion, and can help balance hormones. You can even make Hemp Butter and [Hemp milk](#) with them in minutes (no soaking required because they don't contain phytates like other nuts and seeds!)
12. Speaking of magnesium deficiency, take [magnesium baths](#) and/or use a [spray or roll-on before bed](#). As stated above, magnesium deficiency is rampant in those eating a western diet (or SAD). This deficiency is a factor in many of the leading diseases and disorders in our country, especially heart disease and mood disorders. For an indulgent bath, add at least two cups of [Ancient Minerals magnesium bath flakes](#) to your bath water along with your choice of essential oils (be sure that the oils are not "hot" oils like Oregano). I like lavender and geranium, or you can use a special [synergy blend](#) if there is something in particular that you want to work on, such as hormonal balance. Trans-dermal (through skin) absorption of magnesium is the safest way to supplement because

your skin will only take in what you need. Therefore, you won't get any of the uncomfortable side effects of supplementing with magnesium internally (like an undesired colon flush). Aim to take a magnesium bath 2 or 3 times a week. Alternatively or in addition, use a [magnesium spray](#) and/or [magnesium roller](#) a half an hour before bed. **Magnesium is critical to a good night's sleep!**

13. **Have a glass of kombucha daily** (or a "Probiotic Palmer which is half plain kombucha and 1/2 [water kefir lemonade](#)"). Kombucha contains probiotics and many beneficial acids to help balance your [microbiome](#). Go [here](#) to learn the long list of benefits!
14. **Hide chicken hearts in ground beef meals.** Organ meats are the most nutrient dense and they are often overlooked. If you are new to consuming organ meats, chicken hearts are a good place to begin because they have a mild flavor. You won't even notice them hidden in burgers, meatloaf, chili, etc. Be sure to choose organic, pastured chicken hearts, however. Conventionally raised birds are exposed to all sorts of toxins that can lodge in their meat, bones, and organs. Go [here](#) to learn more about the benefits of chicken hearts.
15. **Start taking liver "pills".** Buy organic, pastured liver (chicken, beef, lamb) and freeze it for a day. Take it out of the freezer and let it soften until you can cut it. Cut it into pill-sized pieces and then freeze again. (It is helpful to flash freeze on a parchment-lined baking sheet so that they don't stick together.) Keep them in the freezer and take daily or as needed for an extra nutrient boost. Liver is high in b vitamins and iron. Go [here](#) to learn more about the benefits of eating liver. If you want to take a grass-fed liver pill already made for you, you can take [Perfect Dessicated Liver](#).
16. Get Apple Cider Vinegar into your diet, especially before meals! ACV is full of beneficial enzymes, (when it is raw, don't buy pasteurized!) contains B vitamins, folic acid, and potassium, aids in detoxification, boosts digestion, can alleviate heart-burn and acid reflux when taken 15-20 minutes before meals. Acid reflux is actually caused by too little stomach acid, not too much. Taking ACV before your meal increase the acid levels in the digestive tract, helps to balance your [microbiome](#) which can boost immunity and vitamin and mineral absorption, regulates blood sugar and increases insulin sensitivity, can help maintain a healthy cholesterol ratios, helps with weight loss. Acetic acid

increases the enzyme AMPK, which increases fat burning and decreases fat and sugar production in the liver. ([Source](#)). It also suppresses appetite. ACV reduces blood pressure by suppressing the activity of the enzyme renin. ACV also prevents excessive clotting of the blood. It also improves skin health and appearance (most directly when applied externally to skin, but also by regulating your gut health or "internal skin." If a pharmaceutical did all of that, the drug companies would charge a pretty penny for it!

I use ACV in my [favorite salad dressing](#), marinades, and in [shrubs](#) for drinking about 15-20 minutes before your meal to boost your digestion.