

# Total Nutrition – Make your own Homemade Multivitamin and Mineral Formula

Doc Shillington not only sells his Total Nutrition Formula, which is available at Green lifestyle Market, he also tells us how to make our own. One of the reasons we love working with Doc is that he empowers people to take their health into their own hands. And as you know, here at OLM, we love DIY healthcare!

Doc's Total Nutrition Formula, a perfectly balanced blend of whole foods, is specially formulated to supply you with natural food source vitamins, minerals, amino acids, and essential trace elements. These are nature's nutrients, not man-made or synthetic. All ingredients are from the richest, whole food sources on the planet and are organically grown or wildcrafted. Along with diet, a comprehensive multivitamin/mineral formula from quality whole foods should be the foundation of any health building program.

## Total Nutrition Formula Recipe

With this recipe a "part" means a measurement by volume and not weight. What volume you use is up to you. All ingredients should be organic or wildcrafted.

- 1 part Alfalfa Grass Powder
- 1 part Barley Grass Powder
- 1 part Wheat Grass Powder
- 1 part Norwegian Purple Dulse Seaweed Powder
- 1 part Beet Root Powder
- 1 part Spinach Leaf Powder
- 1 part Rosehips Powder
- 1 part Orange Peel Powder

- 1 part Lemon Peel Powder
- 1 part Astragalus Powder
- 1.5 parts Spirulina Green Algae
- 1.5 parts Chlorella Broken Cell Algae
- 5 parts Yeast Flakes
- 5 parts Yeast Powder

Remember, it's not how many nutrients you can get into your system, it's how many quality ingredients your body can absorb and use.

Combine all ingredients. Mix thoroughly. You may need a dust mask when mixing, as the powders can get into the air and irritate the nose and throat. We mix ours on a patio when there is no wind where we can easily rinse off the mess.

Yeast (both the flakes and the powder) must be non-active *saccharomyces cerevisiae* nutritional yeast fortified with B12. Which is safe for patients with *Candida albicans*. Doc wrote, "I added astragalus as it is the #1 herb for balancing metabolism and blood sugar levels. Without changing my diet one iota, I dropped 10 pounds when I added this little goody to the formula. I also upped the spirulina and chlorella 50% each to increase the protein, and mineral intake."

Most of the ingredients can be purchased at Mountain Rose Herbs. We plan to offer all of these ingredients at Green Lifestyle Market soon as well so that you can make your own without having to go to multiple stores to get ingredients. Use 1-2 teaspoons as a daily addition to any drink.

[Click here to show more of Shillington's recipes](#)

## About the Ingredients

Again, if you are making your own homemade total nutrition, be absolutely sure to use only the finest wildcrafted or organic ingredients. Doc Shillington tells us about the ingredients in Total Nutrition:

## **Spirulina Blue Green Algae**

“Spirulina is one of the most concentrated, nutritious foods on this planet. It is the highest natural source of complete protein (77%). Also, it is extremely high in Beta Carotene. Spirulina is one of the richest sources of minerals, and being one of the oldest types of algae, it has a soft cell wall for easy digestion.”

## **Chlorella**

“Chlorella is second only to spirulina in nutritional content. Another algae,” it is an extremely concentrated source of nutrition that also assists in heavy metal removal from the body. The cell wall has been cracked to make the nutrients more available and increase its digestibility.”

## **Astragalus**

“In Oriental herbology, astragalus shares the #1 spot with ginseng. Astragalus not only has a reputation for preventing cancer, but it is legendary for rejuvenating digestive organs and balancing blood sugar levels. Astragalus also corrects metabolism, and can therefore bring about weight loss or weight gain depending on the needed improvement. This makes it equally great for weight lifters and weight reducers. Furthermore, astragalus strengthens and builds the immune system, promotes the healing of every kind of wound or injury, balances hormones and is well known for dramatically increasing energy levels. Lastly, it is essential in assisting those who wish to handle diabetes.”

## **Alfalfa, Barley, and Wheat Grasses**

“These are the vitamin / mineral herb Grasses. They are mildly cleansing and the greatest sources of nutrition and minerals of any of the grasses. Grain grasses are more powerful than the grains themselves, offering a rich source of

vitamins, minerals, and chlorophyll.”

## **Purple Dulse Seaweed**

“Seaweeds are the richest source of minerals on the planet. They contain all the trace elements that are found in all the oceans and the Earth’s crust. Purple dulse was chosen for this formula because it has the highest mineral concentration but also a bland, less fishy taste that actually tastes good by itself.”

## **Beet Root and Spinach Leaf**

“Beets and spinach are some of the best sources of organic iron. Beets, being a root vegetable and growing underground, change inorganic raw elements into plant minerals, that are very usable. Spinach is a great source of calcium, magnesium, iron and vitamin K. Furthermore, both of these plants are famous for their blood building ability.”

## **Rose Hips, Orange and Lemon Peels**

Revered as the best sources of vitamin C, these fruits are also a balanced C-complex source. They contain bioflavonoids, rutin, hesperidin, calcium and all of the trace elements that are now known to be necessary to assimilate vitamin C. The citrus peels are also one of the highest sources of pectin, which has been proven to remove heavy metals (mercury, lead, etc.), and even removes radioactive contamination like deadly strontium 90 from the body.

## **Non-Active Saccharomyces Cerevisiae Nutritional Yeast**

This yeast is grown on beets and pure molasses. It is the second highest source of complete protein in nature (50%), and the richest source of B vitamins. It is also a rich source of iron and many other minerals. The yeast we chose to use is

heated high enough to absolutely destroy any yeast activity, but not high enough to lessen the B vitamin content. It is totally NON active and safe for clients with Candida Albicans or those on yeast free diets.”

When asked about the difference between his formula and other popular formula with many ingredients, Doc says, “Remember, it’s not how many nutrients you can get into your system; it’s how many quality ingredients your body can absorb and use.” There are many nutrition formula recipes and almost as many nutrition formulas being sold on the market.

While Doc Shillington’s formula is one of the most simple versions, it’s also the best. Doc goes on to say, “It is possible to have too many ingredients in a formula. It becomes a question of a homeopathic dosage rather than a nutritional dosage. The idea is to put actual building blocks there, not just a homeopathic teaser that the body likes (or not).”

## **Our Favorite Basic Smoothie Recipe**

In a blender combine the following:

- 1 cup of freshly squeezed organic apple juice
- 1 1/2 cups of organic, frozen, mixed berries (or any other fruit you choose)
- 2 level tablespoons of Udo’s Oil (3.6.9 Blend)
- 2 heaping tablespoons of nutritional powder
- 1 raw organic egg (Must be organic; conventional eggs are a source of salmonella!)

More of Shillington’s Recipes:

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### **Recommended Supplements:**

- Total Nutrition Formula

## **Further Reading:**

- *Bullet Proof Your Immune System*
- *Homemade Calcium and Magnesium*
- *Homemade Vitamin C*
- *Detox Cheap and Easy Without Fasting – Recipes Included*