

The Best Supplement and the Best Herb

There are so many supplements to choose from, so many supplements with so many claims. I have tried hundreds. One of the reasons I do what I do is that I have always been very in tune with my body. I can tell what feels good, what feels amazing, and what feels like nothing, or worse. Most of the supplements people take don't do anything. Or worse, these mainstream supplements often toxify the body.

Don't get me wrong, I do a lot of research. I'm researching almost every day for hours and hours. But my body knows best. And in my experience, the two supplements everyone should have are a nutrition powder and a very good all purpose detoxification tincture.

The Best Nutritional Supplement

I don't take a nutritional supplement every day. I am fortunate to have access to a wide variety of nutritionally dense vegetables and I eat large salads with a wide variety of produce virtually every single day. This is by far the very best way to get your vitamins, minerals, enzymes, and all of the nutrients you need for vitality.

But every now and then I do need extra nutrition. And sometimes I can't or don't have one of my salads. When I am traveling for instance, it can be tough to find healthy produce. I like to have a complete whole food sourced multivitamin/mineral nutrition powder with me for times like this. And if you don't eat fresh raw produce regularly and/or if you eat refined processed foods, you would benefit from a high quality nutrition powder.

For mass produced supplements I like Green Vibrance. It's a

good company that makes good products. For the money and the availability (you see Green Vibrance everywhere these days!) it's a great product.

But for getting the most nutrition possible, insuring that all of the nutrition is completely bio available, I like Shillington's Total Nutrition Formula. It's not as easy to find. In fact, there are only a very few places you can get it. But it's the best nutrition supplement on the market that I know.

It doesn't have the most ingredients, but what it does have gives your body the right building blocks for health and wellness. When there are too many ingredients in a formula, it can't do that. Shillington's Total Nutrition Formula has the highest quality ingredients and you will actually feel the difference. It's amazing.

Is is expensive. In fact, any good nutrition powder is going to be pricey (Total Nutrition Powder and Green Vibrance are about he same price). Sure, health is priceless, but getting your nutrition out of a bottle costs a lot when it's quality.

Want to save some money? Eat salads like the ones I make ([click here](#)). Still need a good supplement? Most people do. I recommend you make your own ([click here](#)).

But of course, you can always purchase from us. Total Nutrition is available at our store, Green Lifestyle Market.

The Best Herb

I have to give you two here. Garlic and Cayenne are a tie. I could not include one without the other.

The Amazing Benefits of Garlic

Garlic. If you are coming down with a cold, chew on a clove. Breath in and out of your mouth and keep chewing as long as

you can (it likely won't be long at first, but you'll get better and better). I put raw garlic in my salads and when I cook I put in garlic at the last minute so it doesn't cook and lose its effectiveness (sometimes I put some in early and then some in later). I feed garlic to my dog in her homemade dog food. It keeps fleas and other parasites away.

My family of four goes through a lot of garlic. I suspect anyone who knows a tenth of what garlic can do would eat a lot of it.

All that garlic can do for us is astounding! Its nutrition includes magnesium, calcium, B1, B6, C, phosphorus, copper, potassium, selenium, and tryptophan. Garlic can help with a wide range of ailments including, but certainly not limited to, hair loss, acne, colds and flus, bacterial infections, fungus (yeast, Candida, athlete's foot, etc.), psoriasis, weight control, cold sores, detoxification, cardiovascular health, and inflammation reduction. It even wards off mosquitoes!

The Amazing Benefits of Cayenne

Capsaicin is incredible. What Capsaicin can do is just mind boggling to me. I always try to keep a bottle of liquid cayenne extract with me because it can actually save someone's life. If you see someone suffering from a heart attack, they need Capsaicin and lots of it! It can make the difference between life and death, and it can also make the difference between major damage and an easy recovery.

Capsaicin increases blood flow, helps to soothe muscle tension and pain, wakes you up, and helps with focus. Capsaicin is also used to treat bursitis, diabetes, osteoarthritis, psoriasis, rheumatoid arthritis, shingles (herpes zoster), postherpetic neuralgia, stomachaches, digestive problems including stomach aches, indigestion, cramping pains, gas,

treatment of the circulatory system, and hemorrhaging.

The Best Herbal Supplement

The best herbal supplement has garlic and cayenne. Ingredients also include Red clover, chaparral, poke root, periwinkle lower, mullein, burdock seed and root, yellow dock root, goldenseal root, Oregon grape root, and bloodroot. This is not for the faint of heart! This tincture will kick you in the mouth! But it's truly amazing stuff.

Shillington's Blood Detox

I was really sick recently. I haven't been sick in such a long time, but I was bedridden, feeling like I was 90 years old on my deathbed.

I have little restraint. And I loved getting high. I had just moved to California and got a prescription for marijuana. I told them I needed the prescription for anxiety, which was due to using marijuana illegally. I thought it was funny, but the prescriber made me come up with another reason to get the prescription. I think we said insomnia.

I got high a lot. And my tolerance shot way up very quickly. I was over a gram a day in less than a week. I was wasting a lot of money and my health was deteriorating. I am not one of those people who have convinced myself that smoking marijuana is good for you. THC has its benefits, but smoking anything, as much fun as it can be, is not healthy. And that's not to mention the likelihood of smoking pesticides and other chemicals.

Within a couple of months my thyroid was shot, my adrenals were barely functioning, and I was peeing dark brown, almost red urine, And I still had a bunch of weed left!

One day I woke up and I couldn't move. My body wouldn't stand. I felt nauseous and dizzy and as sick as I've ever been. The

next day I was worse. I won't bore you with the long list of symptoms, but the point is that I made myself very sick (for the first time in so many years!) with a combination of way too much smoking and (probably) some weed that got sprayed very heavily with pesticides. And yes, it was medical grade.

I called my warehouse and told them to send me some Blood detox. For 3 days I was having trouble simply making it to the restroom (and urination took forever!). When I got the Blood Detox, I was up and walking normally within an hour. It was amazing.

It was a great experience, too—one that I am yet to completely recover from— but I'm back to about 97% (I need to take the time to do a radical full body detox). I learned a lot. And I suppose you could say I grew up, since my desire to get high is next to nothing now. But mostly, it solidified my belief that blood detox is the most amazing herbal supplement I've ever come across.

For absolutely any health condition, I recommend blood detox. By itself, in many instances, it can make a huge difference. In combination with other target herbal remedies and nutrition it can work miracles.

If you can only afford one herbal tincture, Shillington's Blood Detox is what I recommend you have and keep with you at all times. At the first sign of a cold, like a sore throat or congestion, take a dropper full. For any and all ailments, from cancer to diabetes to fibromyalgia, this is the first tincture I recommend, second only to a healthy diet. After a night of drinking and/or using recreational drugs (not that I condone getting high) I do recommend Blood Detox afterwards.

Healthy blood means a healthy body. There is nothing more important for your health than getting enough nutrition and having clean, relatively toxin free blood.

If you need a total body detox or are suffering from any

serious ailment, I recommend using the Blood Detox Tincture in conjunction with the Blood Detox Tea.

As always, if you have any questions, please don't hesitate to ask underneath within the comments or contact me via Facebook or Twitter.