



# EAT THE RAINBOW

## Part 1

YOUR GO-TO GUIDE FOR TOP  
NUTRIENTS. LEARN HOW THEY  
HELP & THE BEST FOODS AND  
SUPPLEMENTS FOR EACH.

This information is for informational purposes only and is not a substitute for professional medical advice. Always consult a qualified healthcare provider regarding any questions you may have about your health or medical condition.

PS  
*Plants and Seeds*  
PLANT BASED NUTRITION





# VITAMIN C

Best known for its immune-boosting powers, vitamin C is a water-soluble vitamin, meaning your body doesn't store it. That means you need to consume it every day to prevent deficiency, whether from foods or supplements.

## How it helps:

- Boosts your immune system
- Helps the body absorb iron
- Enhances wound healing
- Stimulates collagen production
- Protects the body from free radicals
- Supports cognition

## Signs of deficiency:

- Weakened immunity
- Irritability
- Slow wound healing
- Bleeding gums
- Nosebleeds
- Bruising easily
- Dry or bumpy skin

## Vitamin C-rich foods:

- Strawberries
- Bell peppers
- Oranges
- Tomatoes
- Spinach
- Kiwi fruit
- Broccoli
- Papaya
- Kale
- Guava
- Potatoes
- Canteloupe

- **Vitamins from whole food in combination with a good multivitamin is ideal. I recommend the [Vitalizer](#) for a multivitamin. Check out our [WELLNESS BUNDLE \(CLICK\)](#)**
- **I love to get additional Vitamin C from [Triple Defense Boost](#) which also has Zinc, Vitamin C, D3, Beta Glucan, Elderberry, Echinacea, Quercetin. It's my secret sauce for immunity**
- **I recommend a smoothie every morning with [LifeShake](#) for additional nutrients and [Up and Glowing](#) for additional Vitamin C and Collagen**



# VITAMIN A

Vitamin A is actually a group of fat-soluble compounds, including retinol, retinal, and retinyl esters. Vitamin A is made from the antioxidant beta carotene, found in many yellow and orange plant foods. It's also found in several animal foods.

## How it helps:

- Supports eye health.
- Improves healthy skin.
- Boosts your immune system.
- Strengthens bones.
- Promotes a healthy reproductive system.

## Signs of deficiency:

- Weakened immunity
- Hair loss
- Acne
- Dry skin
- Night blindness
- Dry eyes
- Infertility

## Vitamin A-rich foods:

- Cod liver oil
- Salmon
- Sweet potatoes
- Carrots
- Mangoes
- Canteloupe
- Pumpkin
- Leafy greens
- Red bell pepper
- Dairy Yogurt

- **Vitamins from whole food in combination with a good multivitamin is ideal. I recommend the Vitalizer for a multivitamin**
- **Unless directed by a doctor, I generally do not recommend large doses of a single vitamin.**
- **The exception for me is magnesium glycinate and Vitamin D3, sometimes Vitamin B.**
- **I recommend a smoothie every morning with LifeShake for additional nutrients**





# VITAMIN B<sub>9</sub> (FOLATE)

Folate (aka vitamin B<sub>9</sub>) occurs naturally in many foods. Folic acid is the synthetic form of folate that some food manufacturers add to fortify foods. People with the MTHFR gene have trouble converting folic acid into folate and it is best to avoid folic acid.

## How it helps:

- Helps your body produce red blood cells.
- Needed to make and repair DNA.
- Supports healthy growth and development during pregnancy.
- Improves cognition.

## Signs of deficiency:

- Anemia
- Fatigue
- Trouble concentrating
- Depression
- Mouth ulcers
- Sore and red tongue
- Birth defects
- Fertility issues

## Vitamin B<sub>9</sub>-rich foods:

- Leafy greens
- Asparagus
- Brussel sprouts
- Beans
- Broccoli
- Avocadoes
- Oranges
- Mango
- Eggs

- Vitamins from whole food in combination with a good multivitamin is ideal.
- I recommend the Vitalizer for a multivitamin
- For Vitamin B, I recommend a B-Complex, though if you're taking Vitalizer and Life Shake, additional B may not be necessary.





# VITAMIN B12

Vitamin B12, also known as cobalamin, is mostly found in animal foods. So, if you're vegan or eat a plant-based diet, a B12 supplement is a wise move. The MTHFR gene can also lead to low B12.

## How it helps:

- Helps your body form red blood cells to prevent anemia.
- Supports healthy bones.
- Promotes a healthy nervous system.
- Helps your body produce energy.
- Plays a role in DNA formation.

## Signs of deficiency:

- Fatigue
- Weakness
- Tingling in fingers & toes
- Anemia
- Poor memory
- Depression
- Shortness of breath
- Pale skin

## Vitamin B12-rich foods:

- Beef
- Chicken
- Salmon
- Sardines
- Tuna
- Clams
- Nutritional Yeast

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# VITAMIN K

Vitamin K comes in two forms: vitamin K1, which is found in plant foods like leafy greens, and vitamin K2, which is found in some animal foods and fermented foods. It works with vitamin D to help your body metabolize calcium.

## How it helps:

- Supports blood clotting.
- Promotes wound healing.
- Strengthens bones.
- Improves insulin sensitivity.
- Has anti-cancer properties.

## Signs of deficiency:

- Osteoporosis
- Excessive bleeding
- Bruise easily
- Poor wound healing
- Heavy menstrual bleeding

## Vitamin K-rich foods:

- Spinach
- Kale
- Broccoli
- Asparagus
- Collard greens
- Lettuce
- Cabbage
- Olive oil
- Sauerkraut

- Vitamins from whole food in combination with a good multivitamin is ideal.
- I recommend the Vitalizer for a multivitamin.





# VITAMIN D

Known as "the sunshine vitamin," your body makes vitamin D from sun exposure. Since we are spending more time in doors than ever before, the vast majority of the population is low on vitamin D.

## How it helps:

- Helps your body absorb calcium to support healthy bones.
- Promotes a healthy immune system.
- Reduces cancer risk.
- Lowers inflammation.

## Signs of deficiency:

- Weak bones
- Fatigue
- Muscle weakness
- Osteoporosis
- Depression

## Vitamin D-rich foods:

- Salmon
- Sardines
- Tuna
- Cod liver oil
- Shrimp
- Mushrooms
- Fortified dairy yogurt

- Vitamins from whole food in combination with a good multivitamin is ideal. I recommend the Vitalizer for a multivitamin
- Unless directed by a doctor, I generally do not recommend large doses of a single vitamin.
- The exception for me is magnesium glycinate with Vitamin D3, or OsteoMatrix for Vitamin D, K and Magnesium.
- I recommend a smoothie every morning with LifeShake for additional nutrients



# MAGNESIUM

Magnesium is an important mineral that plays a role in over 600 processes in your body! Unfortunately, around 50% of US adults are low on magnesium.

## How it helps:

- Promotes healthy blood sugar levels.
- Relaxes muscles.
- Improves sleep quality.
- Eases depression.
- Support heart health.
- Prevents migraines.

## Signs of deficiency:

- Muscle spasms & cramps
- Muscle weakness
- Fatigue
- Loss of appetite
- Nausea
- High blood pressure
- Abnormal heart beat

## Magnesium-rich foods:

- Spinach
- Pumpkin seeds
- Beans & legumes
- Tuna
- Almonds
- Dark chocolate
- Avocadoes
- Bananas

- Vitamins from whole food in combination with a good multivitamin is ideal. I recommend the Vitalizer for a multivitamin
- For magnesium, I recommend magnesium glycinate with Vitamin D3, or OsteoMatrix for Vitamin D, K and Magnesium.
- I recommend a smoothie every morning with LifeShake for additional nutrients





# ZINC

Zinc is the second most abundant mineral in your body (next to iron) and plays a crucial role in immunity. Your body can't store zinc. So you must get it from foods or supplements every day.

## How it helps:

- Strengthens your immune system.
- Promotes wound healing.
- Supports growth and development.
- Promotes sexual health.
- Helps your body synthesize thyroid hormones.

## Signs of deficiency:

- Unexplained weight loss
- Poor wound healing
- Skin rashes
- Diarrhea
- Loss of appetite
- Frequent infections
- Hair loss
- Delayed sexual maturation

## Zinc-rich foods:

- Oysters
- Beef
- Chicken
- Tofu
- Pumpkin seeds
- Lentils
- Yogurt
- Oatmeal

- Vitamins from whole food in combination with a good multivitamin is ideal. I recommend the Vitalizer for a multivitamin
- I love to get additional zinc from Triple Defense Boost which also has Zinc, Vitamin C, D3, Beta Glucan, Elderberry, Echinacea, Quercetin. It's my secret sauce for immunity
- I recommend a smoothie every morning with LifeShake for additional nutrients



# IRON

Iron is a mineral that's crucial for healthy blood. People that are low on iron can develop anemia, which can affect energy, memory, concentration, and immune function.

## How it helps:

- Needed to make hemoglobin, which transports oxygen in your blood.
- Needed to make myoglobin, which provides oxygen to your muscles.

## Signs of deficiency:

- Anemia
- Fatigue
- Trouble concentrating
- Poor memory
- Pale skin
- Weak and brittle nails
- Dizziness
- Shortness of breath

## Iron-rich foods:

- Beef
- Oysters
- Dried apricots
- White beans
- Spinach
- Chocolate
- Quinoa
- White button mushrooms
- Pumpkin seeds

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- **Unless directed by a doctor, I generally do not recommend large doses of a single vitamin.**
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# VITAMIN E

Vitamin E is actually a group of eight compounds with potent antioxidant powers. Of its eight forms, alpha-tocopherol is the form best recognized by the body.

## How it helps:

- Protects and repairs skin
- Balances cholesterol
- Combats free radicals
- Reduces PMS symptoms
- Prevents cognitive decline
- Supports eye health

## Signs of deficiency:

- Muscle weakness
- Vision problems
- Weakened immunity
- Loss of coordination
- Numbness and tingling

## Vitamin E-rich foods:

- Wheat germ oil
- Sunflower seeds
- Avocados
- Almonds
- Spinach
- Butternut squash
- Kiwi fruit
- Broccoli
- Trout
- Olive oil

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# VITAMIN B<sub>3</sub> (NIAICIN)

Niacin, like all B vitamins, is water soluble. This means your body can't store them and they need to be replenished daily by food or supplements.

## How it helps:

- Helps your body convert food into energy
- Balances cholesterol
- Boosts brain function
- Improves skin health
- Supports hormone production
- Helps the body repair DNA

## Signs of deficiency:

- Skin rashes
- Bright red tongue
- Vomiting
- Diarrhea or constipation
- Depression
- Fatigue
- Headache
- Memory loss
- Poor appetite

## Vitamin B<sub>3</sub>-rich foods:

- Chicken breast
- Turkey
- Salmon
- Tuna
- Peanuts
- Avocados
- Green peas

- Vitamins from whole food in combination with a good multivitamin is ideal.
- I recommend the Vitalizer for a multivitamin
- For Vitamin B, I recommend a B-Complex, though if you're taking Vitalizer and Life Shake, additional B may not be necessary.



A top-down view of a white bowl filled with a colorful salad. The salad includes pieces of cooked salmon, cherry tomatoes, orange bell peppers, green leafy vegetables, and a mix of seeds. The bowl sits on a dark, textured surface. A light beige rectangular box is overlaid on the top half of the image, containing the title text.

# VITAMIN B6 (PYRIDOXINE)

Vitamin B6, or Pyridoxine, is a B vitamin with antioxidant and anti-inflammatory properties. Like other B vitamins, it helps your body convert food into energy. But it also serves as a cofactor in over 100 processes in the body.

## How it helps:

- Helps your body produce red blood cells
- Supports brain health
- Relieves nausea during pregnancy
- Helps the body produce neurotransmitters

## Signs of deficiency:

- Anemia
- Numbness or tingling
- Depression
- Confusion
- Poor immunity
- Seizures

## Vitamin B6-rich foods:

- Salmon
- Chicken breast
- Turkey
- Tofu
- Chickpeas
- Sweet potatoes
- Bananas
- Potatoes
- Avocados
- Pistachios

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- I recommend the Vitalizer for a multivitamin
- For Vitamin B, I recommend a B-Complex, though if you're taking Vitalizer and Life Shake, additional B may not be necessary.



# CALCIUM

Calcium is the most abundant mineral in your body and forms the building blocks of your bones and teeth. Yet it's also crucial for your heart, muscles, and nervous system.

## How it helps:

- Forms and maintains bones and teeth
- Regulates muscle contraction
- Promotes blood clotting
- Supports nerve transmission
- Balances hormones

## Signs of deficiency:

- Fatigue
- Dental problems
- Muscle pain and spasms
- Abnormal heartbeat
- Osteoporosis
- Severe PMS
- Confusion, brain fog, or memory issues

## Calcium-rich foods:

- Tofu
- Dairy products
- Spinach
- Kale
- Collard greens
- Black beans
- Salmon (canned with bones)
- Sardines (canned with bones)
- Almond milk

- Vitamins from whole food in combination with a good multivitamin is ideal. I recommend the Vitalizer.
- For calcium, I recommend OsteoMatrix for Calcium, Vitamin D, K and Magnesium.
- Too much calcium can be a problem, especially if not balanced with other vitamins. Additional supplementation may not be necessary if you're eating well and taking the Vitalizer. Consult your doctor before supplementing.





# SELENIUM

Selenium is a trace mineral, meaning your body only needs it in small amounts. Still, it plays a key role in metabolism, immunity, reproduction, and much more. Selenium also boasts antioxidant properties that protect you from free radicals.

## How it helps:

- Reduces oxidative stress
- Helps regulate thyroid function
- Protects the body from heart disease
- Has anti-cancer effects
- Prevents mental decline
- Boosts fertility

## Signs of deficiency:

- Infertility
- Poor immunity
- Fatigue
- Mental fog
- Muscle weakness
- Hair loss

## Selenium-rich foods:

- Brazil nuts
- Oysters
- Halibut
- Tuna
- Sardines
- Chicken
- Turkey
- Eggs
- Shiitake mushrooms

- Vitamins from whole food in combination with a good multivitamin is ideal. I recommend the [Vitalizer](#) for a multivitamin
- Unless directed by a doctor, I generally do not recommend large doses of a single vitamin or mineral
- I recommend a smoothie every morning with [LifeShake](#) for additional nutrients
- The best way to supplement selenium is 2 Brazil nuts a day



# COQ<sub>10</sub>

Coenzyme Q10, (or CoQ10 for short) is a nutrient that helps your cells create energy. CoQ10 is found naturally in the body, but it declines with age. Luckily, you can boost your CoQ10 levels via food and supplements.

## How it helps:

- Helps your mitochondria produce energy (ATP)
- Lowers inflammation
- Has anti-aging effects
- Decreases oxidative stress
- Prevents cognitive decline
- Supports fertility

## Signs of deficiency:

- Fatigue
- Muscle weakness
- Trouble concentrating
- Memory issues
- Exercise intolerance

## CoQ10-rich foods

- Organic grassfed Beef
- Chicken
- Tuna
- Mackerel
- Herring
- Soybeans
- Peanuts
- Pistachios

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# CHOLINE

Choline is an essential nutrient that affects numerous bodily functions. Your liver makes choline, but only in small amounts. Eating choline-rich foods can ensure you get enough of this nutrient.

## How It Helps

- Breaks down fats and removes them from your liver
- Helps your brain regulate mood and memory
- Produces fats to form cell membranes
- Supports DNA synthesis

## Signs of Deficiency

- Fatigue
- Memory problems
- Cognitive issues
- Mood changes
- Muscle aches
- Nerve pain or tingling
- Fatty liver

## Choline-Rich Foods

- Beef liver
- Eggs
- Chicken
- Salmon
- Shrimp
- Cod
- Beef
- Navy beans
- Broccoli
- Cauliflower
- Green peas
- Brussels sprouts



# COPPER

Copper is a trace mineral, meaning your body only needs it in small amounts. It works together with zinc, another mineral. However, the two are antagonists. This means consuming too much zinc could lead to a copper deficiency (and vice versa).

## How It Helps

- Helps your body form red blood cells
- Boosts collagen production
- Supports healthy bones
- Needed for iron absorption
- Promotes immune health
- Keeps your nerve cells healthy

## Signs of Deficiency

- Anemia
- Low body temperature
- Bone fractures or bone loss
- Low white blood cell count
- Irregular heartbeat
- Pale skin
- Thyroid issues

## Copper-Rich Foods

- Oysters
- Shiitake mushrooms
- Tofu
- Sweet potatoes
- Sesame seeds
- Cashews
- Chickpeas
- Salmon
- Dark chocolate
- Avocadoes

- **Vitamins from whole food in combination with a good multivitamin is ideal. I recommend the Vitalizer for a multivitamin**
- **Unless directed by a doctor, I generally do not recommend large doses of a single vitamin or mineral like copper**
- **I recommend a smoothie every morning with LifeShake for additional nutrients**





# IODINE

Iodine is a trace mineral found in the earth's soil and the ocean. It's vital for healthy thyroid function. Your body can't make it on its own, so you must get it through your diet.

## How It Helps

- Helps your thyroid make hormones
- Lowers risk of goiters
- Supports prenatal brain development
- Improves cognitive function
- Prevents fibrocystic breasts
- Antimicrobial

## Signs of Deficiency

- Goiter (visible bulge in the neck)
- Fatigue or weakness
- Sensitivity to cold
- Hair loss
- Dry, flaky skin
- Constipation
- Weight gain
- Learning or memory issues
- Slow heart rate

## Iodine-Rich Foods

- Seaweed (nori, kombu, kelp, wakame)
- Iodized salt
- Cod, tuna, shrimp & oysters
- Eggs
- Greek yogurt
- Cottage cheese
- Kelp noodles

**NOTE:** While iodine is crucial, too much can be harmful. If you suspect you're low on iodine, it's best to work with a health practitioner.



# MANGANESE

Manganese is a trace mineral that's a cofactor for many enzymes. It helps your body metabolize cholesterol, carbs, glucose, and amino acids. Some manganese is stored in your bones, liver, kidneys, and pancreas. But you also need to get it through your diet.

## How It Helps

- Helps form bones, connective tissue, and sex hormones
- Needed to create antioxidant superoxide dismutase (SOD)
- Lowers inflammation
- Supports cognitive function
- Helps metabolize nutrients
- Promotes wound healing

## Signs of Deficiency

- Infertility
- Weak bones
- Impaired glucose tolerance
- Trouble digesting carbs and fat
- Slow or impaired growth

## Manganese-Rich Foods

- Mussels
- Pineapple
- Pine nuts
- Hazelnuts
- Lima and pinto beans
- Chickpeas
- Sweet potatoes
- Spinach

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# PHOSPHORUS

Phosphorus is the second most abundant mineral in your body, next to calcium. It's needed for healthy bones and teeth and helps the mitochondria form ATP, your body's main energy source.

## How It Helps

- Promotes healthy bones & teeth
- Needed for energy production
- Helps kidneys filter out waste
- Produces DNA & RNA
- Keeps your pH balanced
- Helps muscles contract
- Regulates nerve function

## Signs of Deficiency

- Fatigue
- Loss of appetite
- Muscle weakness
- Bone pain
- Joint stiffness
- Irritability
- Confusion
- Breathing issues

## Phosphorus-Rich Foods

- Tuna, salmon & scallops
- Chicken & turkey
- Beef
- Lentils
- Pumpkin seeds
- Sunflower seeds
- Quinoa
- Yogurt

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# POTASSIUM

Potassium is the third most abundant mineral in your body. It's also an electrolyte, meaning it carries an electrical charge when mixed with water. This helps your body regulate nerve signals, muscle contractions, and fluid balance.

## How It Helps

- Maintains fluid balance
- Prevents kidney stones
- Supports healthy nerves
- Helps contract muscles
- Balances sodium to reduce blood pressure
- Lowers risk of heart disease and stroke

## Signs of Deficiency

- Weakness
- Fatigue
- Muscle cramps
- Constipation
- Abnormal heartbeat
- Kidney stones
- High blood pressure
- Low calcium levels in bones

## Potassium-Rich Foods

- Salmon
- White beans & lentils
- Avocados
- Potatoes
- Sweet potatoes
- Acorn squash
- Bananas
- Tomatoes
- Leafy greens like spinach & kale

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# SODIUM

Sodium is a mineral and electrolyte found in many foods. It's also one of the main components of table salt (sodium chloride). Because of this, it tends to get a bad rap. But we need sodium, just in the right amounts. Too much or too little can increase the risk of health conditions.

## How It Helps

- Regulates fluid balance
- Maintains healthy blood pressure
- Transmits nerve impulses
- Contracts and relaxes muscles

## Signs of Deficiency

- Low blood pressure
- Dehydration
- Elevated LDL (bad) cholesterol and triglycerides

## Signs of Too Much Sodium

- High blood pressure
- Kidney stones
- Swelling or bloating

## Sodium-Rich Foods

- Sea salt (unprocessed & contains trace minerals not present in table salt)
- Fermented foods like sauerkraut & kimchi
- Olives
- Shrimp
- Cottage cheese

## Best Sodium Supplements

- [Redmond Real Salt \(unrefined mineral sea salt\)](#)
- [LMNT Electrolyte Packets \(w/sodium, potassium & magnesium\)](#)