

THE SUPPLEMENTS EVERY  
FEMALE SHOULD

BE

Taking:

PETERZUGAJ.COM

The  
Wellness  
Blueprint





# What Do You Seek?

*Great Health Comes Through  
Change*

**Transform**

*Climb*

## **The Supplements Every Female Should**

**Be Taking: The Wellness Blueprint**

**By Peter Zugaj**

**Maca Root** - A root vegetable grown in the mountains of Peru. This is nutritious for men and women in order to optimize physical stamina, endurance, fertility, potency, libido, virility, and overall sexual health. It has been used by Peruvian physicians as a way to help couples who have been having trouble conceiving in order to help balance hormones in men and women. (Rost 90).

**Magnesium** - This mineral is needed for utilizing calcium, potassium, and phosphorus. It is necessary for muscle function, nerve impulse, enzyme activity, helps bone, tissue, and tooth growth. Also lowers blood pressure, helps with insomnia, and helps to prevent heart attacks. Women who are pregnant need more. (Rost 445).

**Jasmine** - A nervous system sedative that reduces menstrual cramps. It is good for complexion, soothing headaches, depression, apathy, and improving confidence. (Rost 131).

**Zinc** - Helps women with irregular menstrual cycles. Pregnant women and women after surgery need more zinc. Women lose zinc through sweating, pregnancy, nursing, diarrhea, and cirrhosis of the liver. Zinc supplementation plays an essential role in healing. (Rost 446).

**Manganese**- A trace mineral that is used for the production of milk and fat-digesting enzymes. This trace mineral is needed for protein and fat metabolism and B vitamin assimilation. Women who are pregnant or lactating will need higher amounts for milk production. (Rost 446).

**L-Alanine** – Is important in glucose metabolism and is useful for women who are diabetic, hypoglycemic or have energy fatigue issues. (Rost 447).

**L-Carnitine** – Prevents fat buildup in the body and arteries, as a result this helps in weight loss and prevention of heart disease and atherosclerosis. This is generally deficient in vegetarians since it is highly present in red meats. (Rost 447).

## **Gamma-Aminobutyric Acid**

**(GABA)** – This amino acid has a natural tranquilizer effect to reduce stress, anxiety, and depression. It can be found in health food stores. (Rost 447).

**L-Isoleucine** – This amino acid regulates blood sugar and energy levels. This is particularly important for females who are hypoglycemic. It is important for blood formation. (Rost 447).

**L-Lysine** – This helps with calcium absorption and is required for bone development and normal growth in children. This is also great for healing of cold sores and herpes. It also helps with post-surgical recovery. (Rost 447).

**L-Tyrosine** – An antidepressant and anxiety reducer. It aids in fatigue and exhaustion, and alleviates withdrawal symptoms of hard drugs. It also helps reduce body fat and helps restore issues with depression and moodiness. (Rost 447).

## **Creatine Monohydrate** -

Creatine has also been shown to enhance overall working memory and intelligence. It works with brain energy homeostasis, being a temporal and spatial buffer for cytosolic and mitochondrial pools of the cellular energy currency, adenosine triphosphate and its regulator, adenosine diphosphate.

## Vitamin B9 (Folic Acid) -

A common deficiency in women. If you are a vegetarian, anemic, pregnant, an insomniac or depressed you need more folic acid. (Rost 443).

## Vitamin B12 (Cyanocobalamin) –

Women who are long term vegans are susceptible to deficiency. It is useful for women with menstrual difficulties, nervousness, insomnia, memory loss, depression, fatigue, asthma, schizophrenia, heart palpitations, abdominal difficulties, and difficulties with pregnancy and lactation. (Rost 443).

**Vitamin E** - Essential for healing and regeneration in every part of the body, and it is an antioxidant that is helpful in preventing cancer and heart disease. It is also used for fertility, breast cancer, prevention of miscarriages, reducing hot flashes, menopause discomfort, and in pregnancy and lactation. (Rost 444).

**Vitamin D** - This vitamin can be obtained through sunlight, however it is often deficient for many people across the world. If you live up in the Northern Hemisphere or have your body covered up with clothing for religious reasons, you definitely need to supplement with this. Be careful since this is an oil soluble vitamin and you can overdose. It is NOT water-soluble. It is best to have a supplement of about 800 IU per day. (Rost 444).

**Calcium** - A bulk mineral and an important one for women. It can help prevent osteoporosis, aids premenstrual stress, cramps, water retention, and halts insomnia, and leg cramps. It is important for muscle growth and contraction as well as nerve impulses. Take calcium at bedtime as a muscle relaxant. Calcium deficiency affects 73% of women. (Rost 445).

**Vitamin B6 (Pyridoxine) -** According to research by Diane Stein, ninety percent of women are deficient in vitamin B6. This vitamin is essential for metabolism of amino acids and protein. This can help prevent phlebitis and is important for pregnancy to prevent morning sickness. (Rost 443).

**Vitamin B5 (Pantothenic Acid) -** A major anti stress vitamin for women, and important for helping those with adrenal fatigue and hypoglycemia. This can help with depression, anxiety, thyroid disease, eczema, headaches, anemia, cataracts, and fatigue. (Rost 443).

**Lactobacillus Acidophilus -** A common probiotic that contains "good friendly bacteria". It works to prevent disease by breaking down food in the intestines. It is generally recommended while taking antibiotics. Taking this supplement can help restore a healthy balance in the gut. Works excellent for preventing illness and diarrhea.

**Spirulina -** A form of green algae that grows in water in areas of constant sunshine. It is considered a superfood supplement because it has 70% protein. It contains minerals, vitamins, RNA, DNA, and essential fatty acids. It is high in chlorophyll like other greens. It is excellent for purifying the kidneys, heavy metals, and detoxification. (Rost 438).

## **An Important Note:**

The information provided herein should not be used during any medical emergency or for the diagnosis or treatment of any medical condition. A licensed medical professional should be consulted for diagnosis and treatment of any and all medical conditions. Call 911 for all medical emergencies. Double Check with your health professional before taking any supplement.

# References:

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