

Dr. Ettinger's Basic Daily Program for Health and Well-being!

This is what I would consider a BASIC nutritional supplement program. It is based on 20 years of personal experience and research. I feel it is of the utmost importance to provide our bodies with adequate nutrition, and believe me we are not getting it from our food. This program provides low calorie, high quality protein; essential fatty acids; vitamins; minerals; phyto-nutrients and antioxidants. **Disclaimer:** Always consult with a health care professional before using any nutritional supplement or starting any nutritional program.

Program:

7:00 am

- **Breakfast* Protein Shake**
- 1 scoop (CAOH) [Whey Protein Isolate Powder](#)
- 3 (CAOH) [Omega 3, 6, 9](#)
- 1 tablespoon (CAOH) [Liquid Power](#) multi vitamin/mineral
- 1 fl. oz. each (CAOH) [Organic Goji Juice](#) and/or [Mangosteen Elixir](#)
- 1 heaping tablespoon (CAOH) [Ultra Supreme Greens](#) powder
- 2 heaping tablespoons CAOH [Lecithin Granules](#) (Coming Soon!)
- ½ cup combined frozen cherries and blue berries (I like Trader Joe's – they are organic).
- 6-8 oz. water or juice

Put in blender and blend into a yummy shake. (I make my 2 year old daughter, Maile, a smaller one - She l-o-v-e-s the Goji and Mangosteen combo).

10:00 am

- Snack* 3oz protein (ex: a few almonds are good or a hard-boiled egg. . .)

12:30 pm

- Lunch* (5 days a week it's very low glycemic index, i.e. low carb), (2 days it's whatever you want, within reason)
- 1 (CAOH) [Power-C](#) capsule (Ester-C w/ bioflavonoids and rutin)
- 1 (CAOH) 400 IU Vitamin E w/ Mixed Tocopherols (Coming Soon!)

6:00 pm

- Dinner* (5 nights a week it's very low glycemic index, i.e. low carb), (2 nights it's whatever you want, within reason)
- 1 (CAOH) [Power-C](#) capsule (Ester-C w/ bioflavonoids and rutin)

10:00 – 10:30 pm (optional)

- 1-2 caps (CAOH) [Calm Magnesium](#)
- 1 tablespoon (CAOH) [Liquid Complete B Complex](#)

*All meals and supplements are taken with (CAOH) 1-2 [Super Power Digestive Enzymes](#).

I also take other supplements as needed and plant based enzymes with large meals.

Yours in good health!

Dr. E

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