



The Critical Need For Nutritional Supplementation & How To Do It

Kyle L. McCormick M.S.

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Are you receiving Healthcare or Sickcare? Health, wellness, fitness, performance - conditions everyone has some interest in. We all need to take responsibility for our own health, wellness, fitness and performance and can take monumental strides towards this endeavor by implementing the Unique Fitness Holistic Wellness Guideline Pyramid. Energy Medicine Environment (outdoor) - Environment (indoor) Nutritional Supplementation - Exercise, Activity - Personal Care, Hygiene Spiritual - Nutrition (dietary intake) - Sleep, Rest, Recovery - Holistic Evaluations The more phases of the pyramid implemented, the greater the benefits. We do have a choice when it comes to our wellness. This booklet emphasizes one critical phase of the pyramid, Nutritional Supplementation and why it is impossible to achieve, maintain, or regain optimal health without proper supplementation. We begin by discussing general nutrition by addressing the questions, What is it? - Do we need it? - How do we get it? By answering these questions we discover that nutrition is the process by which a living being takes in food and uses it to live and grow. We can supply the vital nutrients that proper nutrition provides us in two ways - dietary intake and nutritional supplementation. These quality nutrients build healthy cells, which build healthy tissues, which build healthy organs, which build healthy systems. Cells > Tissues > Organs > Systems = Life The Critical Need for Nutritional Supplementation and How To Do It not only addresses why it is imperative to implement proper nutritional supplementation, but as the title suggests we also address how to implement a program to fit your individual wellness goals and challenges. This is accomplished by following the Nutritional Supplementation Guideline Pyramid. Specialty Products (holistic medicine chest) Targeted Product (targeted wellness challenges) Adaptogen Product (body balance / homeostasis) Foundational Product (solid beginning) We provide descriptions of several high quality products to fit into each phase of the pyramid and resources for many additional products that may be of interest. We stand behind each and every product and company to be among the highest quality available anywhere. They will provide the benefits you are seeking. The resources alone are worth the investment as the information is life enhancing, life giving, life saving. In addition to providing simple guidelines to help develop a nutritional supplement program, the booklet also has dietary intake suggestions. We provide formulas to determine your ideal/optimal health weight and body composition, basal metabolism, exercise/activity and occupational calories burned, and the proper way to divide your caloric intake between the energy nutrients of carbohydrate, protein, and fat. This information will greatly assist you in providing the correct balance of energy/calories to achieve and support your wellness goals. Mission: Unique Fitness is dedicated to providing you with the best holistic health, wellness, fitness, and performance products, information, services, and programs available through our Holistic Wellness Guideline Pyramid to maximize your opportunity to achieve your goals. Vision: To continue to teach and educate all humanity on the value of a holistic wellness lifestyle while embracing the potential of the human body/soul/spirit to be well through UNIQUE ways. U=utilizing / N=nature's / I=innate / Q=qualities / & / U=universal / E=excellence. We would like to take this time to put the glory for this booklet and all aspects of Unique Fitness where it belongs, our Lord Jesus Christ. We can all be well in body/soul/spirit by following his word.

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