



Future Health! Super Nutrients - Maximizing Magnesium

Dr. Carolyn Dean MD ND

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In my experience, health is not about taking dozens of supplements. I make it very simple for you and give you seven different areas to introduce healthy practices. In each module, I give some information about the topic but then spend most of the time on how to do it, what can get in your way, and how to overcome obstacles to achieving your goal. In Future Health! I simplify the complexities of health into "Seven Pillars" that you need to support your body and mind and spirit.

Module 14 is in Pillar Four: Super Nutrients – This pillar of Future Health! consists of 13 modules. I'll introduce you to the top herbs, supplements and superfoods that I recommend and use. Modules include: mineral supplements your body can actually absorb, chlorella, cilantro, green powders, colon cleansers, super foods, digestive aids, non-synthetic vitamins, and more.

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