



# NATURALLY EMPOWERED

Supplement Guide





# How To Use This Guide

This is a guide to supplements we add in to support balance, energy, optimal function, weight loss, focus and anti-aging.

**First things first:** There are **NO magic pills.** Supplements are meant to enhance and support your healthy lifestyle. Just like you can't out train a sub-par diet, you can't, outsmart a sub-par diet with supplements and expect life-changing results.

**Healthy lifestyle**, including a balanced diet with mostly colorful, unprocessed, whole foods, physical activity (try [yoga](#) with Steph), time in nature, rest and social activity can create a state of well-being in our minds and bodies. From there, we can get a better birds eye view of what is needed or missing and add it in. This is our expertise in our 1:1 coaching programs. Book your [complimentary discovery call](#) to learn more [HERE](#).

Use supplementation as an insurance plan to fill in nutritional gaps that you may not be receiving from diet alone. We **don't recommend a multi-vitamin** for this reason. They can block the body from receiving what it's deficient in because they can overload the vitamins that may not be needed. We are into a more targeted approach.

When looking for supplements, its important to do your research. Look for purely sourced ingredients that are third party tested & brands that value sustainability. Look for brands that can provide results and/or testimonials when needed.



# AM Routine

**How you start your day dictates how the rest of your day will go. Morning rituals are EVERYTHING to us!**

*Even though this is a supplement book, we can't stress how important it is to create a morning with rituals to serve your day. Supplements are part of that ritual, but so is meditation and planning our day our [Empowered Life Planner](#).  
Now on to supplements ☺*

1 **Sulforaphane**: is an extremely powerful chemical found in broccoli sprouts and all cruciferous veggies. Research shows that this compound protects and strengthens cells, plays a critical role in cellular detoxification, helping to reduce the buildup of toxins from our modern ecosystem.

This organic pineapple-flavored green goodness I drink first thing every morning in a tall glass of water is [this](#)- "Liposomal Sulforaphane Matrix". I feel revitalized after taking it. We love it so much, we sell it in our store.

2 **Magnesium L Threonate**: magnesium is an essential mineral that is required for 80% of the bodies metabolic functions. It also plays a critical role in the brain protecting synapses which are the communication points between brain cells. This type of magnesium is highly absorbable in the brain.

I mix [this](#) one into my coffee every morning & it has a GREAT vanilla flavor. I feel a sense of balance after taking it. Organic "Liposomal Magnesium L-Threonate". We love it so much, we sell it in our store.

3 **Vegan Protein Shake or Smoothie**: Vegan protein powders can help supply your body with the essential amino acids it needs to support protein synthesis in your body, including that needed for muscle repair and growth. Many find vegan protein easier to digest than whey. Protein shakes and smoothies can also be a helpful strategy for weight loss as a drinkable meal or snack packed with fruit and veggies.

My first meal of the day is usually a protein shake or smoothie, especially for early morning workouts. My favorite is [here](#)- "Garden of Life Raw Organic Protein" in chocolate and vanilla. It can be found at most health food stores.



# Protein Smoothie Recipes



It's great to have a couple protein smoothie recipes on hand. Here are 2 easy favorites.

## BERRIES AND GREENS SMOOTHIE

### What you need:

1 serving of chocolate protein powder,  $\frac{3}{4}$  cup frozen organic mixed berries, 1 large handful of leafy greens, ice & water.

### What do to:

Blend all ingredients in a high-speed blender & enjoy.

## MANGO & GREENS SMOOTHIE

### What you need:

1 serving of vanilla protein powder,  $\frac{3}{4}$  cup frozen organic mango, 1 large handful of leafy greens, ice & water.

### What do to:

Blend all ingredients in a high-speed blender & enjoy.

## BASIC SHAKE

### What you need:

1 serving of vanilla or chocolate protein powder, 1 cup of water, ice.

### What do to:

Method 1: Shake all ingredients in a shaker and enjoy.

Method 2: Blend all ingredients in a high-speed blender & enjoy.



## AM Routine Continued

*Many vitamins & supplements are better to take after you fill your belly. Supplements 1 & 2 are ok on an empty stomach. We're specifically listing the rest after the smoothie recipes as a reminder to at least fill your belly a little before you take your daily vitamins and supplements.*

4 **Vitamin D:** is actually a hormone. Vitamin D can facilitate the absorption and assimilation of essential inorganic elements (such as calcium, magnesium, copper, zinc, iron, and selenium). It also plays a role in immune function, and protecting bone, muscle, and heart health. Taking too much can be no good. Our recommendation is to not take more than 5,000 iu with out getting muscle tested or getting your blood tested.

I take [this](#) one- "Garden of Life Vitamin Code Raw D3" because it's made with raw whole foods, probiotics and enzymes.

5 **Zinc:** is an essential mineral and supports the vital functions of more than 100 different enzymes in the body. It also a healthy immune system powerhouse. It aids in tissue development and wound recovery as well. Since it's found less and less in depleted soil, it's found less and less in factory farmed food. Try for local and organic when possible to get more zinc in your produce.

[This](#) is the one I love- "Mega Food Zinc"

6 **Quercetin:** We started taking quercetin with the onset of Covid but it's here to stay, right under zinc...and here's why. It's one of the most abundant anti-oxidants found in our diet and has strong anti-viral properties. The major benefit of taking **quercetin** with **zinc** is that the **quercetin** will push the **zinc** into the center of the cell where the **zinc** can stop the virus from reproducing. It's also great for allergies!

There are only a few quercetin options at the health food store. Many have stinging nettle, bromelain, or vitamin c- also great! I like [this](#) one- "Nettle Quercetin Capsules".



## Colorful Collard Wrap With Cashew Caesar Dressing



**It's fun to eat with your eyes. A simple way to add more nutrients into your diet is to eat colorful food. See if you can add in fruits and/or veggies at each meal!**

### **What you need for the wrap:**

Collard leaves-1 per wrap  
Your favorite veggies- sliced  
Avocado

### **For the dressing:**

1/2 cup of raw cashews soaked (1-2 hours in hot water), 1/4 cup of water  
1 tbsp of lemon juice, 1/2 tbsp Dijon mustard, 1/2 tsp garlic powder,  
1 small garlic clove, 2 tsp of capers, 1 tsp of sea salt

### **What do to:**

*For dressing:* blend all ingredients until smooth. Add water or evoo for smoother consistency.

*For the wrap:* Rinse your collard and cut off large stem at the base. Use knife to trim the center remaining stem. Spread the dressing onto the center of your collard, add your sliced veggies and avocado, fold the sides in & roll. Cut in half & enjoy!

**Check out more of our recipes [HERE](#).**



## Throughout The Day

*Some vitamins & supplements are taken at certain times of the day for certain needs.*

**7** **Probiotics Prebiotics & Digestive Enzymes:** Probiotics are known for improving or restoring gut flora helping to balance gut bacteria. Prebiotics are food for the good bacteria. Digestive enzymes play a key role in breaking down the food you eat. These enzymes help speed up chemical reactions that turn nutrients into substances that your digestive tract can absorb. 70% of our immune system is housed in our gut, so we give it the royal treatment.

I love a supplement called Life: pre-meal probiotics, prebiotics and digestive enzymes that can be found [here](#). They are beyond helpful!

**8** **High Dose Vitamin C:** Vitamin C in high doses enhances immunity, supports collagen production (yay!), reduces free radical damage, is a potent antioxidant, increases skin elasticity, and improves joint flexibility.

I've been taking [this](#) delicious high-dose vitamin c for a year now (so has my daughter). We love the taste & look forward to this afternoon treat. We love it so much we sell it in our store.

**9** **Mojo:** Is a yummy drink that helps boost energy, improve mood & focus, while curbing cravings & burning calories. I drink the cocoa flavor and it's the perfect mid-day pick me up. It has 8 naturally derived ingredients cocoa, green tea extract & l-theanine. Find it [here](#).

## Night

**10** **Collagen:** 30% of all protein in our bodies is collagen protein. As we age, our bodies produce less collagen. It can be **VERY** beneficial to supplement it. Collagen aids in the rebuilding and rejuvenating of joints, bones, hair, skin (bye bye cellulite), and nails. It also aids in digestive health, immune health, inflammation & autoimmune disease. Snag a couple bottles [here](#). You'll thank me. PS: ask me about collagen loading & my before & after photos.





## Chocolate Coconut Superfood Energy Balls



**Another great way to supplement our energy and well-being is with superfoods. Thankfully a lot of our favorite foods are superfoods ☺ like dark chocolate, chia, raw honey, and coconut!**

### **What you need:**

1/2 c any nut butter (we used 1/2 almond 1/2 peanut)  
1/4 c honey  
1/4 chia  
1/2 c flour alternative (oat, coconut or almond recommended)  
1/3 c shredded coconut (optional)  
2 pinches salt  
1/4 cup dark chocolate chips ( we used Lily's)

### **How to make them:**

- combine all ingredients in a mixing bowl
- coat hands with coconut oil or any non-flavored oil before rolling dough into balls
- refrigerate for an hour before eating
- sprinkle with a tiny bit of sea salt
- tell us how much you love them 😎

**We share recipes, well-being tips, and ritual hacks in our awesome private Facebook group [Naturally Empowered Tribe](#). We'd love to have you. Join us!**





## Important supplements that we take when needed

To create more **BALANCE**. Sometimes the body is amazing at balancing itself.  
Sometimes we can help 😊

- 11 **Activated Charcoal:** Has been used for thousands of years for general systemic detoxification, known for its ability to bind to toxins and safely assist the body in flushing them out. I use it when traveling, eating out, if I'm having a couple alcoholic beverages, or after I've overindulged. Very helpful for many gastrointestinal issues, Candida overgrowth, exposure to mold, radiation, poisons, pesticides, or pharmaceutical residues.  
  
I've tried a few but [this](#) one has been winner for over a year now. "Bio-charged Activated Charcoal". We love it so much we carry it in our store!
- 12 **Elderberry/Immune boost:** While I take a zinc tablet & quercetin daily, during flu and cold season, my daughter and I will take an extra immune booster every other day. [This](#) amazing product, "Liposomal Elderberry Defense" is just that. It's a combination of some of the most powerful vitamins, minerals, and herbs are known for supporting the immune system. I add a tablespoon to my water & it's delicious!
- 13 **Adaptogenic Nootropic:** There are usually at least a few days a week when I feel like my brain could use some food. I add [this](#) yummy supplement to my mid-day tea or Mojo to help my brain perform, strengthen the structure of the brain and protect against cognitive decline. "Golden Mind"
- 14 **CBD:** There are days when it's hard to find relief from the hustle and bustle, or menstrual cramps hit or it's just tough slowing down enough to get to sleep. I don't take CBD daily, but it's great to have on hand when I truly need it. "[Suthe](#)" - whole flower hemp cbd is water-compatible for optimal absorption. And [this 3600mg](#) when more is needed.
- 15 **Golden Milk:** Another sure-fire way to relax is to make this amazing drink packed powerful but soothing ingredients like turmeric, reishi, turkey tail and magnesium. Did I mention that "[GOLD](#)" is the most delicious wind-down drink? We love it so much we carry it in our shop!



## Beauty & Anti-aging

As much as I love my skincare ritual, since they are topical products, it's hard to say what works & if it will work for everyone. I'll stick with what I know can work for everyone 😊

16

**Collagen:** Again? Here's why. As we age, our bodies produce less collagen. "Collagen is what keeps our skin from sagging, giving us that plump, youthful look". It can be **VERY** beneficial to supplement it. Collagen aids in the rebuilding and rejuvenating of joints, bones, hair, skin (bye bye cellulite), and nails. Snag a couple bottle [here](#). You'll thank me. PS: ask me about collagen loading & my before & after photos.

17

**Nano Silver Brightening Toothpaste:** Not all toothpastes are created the equal. Nano silver and nano gold technology whitens teeth while neutralizing oral acid. Nano silver particles are antibacterial and break through your plaque and deliver calcium and xylitol directly to your tooth's surface. I love mine. Get yours [here](#). Ask me for my before and after photos to see the difference!

## Water

**Water deserves its own header.** Up to 60% of the adult body is water. Studies show that even mild dehydration, can impair many aspects of brain function. **Dehydration** can trigger headaches and migraine in some individuals. Low water consumption appears to be a risk factor for constipation in both younger and older individuals. The list goes on. It's imperative to stay hydrated. Strive towards ½ your weight in ounces of water. As you embark on your wellness journey, this is an imperative place to start.

Just as important is the **quality** of our water. 21,000,000 Americans drink water that violates U.S. health standards. We've been using a [Berkey](#) water filter system for over 5 years because they remove bacteria and viruses that conventional filters cannot. The water tastes amazing and it's comforting to know, we're drinking the best water we possibly can.

# ABOUT NATURALLY EMPOWERED



At *Naturally Empowered*, we believe that ALL humans have the innate ability to grow, heal & thrive. We also believe that it takes a village. We know at certain points in our lives that extra support is needed to grow out of habits and behaviors that keep us from feeling & being the best version of us. We've learned that when we invite that support in, it inspires the greatest of personal innovation, inspired action & a keen awareness of the steps needed to get to a desired outcome in a sustainable way.

Naturally Empowered was established in 2013 after its founder Stephanie Popso received her health coaching certification after transitioning out of designing clothing in the surf industry. Liz was certified as a holistic health coach in early 2020 after transition out of selling freight in the shipping industry.

As a team, they specialize in healthy habits, stress management, nutrition, weight loss, mental, physical and spiritual well-being. They offer [private](#), group and [corporate](#) wellness coaching, destination wellness [retreats](#), online [courses](#), [yoga](#) classes, [cooking classes](#) and [The Empowered Life Planner](#), a wellness-inspired day planner. Learn more about their journey and specialties [HERE](#).

They are eager to support you on your journey. Book your complimentary discovery call [HERE](#).

Stay up to date with their events & receive wellness tips and hacks delivered to your inbox by signing up for their [newsletter](#).

## Resources

Questions, comments, support email: [steph@iamnaturallyempowered.com](mailto:steph@iamnaturallyempowered.com)

Website: <https://www.iamnaturallyempowered.com/>

Naturally Empowered Tribe FB group: <https://www.facebook.com/groups/NEtribe/>

Facebook page: <https://www.facebook.com/iamnaturallyempowered/>

Instagram: <https://www.instagram.com/naturallyempoweredlife/?hl=en>