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## QChartist Community - Your way to financial freedom

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### Some of the best nutrients that will keep you healthy

Filed under: [Nutrition and Health](#) — admin @ 2:34 pm

Here are some of the best nutrients and food to take together that will keep you healthy :

Voici quelques uns des meilleurs nutriments et aliments à prendre ensemble qui vont vous garder en bonne santé :

Supplements:

- **Red Ginseng** - Translation fr : Ginseng Rouge
- **Rhodiola rosea** - Translation fr : Rhodiole
- **Maca (Lepidium Meyinii)** - Translation fr : Maca
- **Ginkgo Biloba** - Translation fr : Ginkgo Biloba
- **Vitamin C + Magnesium**
- **Brewer's yeast + Selenium** - Translation fr : Levure de Bière
- **Fenugreek** - Translation fr : Fenugrec
- **Eleutherococcus** - Translation fr : Eleutherocoque
- **Ginger** - Translation fr : Gingembre
- **Nettle root** - Translation fr : Ortie Racine
- **Saw palmetto** - Translation fr : Fruit du palmier de Floride Sabal
- Pygeum

-**Ashwagandha**

-moringa

-Alpha-Lipoic Acid

-Kelp

Please respect the daily recommended dosage.  
Take 1/3 of the max. daily dosage in the morning,  
1/3 of the max. daily dosage at the mid day,  
and 1/3 of the max. daily dosage in the evening.  
(4 hours interval)

Veillez respectez la dose journalière recommandée. Prenez 1/3 de la dose journalière maximum le matin, 1/3 de la dose journalière max. à midi et 1/3 de la dose journalière max. le soir.

If you have loose stools, the dosage is probably too much : then take the

supplements only 2 times per day (the morning and the mid day, not the evening.)

Also if you have loose stools, you should mainly eat: rice, potatoes, carrots (cooked), banana and applesauce (compote)

Si vous avez les selles moles, le dosage est probabelement trop important : alors prenez les compléments seulement 2 fois par jour (le matin et le midi, pas le soir).

Before consumption, always taste before (especially capsules), to be sure that products are good, digestible and edible.

Avant de consommer, toujours gouter avant (surtout les gelules), pour etre sur que les produits sont bons, digestes et comestibles.

Food:

- Lemon
- **Linseed / Flaxseed** crushed with a mill / mixer / grinder - Translation fr :

Graines de lin moulues

- **Pumpkin seeds** - Translation fr : Graines de courge
- **Sunflower seeds** - Translation fr : Graines de tournesol
- Celery
- Broccoli
- Banana
- Dates
- Pineapple (juice)
- Oat, whole grains
- Fish, Seafood
- Nuts

-peanuts (not salted)

- Lentils or Chickpeas
- Butter
- Milk, dairy
- Mushrooms
- Spinach
- Blueberries
- **Turmeric** - Translation fr : Curcuma
- **Garlic** - Translation fr : Ail
- Carrot

-peas

- Asparagus
- Chamomile infusion
- Dark chocolate (1 piece per day)
- **Tomato concentrate** - Translation fr : Concentré de tomate
- **Soy** - Translation fr : Pousses de Soja
- **Apple cider vinegar** (occasionally if you have digestive problems) (no more than 1 tablespoon per day) - Translation fr : Vinaigre de Cidre de Pomme

- beets

- cauliflower
- cabbage
- parsley

- strawberry
- mango
- white rice
- apricot

Apple cider vinegar in capsules (powder) can be a great alternative to the classical bottle. And you can take it with you everywhere.

- Grapefruit, pomelo
- **Onion** (red) (1/2 per day) - Translation fr : Oignon
- **Quark (cheese)** - Translation fr : Fromage blanc
- **Cayenne Pepper** - Translation fr : Poivre Noir de Cayenne
- Infusion Pepper Mint - **Licorice** - Mallow - Green Anise - **Green Tea** or **Licorice**
- Cinnamon - Ginger - Cardamom - Clove - **Chamomile** - **Thyme** - Translation fr : Infusion Réglisse, Camomille et Thym
- Bee Pollen** - Translation fr : Pollen de fleurs (d'abeilles)

Medicines:

- If you have palpitations during a long time or panic attacks take 1 mg Lorazepam occasionally (prescribed by your health care doctor). This is the only chemical for which i did not find a natural replacement yet. Maybe Kava Root is a natural replacement but i never tried it yet. But it is important to use the drug if you want to stop palpitations. Nb : beware of the addiction that this kind of medication can generate.
- Some natural alternatives exist like Ginseng, Rhodiola, Ashwagandha, **Valerian root**, **Escholtzia**, **Passionflower** (Passiflore), **Hawthorn** (Aubépine) but they are less potent. These herbs are also good to remove stress and anxiety. It is worth giving it a try.

In bold are those that we should take every day. Then you can add some more during the day (celery, tomatoes, and fish for example)

En gras sont ceux que vous devriez prendre chaque jour.

+ consider to take these : <https://www.qchartist.net/blog/fact-very-often-people-with-unwanted-white-hair-do-not-know-how-to-cure-and-reverse-the-process/>

+ consider to take these : <https://www.qchartist.net/blog/how-to-cure-weight-gain-and-all-other-side-effects-associated-with-the-intake-of-antipsychotic-drugs/>

- [Salmonella, typhus and harmful bacterias remedies](#)

If you take them every day, these products will relieve :

Si vous les prenez chaque jour, ces produits vont soulager :

toothache - Translation fr : problèmes dentaires  
 skin disorders - Translation fr : problèmes de peau  
 stomach pain - Translation fr : maux d'estomac

constipation  
infertility - Translation fr : infertilité  
fatigue  
obesity - Translation fr : obésité  
intoxication  
poisonings - Translation fr : empoisonnement  
cancer  
tumors - Translation fr : tumeurs  
indigestion  
dry mouth - Translation fr : bouche sèche  
cold - Translation fr : refroidissement  
brittle nails - Translation fr : ongles abimés  
headache - Translation fr : maux de tête  
frequent urination  
deficiencies  
hair concerns - Translation fr : problèmes de cheveux  
tinnitus - Translation fr : acouphènes  
palpitations  
addictions  
dyskinesia  
diabetes  
stress  
liver problems - Translation fr : problèmes de foie  
dizziness - Translation fr : vertiges

psychosis  
etc ...

These products changed my life.

Ces produits ont changé ma vie.

#Boost #Combo #Remedy #Remedies #Potion #GrandOeuvre Grand Oeuvre  
#Naturopathy #Alchemy #Alchemist

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