



Weight Loss Surgery Survivor's Guide to the Code Red Lifestyle™ #6 - Supplements

Hello, everyone. Welcome to your digital video learning series where I am going to explain your supplement routine.

Now I have been talking about this during the whole digital video learning series. But it is time to finally get down to the nuts and bolts of what you're going to do. And again, I want you to really think of this as nutritional insurance. Because we cannot take in the same kind of volume. Because our stomachs are cut, maybe altered, our digestion absorption is altered, our plumbing is altered, we really do need supplements.

Because we cannot take in--simply physically cannot take in, as we talked about in the food video, the amount of nutrients you need to stay healthy. So Code Red has come up with some supplements that I think are going to be excellent. In fact, I know they're going to be excellent because I take them, and I feel great. So this will just be nutritional insurance.

Again, we do not believe that you need pills to lose weight. We do not believe in shakes. If you're waiting to lose weight, we don't believe in any of that crazy pre-processed junk. But we do think in the cases of people that have had bariatric procedures, it's super important that you stay on top of your supplement game.

Okay, so your supplement game includes 5 things and I have them all right here for you. I'm going to go over them one by one. Let's start with the Code Red multivitamin. Now at the time of this recording the multivitamins come in 120 capsules. This would be a two-month supply because you are going to take one every morning and one every evening.

Now I do know that some of us who are bariatric patients have trouble swallowing pills. I understand that. I have gotten better at it. At first, I could not and now I've gotten better. These are not very big,

guys. But I have talked to the manufacturer of these, the people that we partner with that put out our product, and if you would like, this gel capsule can be twisted apart.

Okay, I'm just going to show you. It's going to get everywhere, but you understand the idea. I've twisted it apart, and you can dump this into a shake. And like the blended foods that we talked about, and you can have this. So, one in the morning, one in the evening. But if you can just take them with water, you'll do great. Again, this is a great product.

I will talk a little bit more about the ingredients. But we got vitamin A, vitamin C, Vitamin E, we've got some thiamin, some niacin, some riboflavin, all B vitamins. We've got a B6, a full 8, a little bit of B 12, some biotin, which is another. I think it's we got penicillin, some choline, a little bit of calcium, some iron, iodine, a little bit of mag, zinc, selenium, copper, manganese, chromium, a little bit of potassium.

You guys, this doesn't have fillers, it doesn't have a bunch of junk in it. It doesn't have stuff that's going to make your heart rate race. It doesn't have stuff that's going to help you not be you know, hungry.

That was the problem is that when Cristy and I talked about making a multivitamin, the ones on the market were just full of junk. So that's why I like the Code Red multivitamin. It's non-GMO, it is vegan, and it is very just what you need. Just what you need for nutritional insurance. So, one in the morning, one in the evening.

Okay, next we're talking talk about vitamin D3. Now D3, Code Red vitamin D3 is great. That's cute 5000 units. You're going to take one every day. I don't care if you take it the morning or if you take it in the evening. It's totally up to you.

I would take a closer to when you eat so maybe morning might be a good idea. It does better when you eat a meal that has fat, which Code Red Rebels do. So you're gonna take one a day.

Remember, D3 is actually a hormone, and it is responsible for so many of the body's functions. I will list them here on this video. It helps cell metabolism. It helps with hormones. It helps with all sorts of crazy stuff. So, D3 is really important.

Now, if your primary care physician has told you that your D3 levels are normal or high, you will not want to take the D3. That's pretty rare. I'm just gonna be honest. Even if you walk outside every day, we're all wearing sunscreen. It's really hard to get D3 in this hemisphere that we live in. If you live in the North American hemisphere, any of my friends are watching me internationally, it may be a different story. But you're gonna take one D3 a day, unless directed otherwise by your physician.

Okay guys, the next thing, and I'm super excited about this product, Cristy and I worked very hard getting this product for you guys and finding the best form. And this is a methylated B12 vitamin. Why is it methylated? Well, B12 is cyanocobalamin or the more natural form is methyl cobalamin. So we wanted to go with a more natural instead of synthetic form of a B vitamin, because it is easier for your body to synthesize and absorb.

Now these, this is 60 tablets. So that is a two-month supply. Guys, let me show you what they look like. They're these cute little pink pills. They look chewable, they are not. What I want you to do is every day in the morning, this is a morning pill, you're going to take one of these and put it underneath your tongue. Don't chew it. Don't suck on it. It's not a lozenge.

Just put it under your tongue and let it absorb completely, and you want it to absorb. Obviously, once it absorbs, you're going to swallow down the juices, but you really want it to absorb right there. And this is the sublingual cavity underneath your tongue--lingual, meaning your tongue. And so what's going to happen is that it is going to absorb into those tissues. And it's going to work a little more effectively.

If there's a couple little bits left and you chew them up, that is absolutely fine. But we really want this to be a sublingual application. So every morning, you're going to take one and stick it underneath your tongue, give it some time, it's going to take some time to dissolve. Okay, so that is a one a day B vitamin. We've talked about it in this series. Again, I will review underneath here some of the very important things that B vitamins do. Really important for gastric surgery patients.

Magnesium is our next one, Code Red magnesium. Okay, now, here's the thing with magnesium, you are getting a little bit in here. Most people are low on magnesium. And it's such an important, such an important mineral that we need. I'll put some of the functions of magnesium underneath here while I'm talking for you guys. But it is such an important mineral and I really want you not to be low on it.

Now here's how you're going to do magnesium, I'm gonna have you start with three a day, I don't care when you take them, you can break them up again, let me show you they're a little bit smaller than the multivitamin, it looks like. And again, these can open up, same thing, just go ahead and twist opposite ways on this and you can open up that capsule and put it in.

You'll just want to whatever you put it in, you're going to want to eat within 30 minutes. So whether you do that with a multivitamin or the magnesium, you open it up, just eat it right away. Don't let it sit all day. That's really important because we want that to go to the correct place. But the people that we partner with to make this product, they said it was perfectly acceptable, according to scientists for you to open up those capsules.

Again, vegan, non-GMO, this is an excellent product. I want you to start again with three a day. Now, if you start having a lot of diarrhea, you can cut back to two.

If you start having a lot of leg cramps, or you start having a lot of problems with the water intake and you're having a lot of cramping, a lot of problems like your electrolytes are low, you can go up on these. Again, always follow your doctor's orders.

But that is kind of a good starting point for you because you are getting some magnesium in this. So start with three see how it goes. And you can adjust as needed on that one depending on your size and how many electrolytes your body seems to need.

Okay, last but not least, Code Red probiotics. Yes, they are making another appearance. Let's talk about them. Here they are. Code Red probiotics have lactobacillus, acidophilus, Bifidobacterium, longum, hope I'm saying that right, lactobacillus, planetarium, and Bifidobacterium lactis.

I know you're all wondering about those names. Here's the deal. Those four crazy names I just named off to you. These are live gut bugs. And what happens is when you have the correct and you add to the gut bugs that are in your current microbiome, what happens is you are able to digest foods easier.

You're not going to get as much bloating, as much of a problem as you with your pooping, as many problems with digestion. Good gut bugs help make things like serotonin, melatonin, they say your second brain is in your gut. So, if you do not have good gut bugs, you're at risk for having leaky gut syndrome and all sorts of issues that we do see, especially with people that have had their guts rerouted, messed around with, cut and reattach.

I am one I had a lot of problems with, with bowel movements and a lot of problems with gas and bloating until I started taking the Code Red probiotic.

So, you're just gonna take this once a day, morning or evening, and this is excellent. This will make a big difference. Give it a little bit of time, but this will make a big difference with digestion and just helping your overall gut health feels so much better.

Code Red multivitamin: one the morning, one night. You can open them up and put them into your food. Make sure that you eat it within 30 minutes of opening it.

Code Red vitamin D: one a day unless your doctor has told you otherwise. One a day, preferably around a meal with fat in it, but it's okay if you can't.

Next methylated B12: one a day in the morning underneath your tongue, sublingual, let it dissolve. Just let all your juices do what it's supposed to do.

Code Red magnesium: start with three a day, change it up if you need to go up or down depending on how your poop is doing. I don't want you to have lots of diarrhea--we can change this. Okay? So be aware and start with three a day.

And Code Red probiotic. You guys these come in these really cool foil, individual foil capsules to keep them healthy and safe. You're going to do one a day on those.

I hope this makes sense. Thank you so much for joining me for the visual video learning series. I have enjoyed being able to be a part of it with you. And I just wish you all the greatest success and luck with taking your life back. And you are a survivor--you survived weight loss surgery. And now we can get this weight off you forever, so you don't have to go around this mountain again already.

Thanks, everyone.