

A Naturopathic Doctor Shares His Top 6 Daily Supplements

As we enter a new year maintaining good health is still 1) _____ most everyone's minds. And while building 2) _____ the strength of the immune system will continue to be the focus in 2021, it is important to start looking beyond immunity and address long term health goals. It starts with a healthy lifestyle, diet, mindset, and a foundational supplement program of a [multiple vitamin-mineral formula](#), extra [vitamin C](#) and [D3](#), and high-quality [fish oil](#). But when seeking optimal health we often must go beyond the basics.

Natural products such as [glutathione](#), [quercetin](#), [melatonin](#), [curcumin](#), [berberine](#), and [CoQ10](#) can really make a difference in improving health. In this article, you will find an overview of supplements, that 3) _____ on new research and understanding, may be important to consider adding to your regimen in 2021.

Berberine, Weight Loss, and Blood Sugar Control

One of the most exciting natural products in current medical research is [berberine](#), an alkaloid found in goldenseal root, barberry bark, Oregon grape root, and coptis (goldthread) root. 4) _____ is so exciting about the research is the extremely positive effects of berberine in helping improve issues that many people struggle with such as blood sugar control, weight loss, and metabolism.

Berberine exhibits a number of beneficial mechanisms to produce these effects including an ability to activate the important enzyme called AMP-activated protein kinase or AMPk for short. AMPk is found inside every cell and 5) _____ as a "master regulating switch" for activating mitochondria, the energy compartment of cells, to increase energy metabolism.

Overall, the activity of this enzyme plays a major role in determining the action of insulin as 6) _____ as body fat composition, especially the amount of visceral or "belly" fat. Clinical studies have shown berberine at a dosage of 500 mg three times per day before meals can improve metabolism and insulin sensitivity 7) _____ to an average weight loss of five pounds more than a placebo group over a 12 week period.¹⁵⁻¹⁷

[Berberine](#) also is good for the intestinal microbiome, the collection of microorganisms that live within us. In 8) _____, many of the benefits of berberine are through improving the growth of beneficial bacteria. Not surprisingly, berberine has outperformed [probiotics](#) in improving digestive function and relieving gas, bloating, and improving bowel habits.¹⁸

The Bottom Line

- Good health starts with a good diet and lifestyle.
- The brain requires exceptional mitochondrial energy production in order for it to function optimally.
- There is growing research documenting the role of decreased mitochondrial function from aging and symptoms such as loss of energy, low immune function, decreased cognitive function, and poor memory
- Supplements such as [glutathione](#), [quercetin](#), [melatonin](#), [curcumin](#), [berberine](#), and [CoQ10](#) all share the ability to make a difference in the brain and protect the function of the mitochondria.
- Optimizing the health of our mitochondria may be 9) _____ to overall health.