



The Veterinary Professional Essential Shopping List

High Dose Vitamin C

As well as a great antioxidant, this immune supplement taken as a daily dose will help to ward off respiratory disease, colds, and flus. You will only absorb what your body needs, use a sugar free pH balanced brand (Metagenics, Clinicians and Ester C).

Psyllium Husk

Will help regulate your bowel movements and assist with detoxification. Prebiotic and probiotic with fibre for gut support as “all disease begins in the gut” (Hippocrates).

Organic Herbal Teas

For gut support, immunity support and sleep.

Himalayan Salt

On all your meat and vegetables – cramps and dizziness can be a sign of low salt but make sure you know your blood pressure first (and take it easy on the salt if it is elevated).

Vegetables

Fibrous vegetables include cauliflower, broccoli, spinach, onions, capsicum/ peppers, brussels sprouts, mushrooms, cucumber, celery, tomatoes, leek, spring onion, sweet potato/kumara, edamame beans, eggplant, radishes, and zucchini/courgettes.

- **Leafy Greens:** bok choy, kale, lettuce, pak choi, rocket, spinach, silver beet, sprouts/microgreens, and bean sprouts.
- **Avocado:** is a good fat that goes with everything, one half per day is a wonderful addition to any meal.

Nuts & Seeds

25-40g daily recommended for health: Nuts are a good source of fat and protein; hemp and chia seeds can be used in abundance.

- **Macadamia nuts:** a handful a day keeps the sugar craving at bay.
- **Walnuts:** good for digestive system or snack before bedtime.
- **Almonds:** good for irritable bowel.
- **Brazil nuts:** 2-3 a day will provide selenium supplementation in deficient countries, eg: New Zealand



Protein

2 servings a day of free-range poultry, beef, lamb, venison, eggs, paneer, cottage cheese, paneer, tempeh, seafood.

Fruit

Berries have low glycaemic index meaning they don't raise blood sugars like other fruits. They are the world's primary superfood packed with bioavailable nutrients and antioxidants.

- **Organic blueberries:** good for immunity from coughs and colds plus health of eyes, intestines, circulatory system, and urinary tract. Rich in polyphenols, a class of antioxidants they 'mop up' free radical damage and restore cell vitality.
- **Lemons and manuka honey:** for drinking throughout the day.

Apple Cider Vinegar

30ml daily, probiotic, digestive aid, a natural detoxifier, and breath deodoriser; it helps alkalise the body and makes for a wonderful sleep tonic. Rinse mouth out with water after consuming to avoid the acid wearing out your pearly whites if taken as a shot.

Dairy

It is good to note 67% of the global population are dairy intolerant – signs are bloating, diarrhoea, reflux, constipation, brain fog and mental fatigue, sinus issues or phlegm build up. Avoid if you have any of these symptoms and swap out dairy for non-dairy options for example coconut based.



Superfoods, maca (hormone balancing), cacao (high in magnesium), fine kelp powder (high in iodine for thyroid health and metabolism)

Smoothies

The rule of thumb is 60% fruit and 40% greens (avoid bananas if possible) – use organic greens of superfood green mixes. Use organic coconut milk or yoghurt instead of dairy if you have gut issues.

Herbs & Spices

Great flavour enhancers for your meals:

- **Parsley:** good for digestive system
 - **Mint:** good for migraines and the respiratory system
 - **Oregano:** good for respiratory and digestive system
 - **Thyme:** good for the urinary, joints, and respiratory system
 - **Chillies, chilli flakes, turmeric, spice, and curry mixes** are all good to help flavour meals. Make sure they are free of flavouring and colourings, sweeteners and oils, flavour enhancers, MSG, and preservatives.
 - **Cinnamon sticks** in your drinking water can help curb the afternoon sugar lows.
- 
- 

- **Herby paste:** grab 2 massive handfuls of herbs, add 1/4cup cold pressed oil (flaxseed, olive, or avocado) and 1/8 cup of organic apple cider vinegar + pinch Himalayan Salt (manuka honey, sugar free mustard optional)
- **Herby sauce:** add natural Greek sugar free yoghurt to organic dried herb mix or your herby paste to make a delicious sauce for vegetables, meat, fish, or salad.

Probiotics

Cultured yoghurt and lacto-fermented vegetables and pickles are highly nutritious, nourishing, and beneficial for your microbiome. Kimchi is the most famous food to come out of Korea, Sauerkraut is the well-known German version.

Coconut

The healing power of coconut:

- **Coconut oil** is the healthiest oil for frying, highly nutritious and high in fibre, minerals, and vitamins.
- **Dried coconut** can be added to breakfast cereals
- **Coconut milk** is good in smoothies or soup, eat off a spoon. Use ¼ cup coconut yoghurt and blueberries as a snack or add to raw food slices, desserts, and fudge.

Research the health benefits of coconut at www.coconutresearchcenter.org.

Good Wheat Flour Alternatives

Coconut flour and almond flour are the best high fibre/low carbohydrate options.

Chocolate

25g of 70% of additive free chocolate is a nice treat to finish the day.