



NDK CORE 4 P R O T O C O L

WE OFTEN GET ASKED THE FOLLOWING TWO QUESTIONS:

1. What do you suggest for a good multivitamin?
2. If your diet is so good, why do you need to supplement?

These are both fantastic questions, with slightly more complex answers. So let's break each down.

WHAT DO YOU SUGGEST FOR A GOOD MULTIVITAMIN?

We all want that quick simple fix to our nutrient intake, don't we? Wouldn't it be great if we could just take a daily pill and not have worry about what we eat? Often this is the thought process behind taking a multivitamin. We know we aren't eating that great, but if we take a multivitamin we are covered. Sorry Charlie, it doesn't work that way. While there are a handful of quality multivitamins out there, they are hard to get for the average consumer because you likely will need to get them through a practitioner. But more importantly, even with the quality ones, you may likely be paying for much more than you need, or the opposite, paying too much for far too little! Most nutrients we can get through our diet, while others we may struggle to get enough, or even worse, because of modern life, we need more than what we realize.

IF YOUR DIET IS SO GOOD, WHY DO YOU NEED TO SUPPLEMENT?

NOW THIS IS A SOLID QUESTION THAT WE GET OFTEN, AND IT LARGELY BOILS DOWN TO A FEW POINTS.

- Our soils are becoming nutrient-depleted, leading to a nutrient-depleted food supply. Even compared to just a few decades ago, our soils are looking bleak.
- Our modern lifestyle requires higher amounts of nutrients to cope.
- Previous nutrient depletions in the body, and other dysfunctions may need corrected.

The first two are what we want to focus on, because our focus of the Core 4 is that these are nutrients we may all likely need more of. The Core 4 was put together based heavily on these two points: nutrients depleted in our soils, and what we need more of because of our modern lifestyle. What do we mean when we say modern lifestyle as a reason? Things like constant stress and toxicity issues can deplete our body of several nutrients. Another great example is our lack of healthy exposure to the sun, resulting in low vitamin D.

Over 75% of Americans are deficient in magnesium, and even more are deficient in vitamin D. Deficiencies in several B vitamins were so common that the government mandated that wheat products be fortified with added (but synthetic) B vitamins. We have also fortified many dairy products with Vitamin D as well. When we allow nutrient deficiencies to go unmanaged, especially several, we open our bodies up to dozens of potential serious health problems from Alzheimer's to diabetes and heart disease.

Because of our mass farming practices like mono-cropping, we have massively depleted many nutrients from our soils. Even if we are getting organic produce, it simply isn't nearly as nutrient-dense as it was a few decades ago. Here is a quote from Scientific American: "A landmark study on the topic.. looked at nutritional data from both 1950 and 1999 for 43 different vegetables and fruits, finding "reliable declines" in the amount of protein, calcium, phosphorus, iron, riboflavin (vitamin B2) and vitamin C over the past half century."

It is because of these compounding factors, that supplementing is becoming more and more needed for optimal health. We also have to look at how often we are truly consuming organs and shellfish such as oysters, mussels, and clams, those foods packed with the most nutrients per serving. Especially organs, which were sought after for thousands of years, are becoming less and less common at our dinner table. We are also often short on eating adequate amounts of omega 3 rich seafood on a regular basis.



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WHO IS MOST SUSCEPTIBLE TO NUTRIENT DEFICIENCIES?

Nearly every pharmaceutical drug can increase our risk for one or multiple nutrient deficiencies, whether they may inhibit the absorption, block the endogenous production, or they force the body to use up more in order to properly rid the chemical from the body. This means anyone with current use or history of medications, may be at risk for one or more deficiencies.

Many chronic diseases are also highly associated with nutrient deficiencies as well. If you do not regularly (we recommend 8oz of organs a week, and 16oz of fish) consume organ meats, cold water fatty fish, and get adequate sun exposure, you are likely deficient in B vitamins, omega 3s, and vitamin D. If you are not consuming fermented foods and/or coming in contact with organic soils on a daily basis, you may likely need regular support of probiotics as well. Targeted liver support is something we could argue that every single person living in an industrial nation needs because of the many unavoidable environmental toxins we are exposed to, even when trying to avoid them as best possible.

HOW LONG SHOULD YOU TAKE THIS?

The objective of the Core 4 is to fill in the gaps in our nutrition that are some of the most common deficiencies. You might be wondering why someone doesn't just make a multivitamin with these nutrients. First is likely due to trying to market one product that has such a high cost compared to other multivitamins. Second is that you wouldn't want to take these all at the same time each day. Probiotics for example should be taken away from food, while vitamins, minerals and fatty acids should be taken with food to ensure optimal absorption. Fish oil is highly susceptible to damage and should not be put into powder form. Some find that over time, they don't take these nutrients on a daily basis, but instead every other day, as they begin to seek out more regular consumption of organs and fatty fish.

SUPPLEMENTAL PROTOCOL:

ACTI-MAG PLUS - This product has quickly become a favorite. It's packed with several bio-active forms of B vitamins, non-laxative magnesium, as well as beet extract taurine, which help support liver detox through supporting bile flow.

Dosage - Use 1 scoop daily in water.

BIOMEGA1000 - Omega 3 fatty acids are so crucial to balance if we want optimize our health for so many variables. Many health conditions can increase our need for these crucial fats, and so many people are consuming no where near enough of them. They also consume too many omega 6 fats, which we need to keep in balance with our Omega 3s. Omega 6 can sneak into our diet so easily, even when consuming a real whole food diet.

Dosage - Take 2 capsules daily with food.

BIO DK MULSION - This is ideally the option you want to choose, as vitamin K helps to better utilize the vitamin D, but it is NOT recommended for those taking any sort of blood thinner, as the Vitamin K can interact against the blood thinner.

Bio DK Dosage - Take 4-6 drops daily with meal.

BIO D MULSION FORTE / BIO D MULSION FORTE - Vitamin D has been likened to more of a hormone than a vitamin because of its many activities and signaling functions in the body. It's critical to so many functions and systems, and its deficiency is linked with a myriad of chronic health problems. The darker your skin tone, and/or the more north you live, the more susceptible you are to a deficiency of this invaluable compound.

BIO D MULSION FORTE: Dosage - Take 2-3 drops daily with meal

BIO D MULSION: Dosage - Take 10 drops daily with meal

CHOOSE ONE



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BIODOPH 7 PLUS - A blend of 7 bacteria strains from the Lactobacillus and Bifidobacterium genus of bacteria, which make up the vast majority of the types of bacteria in our gut.

Dosage - Take 1-2 daily away from food.

TERRAFLORA SYNBIOTIC - DAILY CARE - A low dose of soil based bacteria, once rich in our diet and lifestyle, but now almost non-existent do to the over-sterilization of our food supply and lack of regular contact with healthy soil.

Dosage - Take 1-2 daily away from food.

TERRAFLORA WOMEN'S DAILY - Uniquely incorporates organic whole cranberry fruit with a scientifically supported quantity of 36mg proanthocyanidins (PACs), to support a healthy urinary tract. Formulated with wild organic seaweeds and organic mushroom extracts. Features two novel probiotic strains, shown in studies to produce highly bioavailable antioxidants.

DOSAGE: Start with 1 capsule every other day, and gradually increase to 1 capsule 2x daily. Best taken with food.

TERRAFLORA SYNBIOTIC - DEEP IMMUNE - Formulated with LC-Plasma, a unique paraprobiotic clinically tested to activate pDCs (plasmacytoid dendritic cells). Known as the "commander-in-chief" of the immune system, pDCs bridge the gap between the innate and adaptive immune systems – our first and second lines of defense.

DOSAGE: Start with 1 capsule every other day, and gradually increase to 1 capsule 2x daily. Best taken with food.

CORE 4 KIT

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THE FOLLOWING KIT SUPPORTS A PROTOCOL LASTING ROUGHLY 6 WEEKS (TIMES MAY VARY BASED ON INDIVIDUAL NEEDS)

- **Acti-Mag Plus** - 1 container - use 1 scoop daily in water
- **Biomega 1000** - 1 bottle - take 2 capsules daily with food
 - **Bio DK Mulsion** or **Bio D Mulsion** or **Bio D Mulsion Forte**
 - Bio DK - take 4-6 drops daily with meal
 - Bio D Mulsion - take 10 drops daily with meal
 - Bio D Mulsion Forte - take 2-3 drops daily with meal
 - **BioDoph 7 Plus** or **Terraflora - Daily Care** or **Terraflora Women's Daily** or **Terraflora - Deep Immune** - 1 Bottle
 - BioDoph 7 - take 1-2 daily away from food
 - Terraflora Daily Care - take 1-2 daily with or without food
 - Terraflora Women's Daily - take 1 capsule 2x daily with food
 - Terraflora Deep Immune - take 1 capsule 2x daily with food

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DESTINATION HEALTH CREDENCE:

-  **DIET** - Here at Destination Health, we always believe that a base of a real, whole food diet is crucial when addressing our health. Your diet should be rich in meats, eggs, fish, shellfish, vegetables, nuts, seeds, leafy greens, and minimal fruits. A healthy diet is one rich in diversity, of both plant and animal-based foods, as well as not high in carbohydrates, and for some that may even require a Ketogenic approach.
-  **LIFESTYLE** - Your lifestyle is another important piece to your success, just as what you put in your body. Managing stress, proper sleep, and including regular movement into your lifestyle will go a very long way to improving your markers of health.
-  **TRIBE** - Destination Health is the ultimate resource for drivers who believe in REAL FUEL! We are dedicated to help understand and reverse the effects of your current diet and lifestyle based on your bio-individual nutritional needs. Achieving optimal health takes time, dedication, and commitment. The Destination Health tribe is here to offer support and guidance as you continue on your journey to a better you!

You are following a protocol designed for a specific outcome. Dosage will vary (bottle vs protocol instructions). Please follow protocol instructions for optimal results.

The information and protocols provided by Destination Health, presented here at letstruck.com and as presented in any Podcast or Live events, are not offered as cures, prescriptions, diagnoses or a means of such. No attempt should be made to use any of this information as a form of treatment without the approval and guidance of your primary health advisor. Let's Truck assumes no responsibility in the correct or incorrect use of this information.

