

Supplementation

Supplementation is just that...supplementary, however I do highly recommend them as they also provide a huge amount of support for the first 6 weeks of the program and ensure even faster results. You can find the brands I recommend in the "Sam Recommends" page.

Liver Support

As we lose weight quickly we will be releasing a LOT of toxins (*remember: the main purpose of fat is to store toxins*). So we must ensure we support the liver during this time to enable it to process these toxins so they are not left free to float around our bloodstream causing headaches, brain fog, lowered emotions, flu like symptoms and a general state of lethargy.

While the diet we are on will do this to some extent I highly recommend taking at least a few of the following to bolster your liver for the next 6 weeks.

MILK THISTLE

Easy to take, easy to find, cheap to buy, no side effects and very effective. A firm favourite of mine. Available in liquid or pill form.

I'd take this 3 - 4 times a day for the next 6 weeks.

COLLAGEN

I talk about this more below but the amino acids in collagen help the lever detox quicker making this one of the supplements you really should be taking daily as it has so many benefits.

Vit B12

Go for the sublingual form or buy from a top brand as quality can be a big factor in Vit B supplements. I recommend quicksilver scientific sublingual or Thorne if you prefer pills (see the Sam recommends section).

Follow the manufacturers recommendation for dosage

GLUTATHIONE

The bodies master anti oxidant. This is great for our detox efforts. Again I recommend the sublingual form by Quicksilver Scientific or Thorne for the pill version, for the best bang for your buck.

Follow the manufacturers recommendation for dosage

DR SHADES BITTERS

A bit more difficult to find but works wonders for the liver.

Follow the manufacturers recommendation for dosage

Reduce Inflammation/Joint Pain & Promote Rapid Repair

DHA (Algae or krill oil)

You've probably heard about the critical role of correct omega balance. Typically in the western world we have for too much omega 6 and not enough omega 3. Now following the diet we are we are going to be much closer to the balance we need but omega 3 is also hugely anti inflammatory.

When you consider that inflammation is one of the great causes of weight gain anything we can do to get it down especially in these early stages is going to be a good thing.

Take 500mg twice a day with food.

SYSTEMIC ENZYMES (Wobenzymes)

Enzymes are naturally occurring in the human body, but as we get older we naturally produce less and less of them. Systemic enzymes carry out a number of critical roles in the body. Mainly breaking old scar tissue on muscles and tendons and relieving joint pain but also play a huge role in reducing inflammation.

For the reasons mentioned above this is a HUGE deal for us at the moment. It's important these are taken well away from food (*at least 1 hour, preferably more*) otherwise rather than going to work in the body they aid in the digestion of food.

Now the recommended dosage of these is pretty wide I've sure you noticed and for good reason. **If you're below 25 and free from joint pain I probably wouldn't bother with these at all.** You should still have enzymes in your system for all your daily needs. For the rest of us keep reading.

For those free from joint or muscular pain start at the lower end of the scale for what I call a maintenance dose.

For those of you who suffer with joint or muscular pain start at the upper end of the scale. As you notice the pain drop over the course of the next 6 weeks, drop your levels until you find your maintenance dose.

Up the dose after a day of heavy exercise to avoid DOMS the following days. I will typically take 4 - 6 after a big day of kitesurfing.

Take 3 - 10 capsules once to twice a day away from food.

COLLAGEN (grass fed, grass finished or if you're in a pinch from seaweed)

Collagen contains many of the amino acids which act as the building blocks for the human body. Its also something which due to our focus on muscle meat we don't tend to get in the diet much.

Now part of what we are trying to do here is remove toxins and inflammatory agents to allow your body time to recover, rebuild and be more resilient.

As collagen provides the building blocks our body needs to build itself up it is the perfect supplement for us to be taking at this time to speed up the healing process.

Collagen also supports the liver to detox more rapidly.

Take 1-2 teaspoons twice a day with or without food.

Injury Prevention & Pain Reduction

These supplements also serve the purpose of repairing our body at the same time as reducing inflammation. For this reason it's VERY likely you'll find after the 6 weeks of this course is over, of you've been taking these supplements, aches and pains you used to have simply disappear, you suffer less the days after a hard day of exercise, you're more supple and resistant to injury and recover much faster when you are injured.