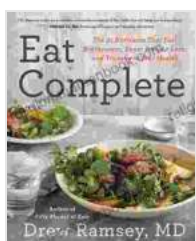


# The 21 Nutrients That Fuel Brainpower, Boost Weight Loss, and Transform Your Health

The human body is a complex machine that requires a symphony of nutrients to function optimally. Among these, 21 essential nutrients stand out as the cornerstone of brainpower, weight management, and overall well-being. By understanding the role of each nutrient and incorporating them into our diets, we can unlock a new level of vitality and health.



## Eat Complete: The 21 Nutrients That Fuel Brainpower, Boost Weight Loss, and Transform Your Health

by Drew Ramsey M.D.

★★★★☆ 4.4 out of 5

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## The Essential 21 Nutrients

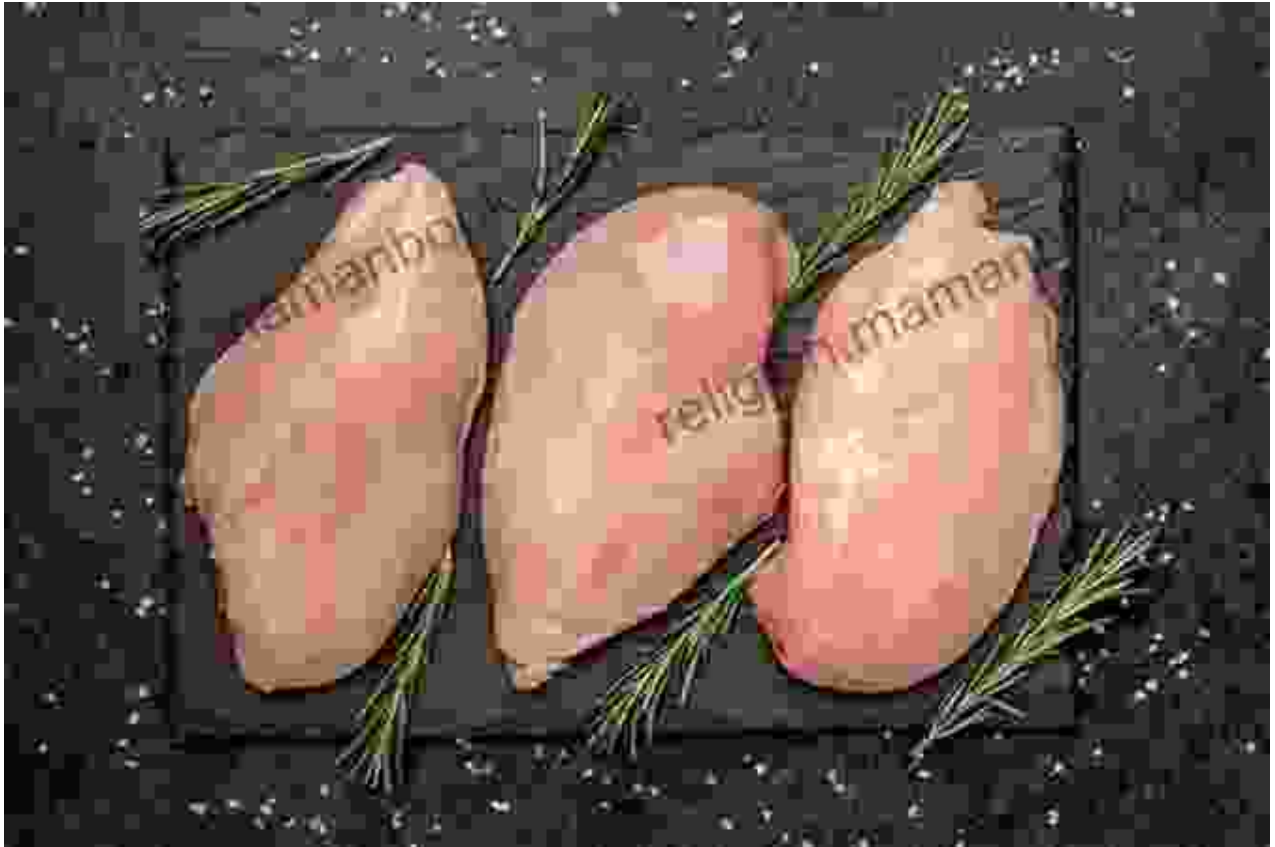
### 1. Water

Water comprises over 60% of our body weight and plays a crucial role in brain function, hydration, and detoxification. Aim for 8 glasses of water per day, especially during exercise or hot weather.



## 2. Protein

Protein is essential for building and repairing tissues, producing hormones, and supporting muscle function. Aim for 0.8-1 gram of protein per kilogram of body weight each day.



### 3. Carbohydrates

Carbohydrates provide energy for our bodies and brains. Choose complex carbohydrates such as fruits, vegetables, whole grains, and legumes for sustained energy levels.



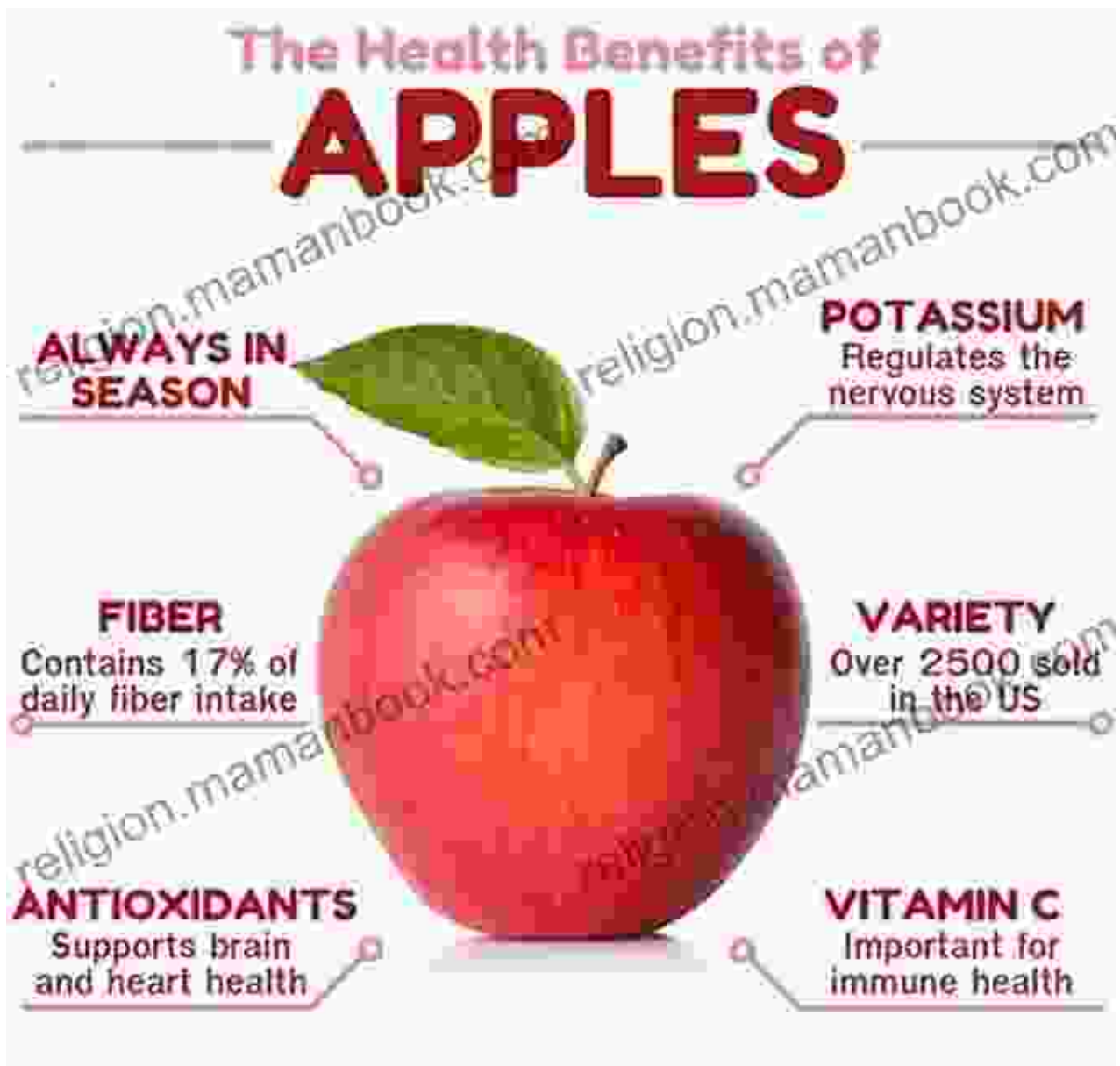
#### 4. Fats

Healthy fats, such as omega-3 fatty acids found in fish, nuts, and seeds, are essential for brain function, hormone production, and heart health.



## 5. Fiber

Fiber promotes satiety, supports digestion, and lowers cholesterol levels. Aim for 25-30 grams of fiber per day from fruits, vegetables, and whole grains.



## 6. Vitamins

Vitamins are essential for a wide range of bodily functions. Vitamin A supports vision, vitamin C boosts immunity, vitamin D promotes bone health, and B vitamins support energy metabolism.



## 7. Minerals

Minerals such as calcium, iron, sodium, and potassium regulate fluid balance, build bones and teeth, and support nerve and muscle function.

# HEALTH BENEFITS OF MINERALS

Organic  Facts

**Potassium-** Manages diabetes and boosts brain function

**Iron-** Aids in formation of hemoglobin and prevents anemia

**Magnesium-** Treats high blood pressure, lowers anxiety and stress

**Phosphorous-** Reduces muscle weakness and corrects sexual weakness

**Zinc-** Manages skin care, eczema, acne, heals wound and rights blindness

**Calcium-** Boosts bone health, relieves insomnia and improves dental health



[www.organicfacts.net](http://www.organicfacts.net)

## 8. Choline

Choline is crucial for brain development, memory, and mood regulation. Good sources include eggs, liver, and soy products.





## 9. Creatine

Creatine enhances muscle strength and power. It is naturally found in meat and can also be supplemented.



## 10. Electrolytes

Electrolytes, such as sodium, potassium, and chloride, regulate fluid balance and nerve function. Sports drinks and electrolyte-rich fruits like bananas can replenish electrolytes lost through sweat.

# ELECTROLYTES LOST WHEN YOU SWEAT

WHILE WORKING OUT, YOU LOSE THE 4 MOST IMPORTANT ELECTROLYTES.

**POTASSIUM**  
Eat bananas to replenish lost potassium.

**IMPORTANT RULE!**  
Consume sodium and potassium after exercising.

**SODIUM**  
Eat peanut butter on a bagel for a snack after working out.

**CALCIUM**  
Milk & milk products provide a powerful combination of carbs, calcium, potassium & protein.

**MOO!**  
Don't like milk? Try yogurt!

**MAGNESIUM**  
Fruits, grains & dried beans can replenish magnesium.

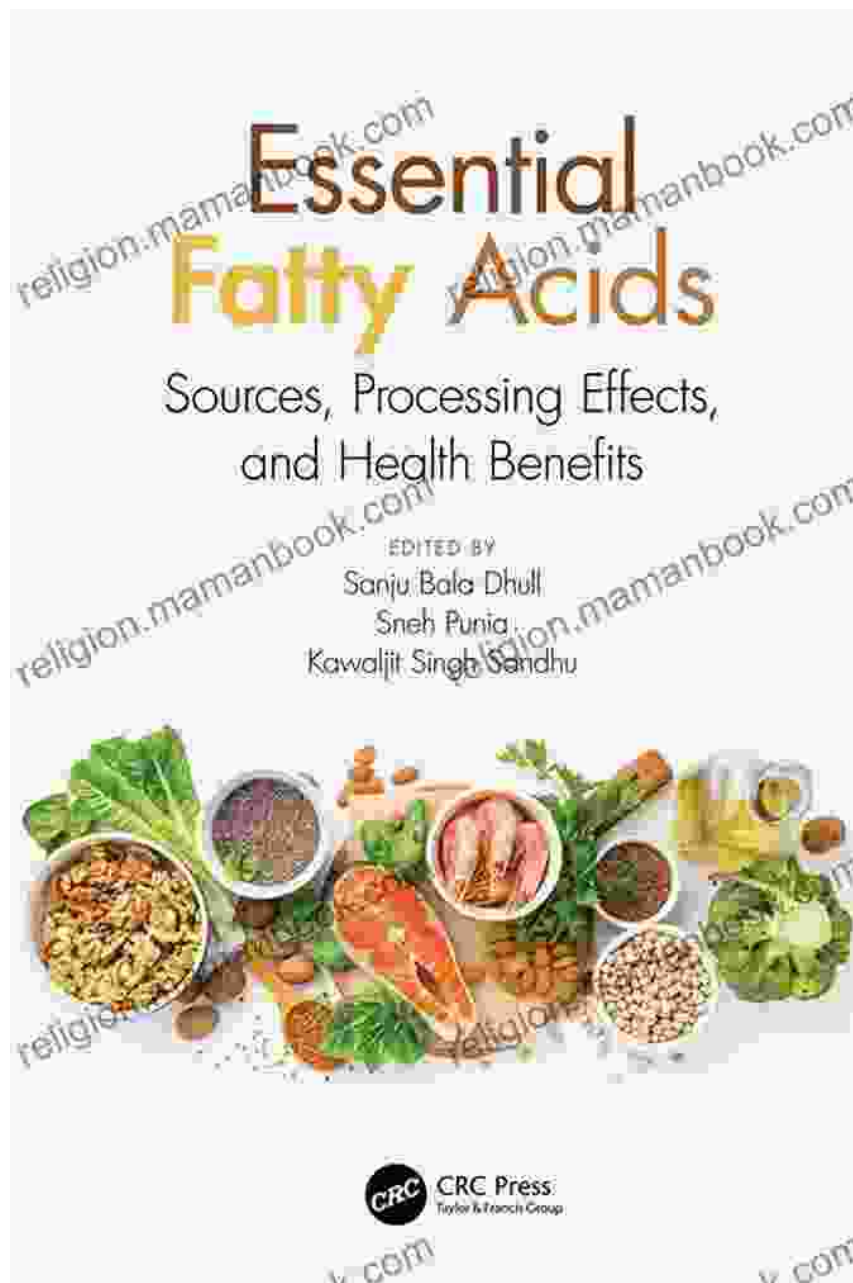
AFTER ANY INTENSE EXERCISE, IT IS IMPORTANT TO REPLENISH THESE ELECTROLYTES.

**BAPTIST HEALTH**

Source: [www.baptisthealth.com](#)

## 11. Essential Fatty Acids

Essential fatty acids, such as omega-3 and omega-6 fatty acids, are vital for brain function, heart health, and inflammation reduction.



## 12. Fiber

Fiber promotes satiety, supports digestion, and lowers cholesterol levels. Aim for 25-30 grams of fiber per day from fruits, vegetables, and whole grains.



### 13. Glycine

Glycine is an amino acid that supports sleep quality, muscle growth, and collagen production.



#### 14. Glutamine

Glutamine is an amino acid that supports gut health, immune function, and muscle recovery.



## 15. Histidine

Histidine is an amino acid that supports wound healing, immune function, and red blood cell production.

## What to look for in a layer feed:

**16% protein, 3.25% calcium**  
Day-to-day performance

**Added omega-3**  
Egg nutrition


**Prebiotics & probiotics**  
Immune and digestive health

**Marigold extract**  
Rich, yellow yolks

**Amino acids**  
Feathering and egg production

**Calcium, manganese & trace minerals**  
Bone and shell strength

**Vitamins A, D & E**  
Feathering and egg production



### 16. Iodine

Iodine is a mineral that is essential for thyroid hormone production. Good sources include iodized salt, seafood, and dairy products.





## 17. Iron

Iron is a mineral that is essential for red blood cell production and oxygen transport. Good sources include red meat, beans, and fortified cereals.



## 18. Lysine

Lysine is an amino acid that supports protein synthesis, wound healing, and immune function.



## 19. Magnesium

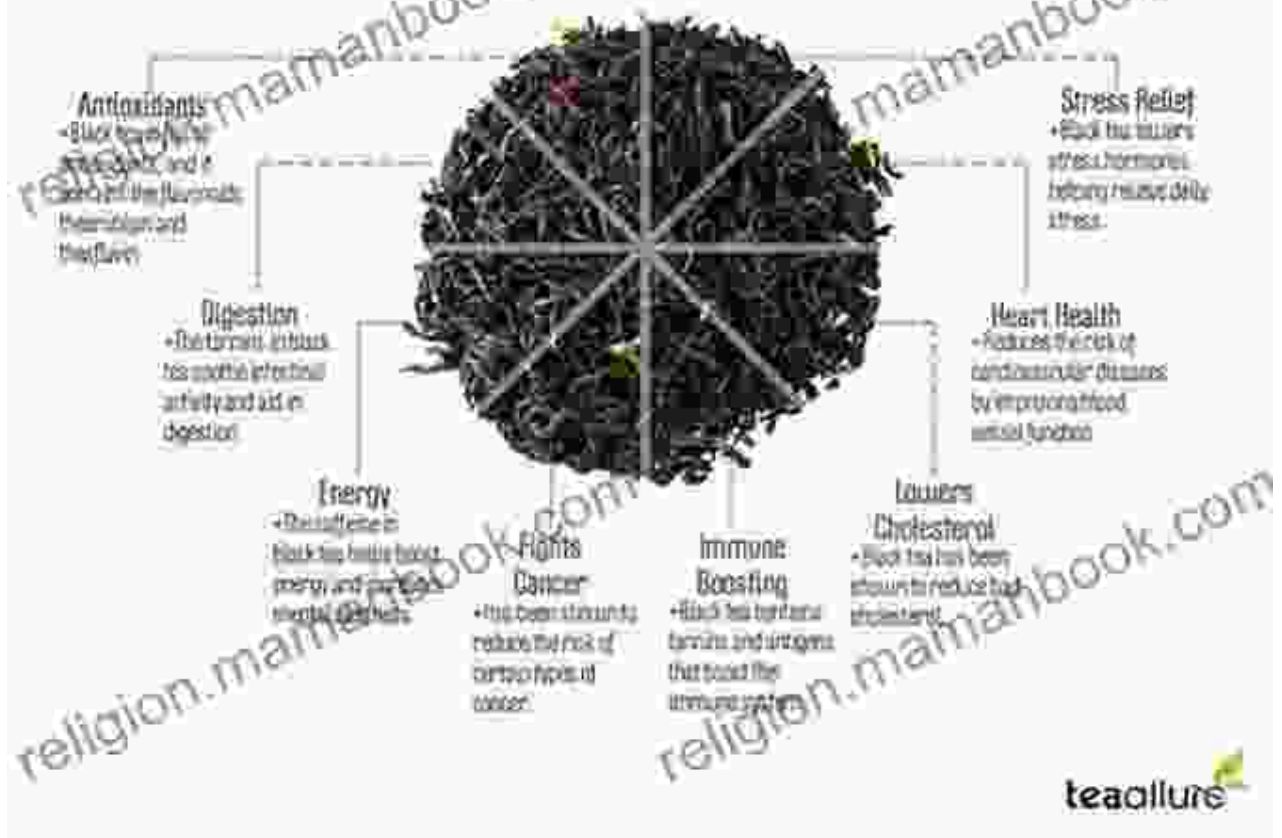
Magnesium is a mineral that is essential for muscle and nerve function, blood sugar regulation, and sleep quality.



## 20. Manganese

Manganese is a mineral that is essential for bone formation, blood sugar regulation, and antioxidant defense.

# Health Benefits of Black Tea

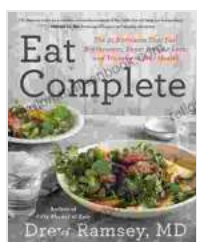


## 21. Molybdenum

Molybdenum is a mineral that is essential for sulfur metabolism and detoxification.



By incorporating these 21 essential nutrients into our diets, we can unlock a new level of vitality, brainpower, and overall well-being. Each nutrient plays a unique role in supporting our physical, mental, and emotional health. By understanding their functions and optimizing our intake, we can transform our bodies and minds, achieving the optimal health we deserve.



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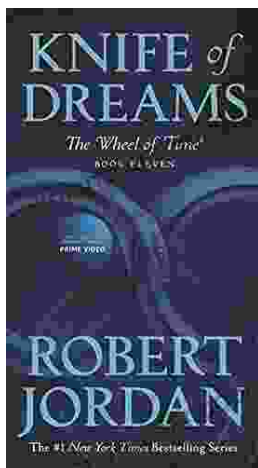
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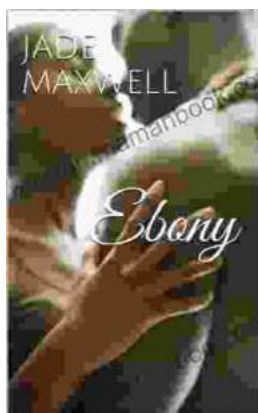
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