

Dr. Gangemi's Healthy Lifestyle Info!

- 1) **Footwear (When you can't go barefoot!):**
 - a. VivoBarefoot: www.vivobarefoot.com/us
 - b. Feel Grounds: www.feelgrounds.com
 - c. Xero Shoes: www.xeroshoes.com/go/sockdoc_gangemi (my go-to running shoes)

Why go barefoot? Check out sock-doc.com.
- 2) **Whey protein:** We carry and recommend **Whey Cool** by Designs for Health because it's organic and undenatured grass-fed whey from cows. This means that MSG was not created during the processing which is the case with most other whey proteins. The very few and hard to find whey proteins that don't have MSG typically are sweetened with a lot of sugars. Not only is whey an ideal bioavailable source of protein but it is loaded with glutathione, perhaps the body's most potent antioxidant. Whey Cool comes in plain and vanilla and is \$55 from our office – the cheapest you'll find it anywhere.
- 3) **Smoothies:** My typical recipe: Around 1/3 to 1/2 of a can or more of coconut milk, water to liquefy as needed, 6-8oz of berries, green stuff (parsley, cilantro, kale, whatever you like), ginger root – blend this all up until well (Vitamix blenders are best!) and then TURN DOWN your blender to very low, just stirring lightly and then add 1-2 scoops of whey protein (20-40g protein). As soon as the protein is mixed in, stop the blender! If you add the whey protein in too early and pulverize it there's a chance you'll denature it (less healthy) and you'll also create a lot of foam so it won't taste too good.

*I also often use raw egg yolks (organic, pasture-raised eggs) rather than coconut milk and whey. A good recipe is an orange or grapefruit, 3-4 egg yolks (too many egg whites can affect biotin absorption), some raw ginger, and lime juice all blended up!
- 4) **Nutrient Dense and High Protein Snacks and Such:** Try:
 - a. **Epic Provisions bars and misc. items**
 - b. **Chomps meat sticks**
 - c. **True Primal soups**
 - d. **Kettle & Fire broths**
- 5) **Coconut Oil:** A staple for every house. The only oils my family uses are coconut oil, grass-fed butter, and extra virgin olive oil. We use Coconut Oil Supreme (www.coconutoil-online.com) because of its purity and "non-coconut" taste.
- 6) **Tooth Paste, Cosmetics, Body Products, and Household Cleaners:** We use Living Libations (www.livinglibations.com/) for most of our body/face products including dental care items. Peaches Skin Care (www.peachesskincare.com) has really great face & body products too!
 - a. **Cleaning products:** Mrs. Meyers, Seventh Generation, Dr. Bronner's, and Young Living
- 7) **Sea Salt:** Yeah you should be using it every day – Celtic or Himalayan salts.
- 8) **Other Than Water:** Have you tried Rishi's Sparkling Botanicals? They're naturally flavored carbonated teas in a variety of flavors! www.sparkling-botanicals.com
- 9) **Butter!:** Kerry Gold, of course, or other grass-fed butters. You should try to eat 2 TB of butter or more a day!
- 10) **On-Line!**
 - a. **www.drgangemi.com**
 - b. **www.sock-doc.com**
 - c. **Instagram: @drgangemi**