

September

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All About

Supplements



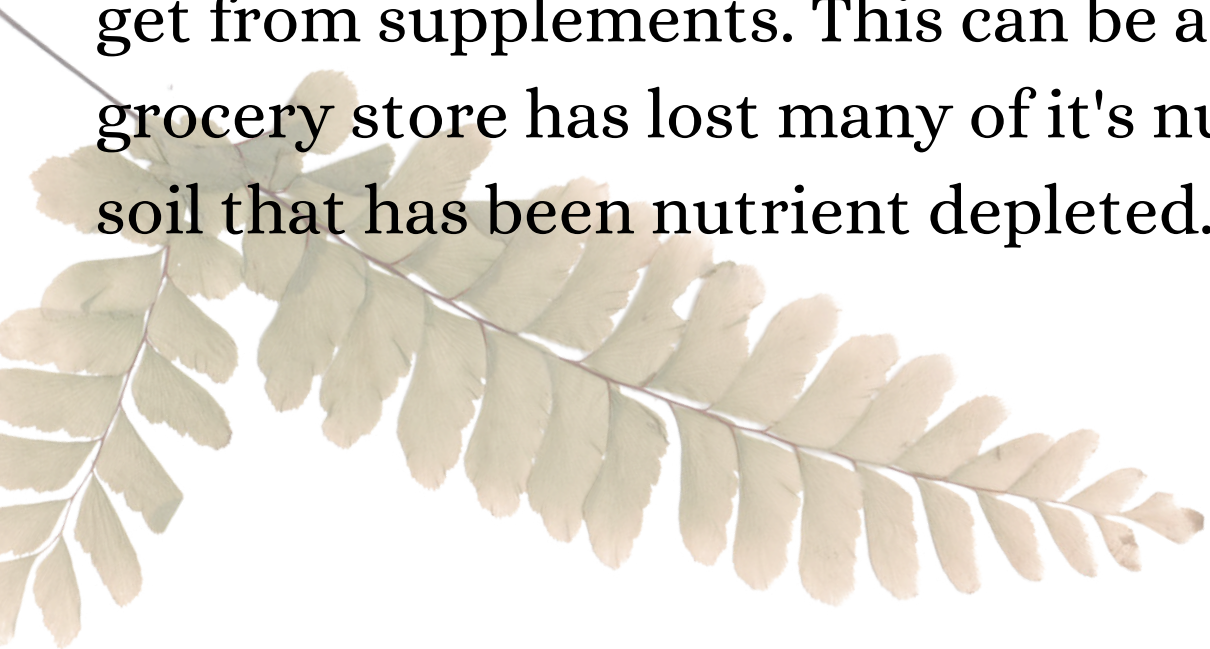
Do I Need to Take Supplements?



This is a hard question to answer for the masses - but it is a "probably."

Supplements are just what they sound like - supplemental. They add on to what you are already doing. If you need Vitamin D - go get direct sunlight! If you need more omega 3's eat fatty cold-water fish and less ultra processed foods high in omega 6's. But for some - what they can get from their diet just isn't enough and supplements come in to support your health. For example, most Iowans do not get enough sunlight year round and a vitamin D supplement during fall/winter/spring months can be very beneficial.

Getting your nutrient needs met first through diet is always recommended. But many will still benefit from the boost you get from supplements. This can be as our food found in the grocery store has lost many of it's nutrients from over-farmed soil that has been nutrient depleted.



Many people that come to see us here at The Teggatz Clinic are feeling very poor and have active health concerns. This is an "acute" state of health. Supplements are a great way to support that acute state to help bring your body into it's natural healthy alignment. Then, often supplements can be weaned off as your health improves.

There are so many supplement options out there - it can feel like the great unknown! Let Dr. Teggatz help you determine actually what your body needs and for how long. Take the guess work out of supplements through individualized functional medicine care!



Gut Check: Understanding the Benefits of Probiotics

Probiotics are a hot topic these days. More and more research is being done on the gut microbiome. You may be wondering if you should take a probiotic, what kind, and for how long.

Eating a functionally nutritious diet FULL of prebiotic rich fiber foods like fruits, vegetables, nuts/seeds, and beans/legumes as well as probiotic rich food such as yogurt, sauerkraut, kimchi, tempeh, etc - minimizes the need for supplemental probiotic support.

We do see many people in our clinic with compromised gastrointestinal systems and an impacted microbiome. After discussing your specific symptoms and needs, and possibly some specialized testing, Dr. Teggatz can help you determine if a probiotic is needed for you and what specific kind and strains are needed.

Whether you have leaky gut, SIBO, or another concern - there are unique probiotics to support your specific gut health needs. For those that don't need a daily probiotic - it is still highly recommended to take them during and after a course of antibiotics.



Ortho Biotic® includes a carefully assembled cast of probiotic organisms to support microflora balance and maintain a healthy environment for vitamin uptake and optimal immune function.

Ortho Biotic® R is a unique reserve of probiotic strains for individuals who have an altered microbiome signature that needs a targeted reset.



A 100% spore-based, broad-spectrum probiotic shown to maintain healthy gut barrier function. This unique all-spore formula effectively RECONDITIONS the gut by promoting microbial diversity and maintaining key health-promoting, commensal gut bacteria.



Resources We Love



Here at The Teggatz Clinic, we LOVE Fullscript! Products in the Fullscript catalog are enforced with strict quality controls to ensure what's on the label is in the bottle. You can have your supplements shipped right to your front door!



Link to Dr. Teggatz's Dispensary:

<https://us.fullscript.com/welcome/tteggatz>





COMING SOON

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