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# WARRIOR'S WEIGHT LOSS

**Video Sessions Outline,  
Listening Guides, and  
Discussion Questions**

## SESSION #6 | LISTENING GUIDE

# MICRONUTRIENTS

### **The Missing Link, filling in the gaps of DNA mutations and lifestyle choices**

*“So God said, ‘Behold, I have given you every plant yielding seed that is on the surface of the entire earth, and every tree which has fruit yielding seed; it shall be food for you.’” Genesis 1:29*

**“The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in a proper diet, and in the cause and prevention of disease.”**

- Thomas A. Edison, US inventor (1847-1931)

### **SUPPLEMENTATION**

→ Filling in the gaps

→ What creates the gaps that need to be filled in?

→ Varying individual needs -

### **KEY NUTRIENTS**

Baseline/ Core/ Foundational- Should contain (or can be taken separately from your core multi-vitamin/mineral). Some of my personal favorites are Juice Plus the Edison Pack (Men and Women), by Vitaleo, and the Solutions 4 product line.

- Antioxidants (or can be taken separately)
- B-Vitamins (or can be taken separately)
- Essential fats (or can be taken separately)

Vit D3 /K (explain why separate is important) test and dose accurately

Differences between high quality, therapeutic grade supplements and low quality over the counter supplements

### **GENERAL HEALTH NUTRIENTS**

Magnesium

Digestive Enzymes

Probiotic

Prebiotic

### **DETOXIFICATION NUTRIENTS**

Glutathione

Detox Pack

Quick Start 7 day cleanse-  
Detoxification Kit (S4)

ACV

### **WEIGHT LOSS SPECIFIC ASSIST NUTRIENTS**

1. Appetite Appeasers (Organic Herbal Blend for appetite suppression, blood sugar stability)

2. Quick Start Weight Loss (key ingredients: Conjugated Linoleic Acid (CLA), Green Coffee Bean extract, Raspberry Ketones, 7-Keto DHEA)

3. Body Purifier (Organic herbal blend excellent for liver support and body purification)

4. Cellulite Cleanser

5. ACV

## **GLUTATHIONE**

The epic antioxidant master detoxifier is your highest priority when it comes to detoxification and cellular repair.

Benefits of glutathione-

Consequences of low glutathione levels-

Glutathione and weight loss-

What depletes glutathione levels?

Impact of DNA mutations

Other ways to boost glutathione levels-

## **THINGS THAT IMPACT YOUR ATP PRODUCTION AND METABOLISM**

Malabsorption

Mycotoxins

Stress

Infections

Poor Microbiome  
(healthy bacteria/ gut flora)

Poor methylation

Food sensitivities

Too many chemical medications

Inflammation

**A HEALTHY BODY NATURALLY REACHES A  
HEALTHY WEIGHT!**

SESSION #6 | REFLECTION AND DISCUSSION

# MICRONUTRIENTS

**The Missing Link”, filling in the gaps of DNA mutations and lifestyle choices**

Your healing is His priority- Embrace and personalize the truth of these scriptures...choose 2-3 to study, meditate on, and discuss..

Genesis 1:29-31, Genesis 9:3, Daniel 1:15, Deuteronomy 32:14, 1 Corinthians 10:31 John 6:35, 1 Timothy 4:4

**Since beginning this program, how has my ratio of whole, God-made foods to processed, man-made foods improved?**

**Do I currently supplement my food with high quality supplements?  
Why or why not?**

**Do I have my serum levels of Vitamin D, glutathione, CRP and magnesium checked at regular intervals to evaluate my need for supplementation?**

**Do I currently use a water purifier in my home or office?**

**Do I currently consume 6-8 cups of vegetables per day? If not, what are some things I can do to bump my nutritional protection up to the next level?**

**What health conditions (current or previous), do I have that may impact my ability to absorb and maintain higher levels of micronutrients?**