



TOP LIFE FORCE BOOSTERS

SHOPPING LIST

- Mega Hydrate**
- Vitamin D3** (must use with **Vitamin K**)
- Krill Oil**
- 8 Immortals** (Chinese Super Herbs)
- Magnesium**
- Vitamin B12 Patches**
- Biosuperfood Microalgae**
- MSM** (Organic Sulfur)
- Telo-Essence** (for telomere regrowth), or **TA-65**
- Tonic Alchemy** (Life Force in a Bottle)
- Marine Phytoplankton**
- PQQ** with **Ubiquinol** (CoQ 10) **Ultra Accel**
- Detoxadine** -premium iodine
- Coconut Oil** | **Olive Oil** | **Avocados** (Healthy Fats)
- Kimchi** or **Kraut** (1 Tbs = 1 bottle of Probiotics)
- Astaxanthin**
- Cacao/Raw Chocolate**
- Maca**
- Gynnostemma Longevity Tea**
- Turmeric**
- Earthing / Grounding Sheets**

Top 21 Powerful Products for Amazing Health

- and -

How to Boost Your Life Force like a Jedi Master



VITALVIBESOURCE.COM

By Scott Helton

Top 21 Powerful Products for Amazing Health

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How to Boost Your Life Force like a Jedi Master

Are you tired of feeling tired, sick of being sick? You can do something about it!

Once you commit to taking action, to taking small steps toward gaining your power back over your own health, you'll begin feeling less victimized by your health. You will upgrade the way you think and feel as an empowered vital being. Nothing is more important to your experience of this life than the way you feel physically, mentally, emotionally and spiritually (energetically). In fact, many wise teachers would say the healthy and harmonious integration of these aspects is the whole point of life experience...

One of my biggest passions in life is studying life-enhancing subjects like **optimal health**. To become a fully empowered human being, a "Joyful Jedi Master", you need to optimize your mind/body, to achieve it's full potential. **How can we do this? What are some of the best methods?**

The truth is that great health is our natural state. We should realize that food is information, thoughts are information, and our total environment including external, bio-chemical, electro-magnetic, mental, and emotional aspects is all information. Our amazing bodies process this information and it is our perception of that information, dictated by our beliefs, that helps create our experience. Cells that make up your body are programmed by the perception of your total environment, not by your genes. Genes are a blueprint that can be read over 5,000 different ways. What information are you allowing in to create your perception of your own environment?

You are not a victim, but have tremendous influence over your body and experience by the information you choose to feed your body. Traditional western allopathic medicine teaches you the opposite.

Don't get me wrong, western medicine is great at putting people back together after some sort of trauma or in some extreme health complications, but it's failed miserably in promoting and supporting general health and wellbeing. Doctors, while most are undoubtedly well intentioned, are trained to prescribe drugs and medical procedures. They have virtually no training in Nutrition and Mindfulness, which are primary factors in true health. They are legally bound in countries like the U.S. to only offer solutions that are sanctioned by the Health Care System. This health care system is the largest industry in the world, as well as the third leading cause of death behind heart disease and cancer. Some experts figure that if the deaths were correctly reported, then western allopathic medicine would rise to the top of the

list of leading causes of death...! For example, over 100,000 people die in the U.S. alone every year from correctly taking their prescriptions from their doctors. Time to wake up!

The obvious truth is that the health care industry has crafted the false fear-based belief that you are not in charge of your health. Its primary goal is not to keep you healthy, but to protect and grow its profits. It is a business made up of smaller ones, inherently designed to make money. Most people, when they actually stop to think about it, realize that the current system is not designed to be purely in service to others, if only it somehow were... Know that the Western Medical Health Care System can only survive if you stay sick and dependent. Most individuals who work for the system are well intentioned I believe; however as a whole, their foundational paradigm and core beliefs are dangerously and un-sustainably flawed.

Health is an extremely broad topic, with numerous facets that all play a role in healthy living. I definitely don't know all the answers, no one does. But I have spent the majority of my life studying what it means to be healthy, fully functioning, and fully alive. It's not just a hobby or a casual interest; it is my life's biggest passion. I am intrinsically motivated in continually discovering more about what it really means to be vibrantly alive!

With that understanding, take what you will from this advice and adapt it to what works for you.

In this holo-fractal-graphic universe, as you become fully empowered, turned on, and lit up, you encourage others and the whole of existence to do the same.

Look at the big picture before exploring the details...

An Important Universal Perspective

Most real science (not tied to large corporate or organizational interests) is leading us to the understanding that looking at life as a machine, having a reductionist, mechanistic viewpoint like the perspectives of Newton and Darwin is a dangerous outdated concept. Those ideas are hundreds of years old now, time to move on and upgrade our model of how life works!

Did you know the cells in your body perform over 6 million actions per minute automatically without you even being aware? Our bodies are not machines. Life or Nature is not based primarily on competition, but instead on an intelligently guided unfolding based on co-operation for mutual benefit. What looks like infinitesimal separate individual parts, is actually one organism made up of infinite smaller **inter**dependent organisms that are in reality, not separate at all. Like a thriving garden, each system of organisms depends on each other to become a vibrant and healthy whole. Of course there are apparent exceptions to this

underlying cooperative effort, however many wisdom teachers tell us that even those apparent exceptions are playing their role to serve the whole in the grand scheme of the Universe's evolution.

We are in-fact designed to naturally thrive. The intelligent "Source Force", Nature, or "Infinite Intelligence" is always there, guiding our unfolding. This includes our bodies, minds, and spirits. We simply need to detoxify our systems, nurture them, and cultivate the conditions to allow their innate potential to unfold.

Our awareness, our attention is our greatest individual power. Where we place it is what ultimately gets reflected back to us as our filtered experience of infinite potential possibilities.

Much of the bad results we experience come from bad information. Information is not defined only as words, words help convey information, but there are many other ways to inform. Maybe you've received bad information from what you've read or listened to, but it can also be from what you've observed, what you've given your attention and your awareness to. The problem stems from the beliefs we form based on bad or insufficient information.

The food, water, air, micro-organisms, and chemicals you take in all inform the cells that make up your body, both in chemical messages and also energetic ones. Your entire mind/body is the processor for your soul as your awareness to process information and experience. According to many sages, this is so the Source Force/ Infinite Intelligence can understand and integrate its infinite expressions. As taught in yogic philosophy, this life force wants to flow through you unimpeded; **the key is to remove the resistance** (both mental and physical).

So what can you do?

There are actually an endless multitude of beneficial actions you can take. This is the ongoing focus of both of my sites CafeNamaste.com and VitalVibeSource.com. There are increasingly more accurate understandings coming out all the time. Interestingly, much of the "newest research" many times confirms what the ancient wise people knew long ago. With that said, there are also some really cool new discoveries, products, and devices designed and intended to help us thrive.

First things first: Take Out the Garbage

Sometimes addressing the basics, like detoxification and hydration, can make the biggest impact. You must get your gut and elimination systems in order. All of us have some level of toxicity build up. If you're new to all this, you most likely have a lot of toxic build up. Now take the garden example. If your garden has had chemical-laden waste water streaming into it for

years, and it's soil is also more like a lifeless clay sediment, then the waste has nowhere to go, there's no beneficial microorganisms to process it into any kind of useable nutrients for the soil and plants. The natural recycling processes have been disrupted, while it's simultaneously continuing to be poisoned. It doesn't matter how amazing the new fertilizer is that you suddenly started feeding it. Results are guaranteed to be disappointing.

Likewise, if the same is true of your body's elimination and nutrition, as a general rule, it doesn't matter how awesome and effective the supplements you take are, nothing will make much of an impact.

Just over a hundred years ago, Americans spent 43% of their income on food. Today it's only 13%. With something so important to our health and wellbeing, why do we feel it's not a top priority? Our choice toward cheap, processed food is killing us and poisoning the planet. Believe it or not, when you finally rid your body of the toxic load it's been carrying, you won't even find junk food nearly as enticing anymore. You'll begin to see past the fake makeup of its powerful marketing for the poison that it truly is. Small consistent steps will make a difference over time, and it will be cumulative. This will impact the way you feel, and even the way you think. For every diet there is a corresponding level of consciousness. After all, your gut is essentially your second brain as well as a primary aspect of your immune system. The bacterial and fungal microbiome in your gut most definitely affects your thoughts and emotions, and thereby your experience of this reality.

You have to at least start, take the first step for the next to reveal themselves if you want to feel and think any different.

Upgrade the information you're taking in

Make it your goal to replace or crowd-out the things you know are cutting off your life force with things that you know are nurturing and enhancing your sense of aliveness. This supportive environment includes nutrition, what you watch, what you listen to, actions, and beliefs formed as well. By upgrading the information that your mind/body is receiving, you will eventually experience a much different reality. You will be on your way to mastering your mind, body, and life force. You will become a Joyful Jedi Master.

Why Supplement?

Eating great food is a necessary start, but the Earth is not in its prime state either, so a regular healthy diet may not cover all your nutritional needs, let alone cleanse you of all the toxins you take in from many sources. Most health experts believe that unless you're growing your own advanced, Rudolf Steiner-inspired bio-dynamic garden, full of organic plants, fed with pure spring water, glacial rock dust, and maybe some [ormus](#) to boot, you're most likely not getting the kind of support your mind/body needs for optimal performance.

Here's where supplementation comes in.

The caveat: There are a lot of shady companies out there purely driven by profit. They may be marketing their synthetic version of whatever vitamin, mineral, or herbal supplement, that's actually full of harmful fillers and low quality ingredients. You obviously don't want to just find the cheapest source out there; this is going into, and then informing your body after all.

Think your multivitamin's got you covered? Think again. Most serious health experts also advise to leave those multi-vitamins on the shelf. Many are poor quality, made up mostly of the cheaper nutrients, and only enough of the more expensive ones to be able to put it on the label. Unfortunately, if the quality and dosage aren't sufficient, they won't even be effective. Don't waste your money. They aren't helping, and may be hurting you in the long run.

Read the labels. Look for sources, quality, company ethics, and others' experience with it. Who else recommends it that you respect? It's not easy, but I feel it's ultra important if we are to cultivate the conditions for our best self to shine. I myself am committed to finding out what I think and feel meets the best overall standards, which is why I spend so much time researching these things. It's a never-ending search, but here's **some of the best and most effective life force boosting products I've found so far**. There are, of course, many other important and effective products for achieving amazing health.

Experiment with these, some of them are easy to afford, others are somewhat pricey. You may be fortunate enough to be able to afford to go for it all at once, however this list is not intended to be an all-or-nothing approach. It's meant to be a guide for experimentation. Try one or a few at a time and see how you feel. You may want to get a blood/urine/hair test to see where your levels are initially, but keep in mind that these "scientific tests" can have widely varying results... Many of these suggestions require a consistent use over a period of months to notice the impact. See what works for you and report back. I'd love to hear your favorites and what else you've found that really works for you.

The Top Life Force Boosters

1. MEGAHYDRATE

What Is It?

Designed by the literal genius [Dr. Patrick Flanagan](#), **megahydrate** may be the greatest supplement ever, period. It's on the "must have", "deserted island" list of the most famous health experts around. It's also at the top of my list for a reason. Megahydrate is the stable form of negative Hydrogen ions. What it does is truly amazing, and positively impacts every cell, organ, gland, and system of your body... [Read more](#)

Why Should I Care?

- The greatest anti-oxidant ever studied
- Increases your ATP production (energy)
- Increases your cells hydration.
- Releases H-ions that are the most powerful known antioxidants.
- Recycles all other Anti-Oxidants in your body after they have neutralized free radicals.
- Reduces your pain, swelling and inflammation.
- Protects the telomeres at the end of your DNA leading to anti-aging and longevity effects.

Where Can I Get It?

You can find it online at many sites now, if you buy it at vitalvibesource.com, it will be the same price you'll find on Amazon, and I'll earn a small commission, helping support my work to bring you more important information on CafeNamaste.com (thank you!).

2. VITAMIN D3 (must use with VITAMIN K)

What Is It?

This should be on everyone's supplement list. We need more vitamin D than we're told. Vitamin D is actually much more than a vitamin. It functions as a hormone, a chemical messenger with widespread effects in the human body. Many proper bodily functions depend on it. No other substance known activates your good genes as effectively... [Read more](#)

Why Should I Care?

- One of the most essential nutrients you need
- Turns on more of your good genes than any other nutrient
- Thousands of beneficial effects
- Critical for your cardiovascular health
- Critical for your bone and joint health
- Critical for your neuromuscular health
- Critical for your brain health
- Critical for your optimal happiness and wellbeing
- Critical for your immune system

Where Can I Get It?

- **Natural Sources Include:**
 - **Sunlight** - Sunlight on bare skin is the best source. Eat naturally black, purple, and blue food to protect you from ultra-violet light. **Sunscreen blocks your ability to make Vitamin D.** Sun exposure also needs to be at the sun's peak in the day.
 - **Wild Salmon or Trout** – Don't eat farmed fish, which are fed GMOs and artificial astaxanthin.
 - **Eggs** – from pasture raised, organic-fed chickens
- **Supplementation:**

Most health food stores, but quality is important. Make sure you get a good source. If you buy it on my site vitalvibesource.com, it will be the same price you'll find on Amazon, and I'll earn a small commission, helping support my work to bring you more important information on CafeNamaste.com (thank you!).

3. KRILL OIL

What Is It?

Most people are extremely deficient in Omega3 fats. These fats EPA and DHA, are critical for all kinds of functions in your body to operate effectively. Many believe that the rise in heart disease, and cognitive issues like dementia and Alzheimer's could be linked to deficiencies in Omega 3 fats. Krill oil is the best source of these important fatty acids... [Read more](#)

Why Should I Care?

- One of the greatest sources of important Omega3 fatty acids
- Better alternative than fish which can be contaminated with mercury, pcbs, heavy metals, and radioactive poisons
- Supports a health heart
- Helps maintain blood sugar levels
- Supports joint health and comfort
- Supports immune system
- Supports memory, cognition, and a better mood

Where Can I Get It?

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4. **8 IMMORTALS** (A Powerful Blend of Chinese Adaptogenic Super-Herbs)

What Is It?

This truly is the ultimate example of an adaptogenic herbal supplement, which is known for powerful anti-aging effects. 8 Immortals Elixir is a supertonic formulation composed of the most elite powerful tonic herbs on earth. All of which have anti-aging, immune strengthening, spirit lifting, and mind strengthening qualities. These powerful herbs are super-premium grade, far beyond anything else you'll likely find. In fact, most of the herbs are wild harvested in the remote mountains where they gained their reputations over many centuries, and a few are the best-cultivated or cultured variety available in the world. The product is named in honor of the "eight immortals," eight Taoist adepts who were said to have achieved immortality and are associated with tonic herbs... [Read more](#)

Why Should I Care?

- Ultimate adaptogenic herbal supplement
- Powerful anti-aging effects
- Immune strengthening
- Spirit lifting
- Mind strengthening

- Builds Jing, Qi (or chi), and Shen (our 3 energies) and helps regulate all 12 organ systems

Where Can I Get It?

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5. MAGNESIUM

What Is It?

Magnesium is one of the most common deficiencies other than Vitamin D. Most studies show that **68-80% of Americans are magnesium deficient**. This deficiency has profound effects on our health, as magnesium is required for **over 300 biochemical reactions**. It helps create ATP for energy, and... [Read more](#)

Why Should I Care?

- Helps create ATP (adenosine triphosphate) for energy
- Helps with serotonin levels, the happy hormone.
- Used primarily to relax muscle contractions, that calcium helps stimulate, and also relax the nervous system.
- Repair nerve tissue
- Works synchronistically as a cofactor with Vitamin D, Calcium and other important vitamins and minerals.
- Significantly boosts memory ([Magnesium Threonate](#)).
- Profoundly affects learning and cognition ability ([Magnesium Threonate](#)).

Where Can I Get It?

- **Natural food sources include:**
 - **Cacao / Raw Chocolate** is the highest natural food source
 - **Avocados**
 - **Dark Leafy Greens**

- **Nuts and Seeds**

- **Supplementation:**

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6. **VITAMIN B-12**

What Is It?

Classified as more of a necessary hormone influence than a vitamin, B-12 is super-critical for energy and happiness levels.

Many Americans unknowingly suffer from a B12 deficiency. However, because of the way B12 is stored in the body, blood tests rarely reveal a deficiency. As many as 30% of adults over 50 are unable to absorb B-12 in food, so supplementation may be necessary... [Read more](#)

Why Should I Care?

- Supports adrenal function and **energy production**
- Nutritionally supports cardiovascular function.
- Promotes and protects nervous system health.
- Essential for cell growth and replication and DNA production.
- Helps you sleep.

Where Can I Get It?

- **Natural food sources include:**
 - **Shell Fish** (Check for mercury and other heavy metals, especially if from the Pacific Ocean)
 - **Beef Liver** (Use only grass-fed, organic, humanely raised beef)
 - **Fish** (Check for mercury and other heavy metals, especially if from the Pacific Ocean. Buy sustainable sources.)

- **Red Meat** (Use only grass-fed, organic, humanely raised beef)
- **Cheese** (Use only ethically raised and organically processed cheese, or goat cheese)
- **Eggs** (Use only pasture raised chickens, and not fed GMO corn and soy)

- **Supplementation:**
Most health food stores carry B-12 supplements, but don't buy pills (they're not very absorbable). Make sure you get a good source. If you buy it on my site vitalvibesource.com, it will be the same price you'll find on Amazon, and I'll earn a small commission, helping support my work to bring you more important information on CafeNamaste.com (thank you!).

7. **BIOSUPERFOOD MICROALGAE**

What Is It?

Want more energy and vitality? You may not be getting the nutritional support you need... BIOSUPERFOOD is an excellent source for the nutrition your body is craving.

The BIOSUPERFOOD (BSF) formulas are whole food products composed of four of the most nutrient dense algae found on earth. Designed to be used as a dietary supplement and eliminate the need for individual supplements, giving you much better nutritional support in one supplement. Offers superior nutritional support for the immune system as well as increased vitality for healthy aging. Even ex-olympians swear by BIOSUPERFOOD... [Read more](#)

Why Should I Care?

- Increase strength and stamina
- Increase mental focus and clarity
- Increase cellular energy and performance
- Support of immune system
- Support the body in the balance of its natural steroids and hormones
- Support better mood and a sense of well-being
- Support athletic performance

Where Can I Get It?

You can get it from the distributor BioAge.com, but if you get yours through vitalvibesource.com, it will be the same price you'll find on the supplier's site, and I'll earn a small commission, helping support my work to bring you more important information on CafeNamaste.com (thank you!).

8. **MSM** (Organic Sulfur)

What Is It?

MSM is an important and powerful tool for optimizing health. MSM is already well-known for its joint health benefits, but may also be helpful for other conditions related to chronic inflammation and damage due to oxidation. It also helps trigger production of the powerful and natural antioxidant [glutathione](#).

MSM may be providing a missing link for optimal health, which appears to be related to sulfur. It can even protect and heal you from nuclear radiation... [Read more](#)

Why Should I Care?

- Important tool for optimizing health, providing missing link for optimal health
- Plays a critical role in detoxification
- Joint health
- Reduces chronic inflammation, widely used for arthritic conditions
- Powerful tool in detoxing nuclear radiation by turning radioactive isotopes into sulfates that the body can naturally eliminate.
- Triggers production of glutathione, one of the most important antioxidants that your body produces
- Improves cell wall permeability, helping deliver other active ingredients

Where Can I Get It?

- **Natural food sources include:**
 - Coffee
 - Sprouts

- Chard
- Tomatoes

- **Supplementation:**
Most health food stores, but quality is important. Make sure you get a good source. If you buy it on my site vitalvibesource.com, it will be the same price you'll find on Amazon, and I'll earn a small commission, helping support my work to bring you more important information on CafeNamaste.com (thank you!).

9. [TELO-ESSENCE](#) or [TA-65](#) - proven to make you younger!

What Is It?

The Pill for Aging! Breakthroughs in science have been able to isolate and concentrate specific natural substances to stop the deterioration of your DNA, more specifically the biological time-clocks at the end of your DNA called **telomeres**. These are critical to your ability to stay young as you get older, and now you can reverse the damage and regrow them to live healthier and younger. Both of these products do just that... [Read more](#)

Why Should I Care?

- Lengthen the telomeres at the ends of your DNA (your biological indicator of longevity)
- Age more slowly, while restoring the strength, energy, and endurance of your youth by maintaining the health of your telomeres.
- Extend the Power of Youth by “Flipping a Switch” in Your Cells
- This is a brand-new category of biomedical technology, and a brand-new category of nutritional supplementation.
- Nobel-Prize Winning Breakthrough
- Extend the Power of Youth by “Flipping a Switch” in Your Cells
- **[100% Satisfaction, Money-Back Guarantee.](#)**

Where Can I Get It?

If you buy yours through vitalvibesource.com, the price will be as low as you can find anywhere else, and I'll earn a small commission, helping support my work to bring you more important information on CafeNamaste.com (thank you!).

10. **Tonic Alchemy** – Life Force in a Bottle

What Is It?

This is it. The “all in one” superfood supplement. Master Herbalist Ron Teegaurden calls this his greatest creation (That's saying a lot since he's created hundreds of products over 40 years!). A delicious super food blend that offers arguably the most productive and widest range of nutrition of any super food product on this planet.

With 91 amazing ingredients, Tonic Alchemy is the ultimate natural alchemical life-enhancing nutritional complex and energy source deliverable in a glass... [Read more](#)

Why Should I Care?

- Nourishes the entire body by increasing balanced energy and vitality
- Your dietary foundation for radiant health
- Supports detoxification
- Boosts immune system
- Builds healthy blood
- Increases activity and quantity of antioxidants and enzymes

Where Can I Get It?

You can get Tonic Alchemy from Ron Teegaurden's Dragon Herbs, but If you buy yours through vitalvibesource.com, the price will be as low as you can find anywhere else, and I'll earn a small commission, helping support my work to bring you more important information on CafeNamaste.com (thank you!).

11. MARINE PHYTOPLANKTON

What Is It?

Marine Phytoplankton will help your body create new cells and boundless energy!

This unique super-nutrient from the ocean provides the body with naturally produced vitamins & minerals. The very beginning of the biological food chain, it's highly beneficial to human health as it contains more than 90 ionic and trace minerals. Lasting energy is only one of the ways that phytoplankton can benefit your health. Think of marine phytoplankton as rocket fuel for your DNA... [Read more](#)

Why Should I Care?

- Enhances natural life force.
- Marine phytoplankton is the biological Source of energy
- More than 90 ionic and trace minerals
- Can increase oxygen uptake

Where Can I Get It?

You can find Marine Phytoplankton at many health food stores, but there are many types of phytoplankton. Uniquely prepared to enhance its natural life force, Sunfood Ocean's Alive Marine Phytoplankton is grown in a protected, purified sea-water solution to preserve the integrity and potency of the superfood, also to ensure only the most powerful type of phytoplankton makes it into the bottle. If you buy yours at vitalvibesource.com, the price will be the same as on Amazon, and I'll earn a small commission, helping support my work to bring you more important information on CafeNamaste.com (thank you!).

12. ULTRA ACCEL - PQQ with Ubiquinol (CoQ10)

What Is It?

Youthful Energy! A recent discovery recharges your cells with youthful energy by making more "Power Generators" (mitochondria) in your cells. The compound that makes new mitochondria is known as **pyrroloquinoline quinone**, or **PQQ**. Not only does PQQ create new

power generators, it helps restore younger, faster brain power. Research also proves that along with making more mitochondria, **PQQ increases your energy production when combined with CoQ10...** [Read more](#)

Why Should I Care?

- **Heart health:** According to the Journal of Cardiovascular Pharmacology, a number of clinical studies have found it promotes cardiovascular health.
- **Blood sugar:** An Australian study showed that patients who took CoQ10 were able to maintain normal blood sugar levels.
- **Vision:** In a recent clinical trial, taking CoQ10 for a year helped them see more clearly.
- **Cognition:** An animal study performed at Johns Hopkins University found that CoQ10 supplementation improves learning and memory.
- **Bronchial health:** Researchers in Texas found CoQ10 promotes bronchial health.
- **Gum health:** CoQ10 can improve gum and oral health.
- **Clear-headed comfort:** In one study, more than 6 out of 10 patients treated with CoQ10 daily reported feeling more clear-headed comfort.
- **Oxidative stress:** CoQ10 is a powerful antioxidant, eliminating the free radicals that can cause damage to cell membranes and mitochondria.
- **Skin care:** A German study showed that CoQ10 can help reduce the appearance of wrinkles and help protect skin from the damaging effects of too much exposure to sunlight.
- **[100% Satisfaction, Money-Back Guarantee.](#)**

Where Can I Get It?

- **Natural Sources of PQQ**
 - Natto (fermented soy)
 - Parsley
 - Green Tea, or Oolong Tea
 - Green Peppers
 - Kiwis
- **Supplementation:**
 - Select online health stores. If you buy yours through vitalvibesource.com, the price will be as low as you can find anywhere else, and I'll earn a small

commission, helping support my work to bring you more important information on CafeNamaste.com (thank you!).

13. **DETOXIDINE** – Best Iodine Supplement

What Is It?

Want to detoxify from fluoride, chlorine, and nuclear radiation, and support hormone function? **Detoxadine** is Dr. Edward Group's brand of standardized nano-colloidal **nascent iodine**. It is manufactured with a unique transformative bio-elemental matrix using a revolutionary process to make it gentler on your digestive system than other iodine supplements. Nascent iodines have molecules that are magnetically charged (negative charge) to bond to cells that are positively charged, making them much more powerfully effective.

Most people are iodine-deficient. Dr. Brownstein in his book, *IODINE* said that we need 100 times the RDA as it is so critical for proper hormone regulation and thyroid health... Read more

Why Should I Care?

- Iodine is an essential mineral that supports thyroid health, the immune system, the central nervous system, and metabolic well-being.
- Nascent iodine supports healthy hormone levels.
- Proper iodine levels provide major support against immune problems and environmental and dietary toxins
- Supports thyroid health
- Protects against the harmful effects of radiation exposure
- Thinking and reduced "brain fog"
- Breast milk production and quality
- Detoxifies toxic halogens like bromides, fluoride, and chlorine.
- Detoxifies mercury and lead.
- [100% No-Risk 180-Day Money Back Guarantee.](#)

Where Can I Get It?

Select online health stores. If you buy yours through vitalvibesource.com, the price will be as low as you can find anywhere else, and I'll earn a small commission, helping support my work to bring you more important information on CafeNamaste.com (thank you!).

14. [HEALTHY FATS - COCONUT OIL](#) | [OLIVE OIL](#) | [AVOCADOS](#) | [NUTS](#)

What are they?

If you've been paying attention lately, you know that it is now widely accepted that all that advice about saturated fat being unhealthy and bad for your heart was DEAD WRONG. For example, world renowned heart surgeon Dr. Dwight Lundell now admits he was wrong and that modern medicine is killing people. The anti-fat message was engineered by unscrupulous companies wanting to sell us processed foods like margarine over butter, diet and fat-free foods. This has actually helped contribute to the American epidemics in obesity, diabetes, heart disease, dementia, allergies, neurological, and mood disorders among others linked to bad nutrition. **Most people are completely misinformed about this...** Read more

Why Should I Care?

- Some of the top longevity foods
- Excellent brain boosters and fuel for the brain and overall cognitive function.
- Healthy fats leave you feeling satiated (full) so you don't keep snacking.
- They're an excellent and dense energy source.
- Coconut and Olive oils help boost the absorption and effectiveness of other supplements.
- Avocados provide nearly 20 essential nutrients, including fiber, potassium, Vitamin E, B-vitamins, and folic acid. They also act as a "nutrient booster" by enabling the body to absorb more fat-soluble nutrients, such as alpha and beta-carotene and lutein, in foods that are eaten with them.
- Amazing for skin, hair, and other soft tissues.

- Great for the digestive system
- Coconut oil is ideal for cooking as it does not oxidize or go rancid like other oils when being heated. Beneficial for brain health and has actually been shown to be helpful in dementia.
- Great for reproductive organs

Where Can I Get It?

- Coconut Oil
- Avocados
- Fish (I personally only eat wild caught salmon and trout due to heavy metals and over fishing. Farmed fish are usually fed GMOs and other synthetic toxins)
- Organic, Pasture raised eggs
- Grass-fed Butter (as opposed to corn, soy, and grain fed)
- Grass-fed Meats (organic, and humanely treated)
- Nuts and Seeds

15. PROBIOTICS from Cultured Veggies, Kimchi or Kraut

What Is It?

Good beneficial bacteria. Do you realize we depend on beneficial bacteria (probiotics) to sustain our life? We actually have more DNA in our bodies from foreign bacteria, fungi, and viruses than our own DNA! They can control what happens in our body and even manipulate our thinking to crave certain type of foods, or feel certain moods for instance. Make sure you're feeding and repopulating the beneficial ones, and not the harmful ones that feed fungus like candida. When you keep your good bacteria happy, they'll keep you happy.

Having a healthy gut that's teeming with good probiotic bacteria is essential to having a powerful immune system!

Why Should I care?

- Supports a healthy gut microbiome
- Supports healthy digestion
- Supports Immune system function

- Supports healthy mood
- Supports energy levels

Where Can I Get It?

You can supplement, but it's much more economical to use natural food sources like fermented, cultured veggies, like kraut or kimchi. If you're diligent, you can make your own. If you don't want the hassle, some of the newer brands like *Farmhouse Culture* (which comes in a high-tech pouch) or *Ozuke* (which comes in a glass jar) both have an impressive array of flavors. I like the *citrus ginger*, and the garlic *dill pickle* flavors the best. If you like spicy flavors, try traditional Korean kimchi.

One spoonful of these kraut-type foods is equal to an entire bottle of much more expensive probiotics.

16. **ASTAXANTHIN**

What Is It?

A little-known form of microalgae, a carotenoid called astaxanthin is now believed to be one of the **most potent antioxidants in nature**.

What if you could increase your strength and stamina, decrease your post-exertion recovery time and decrease soreness after physical activity?

Sounds too good to be true, doesn't it?

There just happens to be a natural compound that clinical studies are proving helps do just that—without a big price tag and without side effects.

Scientists long ago discovered that a class of naturally occurring pigments called carotenoids held powerful antioxidant properties that are crucial for your health. Carotenoids are the compounds in your foods that give you that vibrant cornucopia of color—from green grasses to red beets, to the spectacular yellows and oranges of your bell peppers... [Read more](#)

Why Should I Care?

- Boosts your brain and nervous system protection from free radicals

- Reduces the existence of wrinkles, dry skin, age spots, and freckles
- Helps reduce the visible signs of aging
- Increases your strength and stamina to make your body stronger
- Helps reduce your joint and muscle soreness following a workout

Where Can I Get It?

Astaxanthin is a very red pigmented microalgae that gives salmon, and shellfish (like shrimp, crabs, lobster, and krill) their reddish pink coloring. So you could add more of these to your diet, but unfortunately you also have to be wary of the serious issue of overfishing, and the amount of mercury and other poisons that have been concentrated and accumulated in these creatures.

You can also use a supplement from a reputable source, like Dr. Mercola's brand. If you buy yours through vitalvibesource.com, the price will be the same, and you'll be helping support my work, as well as Dr. Mercola's to help create a healthier you, and a healthier planet.

17. CACAO / RAW CHOCOLATE

What Is It?

Cacao is such a great source of nutrition that it's known as one of the top 5 Super Foods in the World!

Cacao is the highest antioxidant food on the planet, the #1 source of magnesium, iron, chromium and is also extremely high in PEA (Phenethylamine, the adrenal-related chemical we produce when we're in love. PEA also plays a role in increasing focus and alertness.) theobromine (cardiovascular support), and anandamide ("bliss chemical"). Raw Chocolate balances brain chemistry, builds strong bones, is a natural aphrodisiac, elevates your mood and energy.

Cacao is chocolate in its raw form. However, the chocolate that most people consume does not have much of the real chocolate/cacao in it. Some people buy the inexpensive chocolate, thinking they're getting a better deal, but what they actually pay for is sugar and other fillers. If you want the health benefits, try to aim for 70% cacao content and above to minimize the sugar and maximize the good stuff. You want it RAW, because a lot of the healthy benefits are lost when the chocolate is heated or processed.

Surprise! Real Raw Chocolate does NOT naturally contain caffeine, but it is the only source of a similar, but superior molecule called **Theobromine**. Theobromine is very similar to caffeine,

but does not stimulate the nervous system as intensely. It is also known as an aphrodisiac. Again surprisingly, it's an effective anti-bacterial substance and kills streptococci mutans (the primary organism that causes cavities). So it's actually good for teeth!

Maybe the best way to ingest more raw cacao is to use the powder form (which should be 100% cacao). You can easily put this into smoothies, and desserts. I even put it into my coffee, but a nice cup of real cocoa is great too!

Why Should I Care?

- Naturally Increases Energy
- Highest natural source of Magnesium (one of the most essential nutrients our body needs)
- High in Vitamin C
- High in Iron (part of the oxygen carrying protein called hemoglobin that keeps our blood healthy)
- High in Chromium (an important trace mineral that helps balance blood sugar)
- Promotes and Sustains the Neurotransmitter, Anandamide (The Bliss Chemical)
- The ONLY source of Theobromine (superior to caffeine)
- High in beneficial Tryptophan
- High in beneficial Flavonols, and Polyphenols
- Encourages Weight Loss Naturally

Where Can I Get It?

- **Cacao powder** is becoming easier to find now that more people are seeing it as a powerful superfood. There is a big difference in quality though. Make sure you choose one without added sugar or fillers. It should be RAW if you want the health benefits. I like [Navitas](#), but my favorite is a raw, organic source from Ecuador called Pacari, It's now labeled with the [Raw Food World](#) brand, but still has the same great quality.
- **Cacao Nibs** are the crushed up raw cacao beans. They're a good choice for health connoisseurs wanting a healthy snack: However, they are somewhat bitter for people used to eating sugar instead of chocolate, so give them a try to see if you like them.
- **Sacred Chocolate bars** are super delicious, and some of the best quality you'll find. The Longevity Bliss flavor has *xanthohumol* added in which is shown to lengthen your telomeres (the cell's indicator of longevity), similar to [resveratrol](#), which is another flavor option. The heart shape bars incorporate the sacred geometry of the "golden spiral" demonstrated throughout nature. You've gotta try these!

18. MACA

What Is It?

A powerful superfood! Maca root has been traditionally used in Peru as a stress-fighting adaptogen, and to increase stamina, boost libido and combat fatigue. Maca is a complex, nutrient-dense whole food source of vitamins, amino acids, plant sterols, essential minerals and essential fatty acids.

The Incan Superfood Maca is a potent superfood root from the Andes Mountains of Peru that has been prized for centuries by indigenous cultures due to its ability to nourish, increase stamina, boost libido, and combat fatigue. It is a complex, nutrient-dense whole food that is a good source of vitamins, amino acids, plant sterols, essential minerals, and essential fatty acids.

Maca contains an abundance of vitamins, minerals, amino acids, and plant sterols, including vitamins B1, B2, B, C, D, E, iron, potassium, copper, magnesium, selenium, phosphorous and calcium. It's a fiber-rich food and a vegetarian source of plant protein. Maca root is also a source of essential fatty acids, and it contains four unique alkaloids (Macaina 1, 2, 3, and 4) that studies have found to nourish the endocrine system. Maca is most often regarded as a powerful stamina booster, stress-soothing adaptogen, libido enhancer, and exhaustion buster.

You will often find different types of maca, some of the main differences are:

Raw: Enzymes and Nutrients are fully intact

Gelatinized: Pre-cooked. Easier to digest, and preferable if using daily.

Black Maca: The most rare (only 6% of the crop). Considered the strongest for energy and stamina-promoting properties.

Why Should I Care?

- Improve memory and learning,
- Increase bone density
- Increase antidepressant activity
- Reduce anxiety
- Enhance female fertility
- Balance hormone levels
- Increase daily sperm production and sperm motility

- Reduce sperm damage
- Relieve symptoms of menopausal discomfort (hot flushes and night sweating in particular)
- Improve prostate
- Increase libido
- Improve erectile dysfunction

Where Can I Get It?

Most health food stores, but quality is important. Make sure you get a good source. If you buy it on my site vitalvibesource.com, it will be the same price you'll find on Amazon, and I'll earn a small commission, helping support my work to bring you more important information on CafeNamaste.com (thank you!).

19. **GYNOSTEMMA LONGEVITY TEA**

What Is It?

Spring Dragon Longevity Tea is a delicious herbal tea composed of the most famous tonic herbs in the Orient, all of which are **renowned for promoting a long and healthy life**. The main herb is **Gynostemma**, a green leafy herb that is consumed throughout Asia to promote overall health. Gynostemma has a strong anti-fatigue effect. In Asia, it is consumed by tens of millions of people every day, often in place of tea or coffee.

In Asia, Gynostemma is known as a "magical grass." It has been reported to have a wide range of health-promoting benefits.

- **Contains:**
 - **Schizandra Fruit** – Called the "quintessence of Chinese herbs"
 - **Goji Berries** – Known in Asia as a premier "longevity and anti-aging herb"
 - **Astragalus Root** – One of the most important herbs in all of herbalism.
 - **Eleuthero Root** – Also known as "Siberian Ginseng," enhances physical and mental endurance.
 - **Luo Han Guo Fruit** – delicious, exotic fruit used for centuries in Chinese traditional medicine as a lung tonic. Helps support a healthy immune system.

A Super Herb Tea With Many Medicinal Benefits, and a Delicious Flavor... [Read more](#)

Why Should I Care?

- Anti-Aging, promotes a long and healthy life

- Strong anti-fatigue effect
- Invigorating (Not a stimulant)
- Calming (promotes a sense of peace– not a sedative)
- Supportive of the body’s natural immune system
- A respiratory tonic (helps support a healthy respiratory system)
- A digestive aid (Gynostemma is very soothing)
- Widely known for its “spirit-lifting” effect

Where Can I Get It?

You can get **Spring Dragon Longevity Tea** from Ron Teegaurden’s Dragon Herbs, but If you buy yours through vitalvibesource.com, the price will be as low as you can find anywhere else, and I’ll earn a small commission, helping support my work to bring you more important information on CafeNamaste.com (thank you!).

20. TURMERIC (Curcumin)

What Is It?

Turmeric: the ancient remedy is reborn, a powerful Anti-Aging Supplement!

Many studies now demonstrate Turmeric’s vast array of amazing health benefits from immune system development and tissue repair to being as effective on mood as anti-depressants. It’s highly regarded in many cultures due to characteristics like its powerful anti-inflammatory affect. It even reduces brain inflammation because it’s able to permeate the blood-brain barrier. Turmeric (Curcumin) also shows strong anti-cancer effects.

Curcumin (the active ingredient in Turmeric) is a very popular anti-aging supplement.

Turmeric has been found to have a vast amount of health benefits to many systems of the body that go way beyond just the prevention of disease... [Read more](#)

Why Should I Care?

- Vast array of amazing health benefits
- Anti-aging
- Anti-cancer
- Anti-inflammatory
- Powerful antioxidant effects
- Improves brain function and lowers risk of brain diseases

- Helps treat symptoms of arthritis
- Useful in preventing and treating Alzheimer's Disease
- Useful as an anti-depressant

Where Can I Get It?

Most people don't realize that Turmeric is not very absorbable. Make sure it comes with *pepperin* (the active ingredient in black pepper), or at the very least take it with black pepper to significantly increase its bioavailability. You can find it at most health food stores, but quality is important. If you buy it on my site vitalvibesource.com, it will be the same price you'll find on Amazon, and I'll earn a small commission, helping support my work to bring you more important information on CafeNamaste.com (thank you!).

21. EARTHING (GROUNDING) SHEETS

What Is It?

A surprisingly easy, but highly effective way to heal.

Just as the sun gives us warmth and vitamin D, the Earth underfoot gives us food and water, a surface to walk, sit, stand, play, and build on, and something you never, ever thought about... an eternal, natural, and gentle energy. Think of it perhaps as vitamin G—G for ground.

What does that mean to you? Maybe the difference between feeling good and not so good, of having little or a lot of energy, or sleeping well or not so well. Throughout history humans walked barefoot and slept on the ground. But modern lifestyle, including the widespread use of insulative rubber- or plastic-soled shoes, has disconnected us from the Earth's energy and, of course, we no longer sleep on the ground. Fascinating new research has raised the possibility that this disconnect may actually contribute to chronic pain, fatigue, and poor sleep that plague so many people... [Read more](#)

Why Should I Care?

- Keeps you and your family protected from EMF radiation all night.
- Supports the elimination of excess inflammation.
- Promotes healthy thyroid function.
- Keeps you connected to Earth's powerful healing energies all night.
- Dissipates static electrical charge in your body

Where Can I Get It?

Go outside and put your bare feet on the grass, dirt, or in the ocean!

If you want to be grounded while you're indoors and continuously shielded by the Earth's beneficial negatively charged ions, then you can find your **Earthing products** like sheets, mats, shoes, and patches at vitalvibesource.com. Thank you!

Disclosure & Disclaimer:

If you buy these products off my site, it won't cost you any extra, but I may receive a small commission. I try hard to always find the best value for the price. Because I believe we are all One, I will not do anything that's not of the highest intentions for both of us. Thank you for helping support my work in helping empower positive change .

I'm also not a doctor, nor do I have any desire to be one. All of this is information from what I've gathered from my research so far, although much of it from various types of doctors, researchers, scientists, and personal experience. This is well-intended as purely information and suggestions for experimentation. If you can't accept full responsibility for your own health decisions and what you do with any information, then please delete this and look for your commander elsewhere. My hope is that you can learn to be your own master, to take in information and decipher for yourself what works for you. We are all unique and respond differently even though we are essentially One. A true Jedi-Master only sources their truth from their full mind/body connection; the truth will resonate within you.

Thanks for Reading, and May the Life Force Be With You!

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