



110 – Developing a Nutritional Program That Works

Steve Lankford, host
PO Box 372
Suamico, WI 54173

Article by
Steve Lankford

920-662-0444
SteveLankford@gmail.com
HealthQuestPodcast.com

One of the biggest challenges consumers face is how to develop a nutritional program that works. The goal is results. The problem lies in the fact that people are unique and their ideal program is unique. For 40 years I have been helping people understand and develop nutritional programs. As a result I have developed certain concepts that I apply to the process. You can apply these concepts in developing your program. The process helps us discover what is the best product(s) for you.

By concepts, I mean the thought processes we use to work our way through any issue. For example, I use a systematic approach that is designed to work through problems step by step. The focus of this article will be to discuss some of the concepts I use when I work with customers. I teach these concepts and you can use these concepts to help you develop a successful nutritional program.

This article will be a little different in that we are not dealing with solutions to problems but rather ways of defining problems and seeking solutions. I'll describe the concepts and provide commentary that you may find useful.

It's your body, it's your responsibility

I believe it is important to take ownership of your situation. You get to decide what is the best course of action. You have many choices, perhaps too many choices. But the more you know, the better choices you will make. Better choices lead to better outcomes. Learning to make distinctions will put you on the path to better choices. You have many ways to put together a supplement program. Determine your trusted resources and learn as much as you can.

Nothing is certain.

Everyone likes certainty. Unfortunately you can never know ahead of time how successful you will be. You usually have time ahead of you, so you can evolve your program and try many different approaches, and discover with what works best for you. Your future health is being created now and you have a lot of choices of how to live your life. The lifestyle choices you make now and in the future will have a lot to do with your success and your future health. Ultimately the choices are yours and you have the responsibility (whether you like it or not) to make those choices. No one can do it for you. And no one can remove the uncertainty factor.

Health is on a continuum.

We are all on a health continuum that ranges from perfect health to death. Evaluate where you are on the continuum. Over time you will see shifts to better health and sometime shifts to poorer health. Where you are on the continuum and where you are headed are important benchmarks because this gives you a way of measuring progress over time. For example, if your health has been declining and you can halt or at least slow down the rate of decline then that is progress. Better still is being able to turn around and improve current health. It is always a good sign to be feeling better even a little bit. Keep focused on the progress while keeping the end point in mind.

Focus on What's Important Now (WIN)

Many people have multiple problems they would like to address. Sometimes it is too difficult to focus on all of the problems at the same time. Under these circumstances it may be helpful to focus first on your most pressing problem. This is often the point that some guidance may be helpful. Many people don't have the time, energy or expertise to have confidence in their choices and this is when it appropriate to seek some expert advice. Nutritional experts can give focus to your issues and potential solutions.

Analyze, try, evaluate

Because health status changes over time and because nutritional science is evolving rapidly, it is likely that your nutritional program will change over time. It is your responsibility to analyze your state of health and your options. You have many resources for information at your disposal including, doctors, pharmacists, health food stores, naturopaths, chiropractors, books, magazines, the internet, family and friends and many others. You must choose which resources you trust for information and then use that information to make a choice. You then try your program for one to six months, all the while evaluating how well it seems to be working. If your program is working, great stick with it. But is it not successful or only partially successful then you continue on with the process, analyze, try, evaluate. You do that as often as needed. For some it is a one-time process, they get lucky and get it right the first time. Most others with serious health issues will struggle constantly to try to find solutions. The rest of us will develop programs that work pretty well and evolve over time.

There is no one best product or program

The best product or program is the one that works best for you. It doesn't matter how many others a product or protocol has helped. Certainly there is an advantage to knowing what is working well for others because it might work well for you. But if you need something else, it's important to remember that there are usually several good options and the chances are likely that you will be successful over time. Quality nutrients taken consistently over time usually provide obvious benefits. There are times when the benefits are not obvious. It is important to remember that a well-nourished body will generally do better than one that is not, so continue to nourish your body because you know it is good for you.

This is also your best opportunity to try different products, programs or protocols. Your exploration of nutritional products will be as limited or expansive as you choose to make it. Seek to make wise choices based on the knowledge you have.

Choose quality and reputation

You will generally have better results when you choose quality products. Choose brands that have a reputation for quality and effectiveness. You should feel free to choose among the best brands. You may find that a particular brand or product works best for you. By sticking with the best brands you avoid cheap and inferior products all together. Don't fool yourself into thinking quality be made cheaply.

When you want the results that have been shown in clinical studies, then use the same ingredient that was used in the studies. Take it in the potency used and for at least as long as was used in the studies. When possible, always use the brand and form of the nutrient that was used in the study. This is how you have confidence. Other brands can easily be inferior. The reality is that all products are not equal. It is unfortunate that there are counterfeit, adulterated, mislabeled and inferior products in the marketplace. So choose wisely and purchase from a reliable source..

The value of intuition

Developing a nutritional program is often an art as well as a science. Sometimes you don't have clear direction. You don't know why some problems exist. Sometimes you have equally good but different choices about how to proceed. If you find yourself with competing choices and can't see an obvious choice, use your intuition. It's important to go with what seems right to you.

If you are confused, take some time to understand the issues, but don't let confusion stop you from moving forward. Seek out trusted advisors who understand what you are trying to do and can provide direction.

You can't take everything

There are so many products that may be helpful to you that you can't possibly take them all. So how do you choose? There are certain constraints that everyone has and if you understand what is most important to you, then you will be more successful in developing a program that meets your needs in several ways. For example, the following are common constraints you may have to consider.

- Budget – You can only spend so much.
- How much to take – Nutritional programs have a way of growing. This can lead to a lot of supplements
- Delivery system – Do you prefer tablets, capsules, powders, liquids, or sprays?
- Potency – Do you want high potency single or targeted nutrients or broad based formulas that have many components but have lower potencies?

Develop a Team of Trusted Advisors

There are many people who can be trusted advisors. Doctors, pharmacists, naturopaths, nutritional counselors, health food stores, friends, family etc. You can benefit from having many sources of information. Learn as much as you can, make a decision to pursue health. Nourish your body and have confidence that those who pursue better health are more likely to find it.

These concepts that have been presented are certainly not the only ones. But these are common issues that many people have to deal with. If you understand your options and choices you will be better able to focus on what are your most important concerns and as a result you are more likely to be successful.

To learn more from the experts, listen to HealthQuestPodcast.com We have over 100 interviews with the best experts in nutritional science.

Disclaimer

The information provided is nutritional only and is intended to help you develop a nutritional program that can support the functions of the body. The information provided is not intended as medical advice. For medical advice always consult your physician.