

## Chapter 12 Your Inner Fighter *#healthytakeaways*

*“Realigning Nutrition with Intuition” Liv Kennedy*

### Actions

- ✓ **Substitute ordinary honey for Manuka honey.**  
On my next mission to the supermarket/health store I am going to buy Manuka honey to use instead of normal honey

### Consider

- **Add up the number of milligrams of vitamin C I eat on an average day, excluding supplements (Google the number of milligrams for foods not on the list). Compare this to the optimal intake 200mg per day. Am I above or below the optimal intake? How much? If I am below, add high vitamin C foods in and take low vitamin C foods out until I achieve the optimal intake**

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- **Add up the number of IU of vitamin A I eat on an average day, excluding supplements (Google the number of milligrams for foods not on the list). Compare this to the RDI of 3,000 IU for men and 2,310 IU for women per day. Am I above or below the RDI? How much? If I am below, add high vitamin A foods in and take low vitamin A foods out until I achieve the RDI (if possible)**

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- **Add up the number of milligrams of zinc I eat on an average day, excluding supplements (Google the number of milligrams for foods not on the list). Compare this to the RDI of 14mg for men and 8mg for women per day. Am I above or below the RDI? How much? If I am below, add high zinc foods in and take low zinc foods out until I achieve the RDI (if possible)**

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## My Nutrition Mentor

- Do I have white spots on my nails? If yes, could I be deficient in zinc or calcium (ruling out I haven't injured my nails)? Get tested if it is appropriate. How can I incorporate more zinc and calcium into my diet i.e. food or supplement?

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- Add up the number of milligrams of iron I eat on an average day, excluding supplements (Google the number of milligrams of iron for foods not on the list). Compare this to the RDI of 8mg for adult men and 18mg for women aged 19-50 and 8mg for women over 50, per day. Or 27mg per day for pregnant women. Am I above or below the RDI? How much? If I am below, add high iron foods in and take low iron foods out until the I achieve the RDI (if I can)

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[www.livsapothecary.co.nz](http://www.livsapothecary.co.nz)

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