

Dr. Keith Scott-Mumby
The Alternative Doctor



Top 5 Most Crucial Daily Supplements

Why You Need Them and The
Ones I Take Everyday

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DON'T BE A CASH COW

Once you fall into the hands of medical professionals, you are going to get financially milked, like a cow. In fact, I have joked over the years about the nature of the farmer-ceutical industry: **it's designed to harvest sick people and sell them treatments for profit! You are worth a LOT of money to them, so they don't want you discovering natural ways to stay healthy!**

Doctors fall in with the master plan of the drug cartels. As well-meaning as they might be, most doctors simply cannot accept that natural remedies – many of which have been around for millennia – have been proven to help prevent heart attacks, strokes, and countless other diseases.

The truth is that people who take supplements spend much less money on hospital bills and other medical expenses. A recent study has made this abundantly clear. The report estimates that overall medical costs in America alone would drop by nearly \$11 BILLION A YEAR just by giving supplements to people at risk of various medical conditions.¹

The study, funded by the Council for Responsible Nutrition, concluded that:

- **If every cardio patient** in the U.S. over the age of 55 took omega-3s, Bergamot, and vitamins B6, B12 and B9 (folic acid) supplements, the chances of ending up in a hospital were radically reduced and the combined health-cost savings would be more than \$1 billion a year.
- **If all U.S. cardio-diabetic patients** over 55 in the U.S. took a chromium supplement the total combined savings in health costs would be \$970 million a year.
- **If all Americans** over 55 with age-related eye diseases took the potent antioxidants lutein and zeaxanthin, the estimated combined savings would be \$967 million a year in medical costs. Multiply that by all the countries around the world and you will see there are literally trillions of unnecessary spending on health care. No wonder Big Medicine has recently launched a campaign to bring natural supplements under regulatory control, so they can get rid of them. They don't like competition!

Dr. Keith knows how to beat them at their game!

Do I Have to Take a Handful of Pills Every Day?

You've probably seen so-called **"health fanatics"** taking ghastly handfuls of pills and capsules every day and thought:

"If that's the price of health, I'd rather take my chances," right?



Some people go overboard—dozens of capsules morning and night, trying to cover every base.

But a simpler (and healthier) strategy is to get 80% of the benefits with just 20% of the intake. Sound good?

Plus, you may be worried about safety issues. For example, you'll read that taking 400 international units (IU) of vitamin E a day for several years led to a 17% increase in prostate cancer in men.

But that's actually false reporting (typical of Big Pharma science):

A separate group of men in the study who took both selenium and vitamin E showed no significantly increased risk for prostate cancer.

It's important to examine the effects of vitamins and minerals together, not in isolation, because they often work synergistically to confer health benefits.

That's why advice from an expert—someone who isn't trying to sell you anything—can be so helpful.

So What Are You Going to Do?

Here's a list of five **crucial all-natural health supplements** that I've selected for you. I also include links to where you can get them.

I share them with you because I care.

What's more, I'm no longer accepting new patients—so I have no incentive whatsoever to tell you anything other than the clear, unvarnished scientific facts.

Do what I tell you, and it could be worth an extra 20 years of active, vibrant living.

Note: No formulation is perfect. These are the best around.

CRUCIAL SUPPLEMENT # 1

Dr. Keith's Own Liquid Gold Complete Health & Longevity Formula.

I personally take this **#1 product** every day. This one makes me feel like I'm 40 again! My Liquid Gold formula is easy to swallow, tastes good, and out-performs handfuls of supplements.



Because this is a liquid, it is readily absorbed and brain scans show active uptake and benefits to the brain within minutes of taking your dose!

Just **one carb per serving**. Two calories. And a flavor so good you might forget it's healthy.

It's **liquid nutrition** at its finest—and yes, it's as powerful as it sounds.

In fact, just 1 ounce of my formula contains the equivalent nutrients of:

- 4 cups of spinach
- 11 oranges
- 31 bananas
- 6 cups of mushrooms
- 25 salmon filets
- 4 ½ cups of peanut butter

To get the same from pills? You'd have to swallow a small mountain every day.

Just the thought makes me shudder!

And here's the kicker...

Because it's a liquid, it starts absorbing in your mouth.

Straight to the bloodstream. Fast. Effective. Clean.

Up to 98% bioavailability—compared to the sad little 10–20% most multivitamin pills offer.

The manufacturer even showed me an MRI scan where a man's brain lit up within 3 minutes of drinking it. (One day I'll get my hands on that video so you can see it yourself.)

BOTTOM LINE:

- If you want **more energy, sharper thinking, and actual results from your daily multivitamin**—this is it.

You can click the link and order directly from me at

[Dr. Keith's Own Liquid Gold](#)

CRUCIAL SUPPLEMENT # 2

MAGNESIUM OIL SPRAY

This is another one I take daily.

Let's cut to the chase:

Most folks walking around today are running dangerously low on magnesium.



And that's a big problem—because **magnesium is like a fire extinguisher for inflammation.**

Magnesium is one of the most essential nutrients in the body. It plays a role in over **300 enzymatic reactions**, including the metabolism of food and the synthesis of fatty acids and proteins. It's also critical for **neuromuscular function, muscle relaxation, and calm nervous system activity.**

Magnesium deficiency—especially common in older adults—is linked to **insulin resistance, metabolic syndrome, coronary heart disease, and osteoporosis.**

So when you run low on magnesium—and most people do—it's like throwing gasoline on the fire.

The Research Is Clear (And Frankly, a Bit Alarming)

A study out of the *Medical University of South Carolina* looked at 3,800 people. They checked their blood for something called C-reactive protein (CRP)—a marker of inflammation.

People who got less than HALF the recommended magnesium had nearly **three times** higher inflammation levels.

And it gets worse. If they were over 40 **and** carrying extra weight? Their risk shot up even more.

In plain English: Low magnesium = high inflammation = higher risk of serious disease.

Scientists have seen it in animals, too. Rats low on magnesium developed widespread inflammation within just a few days. Their immune systems flipped out—white blood cells went nuts, toxic gunk was released, and their bodies acted like they were under full-blown attack.

In short, you **need** to get enough magnesium.

And spraying magnesium oil on your skin is a **ridiculously cheap and easy** way to stay healthy.

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I use **Dr. Barbara Hendel's Magnesium Oil Spray**, which is mined from deep underground at the site of the ancient **Zechstein Sea** in the Netherlands.

It's not actually an oil (it just feels like one).

It's a **supersaturated solution** of magnesium chloride and pure water. You spray it on and rub it in—it absorbs quickly, with little residue and no strong scent.

You can buy it on Amazon, or here:

[Dr. Barbara Hendel's Magnesium Oil](#)

If you prefer to go for pills or capsules, the glycinate form is absorbed best. Take 300 - 400 mg or more.

CRUCIAL SUPPLEMENT # 3



Omega-3 Essential Fatty Acids. *The number one silent killer and the cause of almost all diseases is inflammation.* It damages tissues and ages us fast.

That's a shame because you can easily "cool off" inflammation with this class of nutrients. Omega-3s are probably the #1 anti-inflammatory substance we can dose on. Omega-3s reduce your chances of a heart attack and stroke, and they regulate your triglyceride levels much better than statins. 2 Among their other benefits, they reduce the risk of cancers in the colon, breast, and prostate.

Omega-3s are plentiful and easy to swallow (no fishy taste) if you take it as capsules. Take 60 mg. of the EPA form and 500 mg. of the DHA form. And make sure you get them from a combination of squid oil and krill oil, because these sources are less polluted than fish oil.

Buy quality Omega-3 products here:
[Omega Rejuvenol](#)

(Dr. Sears Omega Rejuvenol contains some useful extra vitamin A, vitamin D3 and valuable astaxanthin as well as vital omega-3s).

CRUCIAL SUPPLEMENT # 4



The Glucose Tolerance Factor

Diabetes is now the fastest-growing disease in the world, doubling in prevalence every few years. It's become a global public health crisis—threatening the economies of all nations, especially those in the developing world.

I've often said that diabetes is essentially **accelerated aging**. Everything that tends to go wrong with age—arterial damage, vision problems, joint deterioration—happens **faster** when blood sugar is out of control.

And here's the troubling part: even if you manage to bring your blood glucose and A1c (HbA1c) levels down to "normal," that doesn't necessarily protect you. Once the process is in motion, it's difficult to stop.

The best strategy? Avoid diabetes altogether.

The main culprit is no mystery—our modern diet, overloaded with refined sugar and carbohydrates.

The first step is clear: eat better. Avoid sweetened, manufactured, and ultra-processed foods whenever possible.

But there's something else you can do.

Nature's Secret Weapon Against Blood Sugar Imbalance

(Dr. Keith's Own Super Berberine)

My unique formula combines berberine—a powerful, natural blood sugar support compound—with chromium, an essential mineral long known as the "Glucose Tolerance Factor."

Together, they work synergistically to help:

- **Balance blood sugar naturally—without the harsh side effects of conventional medications**
- **Support a healthier metabolism and body composition**
- **Boost mental clarity and energy, so you feel sharp, focused, and steady all day long**

And here's the truth: you don't have to be diabetic to be at risk.

Even mild, unnoticed blood sugar imbalances can quietly sabotage your energy, accelerate aging, and increase the risk of chronic disease.

The good news? You're not powerless.

This formula was designed to give your body real support—naturally and effectively.

[Grab Dr. Keith's Own Super Berberine here](#)

CRUCIAL SUPPLEMENT # 5

Look After Your Eyes

Your eyes rely on high concentrations of two crucial nutrients: **lutein** and **zeaxanthin**.

Lutein helps protect the retina from sun damage. Zeaxanthin shields it from harmful byproducts generated during normal biochemical activity.



Together, they've been shown to reduce the risk of age-related eye diseases—especially **macular degeneration**.

Here's the problem: lutein and zeaxanthin are **abundant in egg yolks**, particularly from **organic, free-range hens**.

But thanks to decades of anti-cholesterol fearmongering, eggs got a bad reputation—and most people cut them out of their diets.

The result? A population aging into widespread **macular degeneration**.

You don't want to grow old blind. Take care of your eyes now.

Eat **deep yellow egg yolks from pastured**, outdoor-raised chickens—not pale, factory-farmed ones.

(And yes, despite popular opinion, **egg whites** are not healthy. You’ve been misled.)

Recommended Dose:

- Lutein – 20 mg
- Zeaxanthin – 1 mg

You can find a great combo supplement here:

[>> Swanson Ultra Synergistic Eye Formula – Lutein & Zeaxanthin](#)

The Fruit That Protects Your Heart...

When it comes to health advice, you probably want to know what the experts actually do themselves.

For example, if you're traveling, you'd want to know where the local chefs go to eat—not just the tourist traps.

If you want to invest wisely, you'd love to see where Warren Buffett puts his money.

And when it comes to natural health?

You want to know what ends up in an alternative doctor's own supplement cabinet.

Well, let me share one of my personal essentials:

A powerful extract from a strange little citrus fruit that I take every single day—without fail.

Why? Because it's been shown to:

- **Support healthy aging**
- **Strengthen the heart**
- **Protect the liver**
- **Balance blood sugar and triglycerides**
- **And more**

Some of you may already know exactly what I'm talking about—especially if you've already gotten your bottles.

But if not, or if you want to better understand why I trust this fruit so much, I've laid it out clearly in this short info page:

>> Click here to read more about one of my most trusted supplements

158,000 Studies on This Immune Response Booster Can't Be Wrong...

If you've read my book *Cancer Research Secrets* you will know by now that I am a big supporter of **beta-glucans**.

They are among the most powerful curative medicines known.

There was a time when one of the only reliable ways to heal disease and (in particular) cancer was from mushrooms – such as the fantastic Maitake (hen of the woods), Shiitake, Reishi and Turkey Tail.

In fact, the **Turkey Tail mushroom** (*Trametes versicolor*, the very beautiful one) has given us one of the most powerful anti-cancer medicines we have: PSK (polysaccharide K, also known as Krestin).



Like a fancy turkey's tail!

But science has advanced greatly in recent years and now we have **yeast based beta-glucans**. Which are far cheaper and it has emerged, just as effective. Maybe even more so!

Beta-glucans are a kind of sugar (a polysaccharide) found in the cell walls of bacteria, fungi, yeasts, algae, lichens, and plants, such as oats and barley.

Beta-glucans have been used for high cholesterol, diabetes, cancer, and HIV/AIDS.

Beta glucans can even be used for numerous health conditions and diseases which includes good for colds (common cold), flu (influenza), H1N1 (swine) flu, allergies, hepatitis, Lyme disease, asthma, ear infections, aging, ulcerative colitis and Crohn's disease, as well as fibromyalgia, rheumatoid arthritis, and multiple sclerosis.

People apply beta-glucans to the skin for dermatitis, eczema, wrinkles, bedsores, wounds, burns, diabetic ulcers, and radiation burns.³



Did you know..?

*Beta-glucans are used to boost the immune system in people whose body defenses have been weakened by conditions such as chronic fatigue syndrome, or physical and emotional stress; or by treatments such as radiation or chemotherapy. glucans to the skin for dermatitis, eczema, wrinkles, bedsores, wounds, burns, diabetic ulcers, and radiation burns.*³

That's quite a catalogue of ills. **As I said, these are among the most powerful medicines known to Man.**

I'd like to draw attention to one very important study which showed that beta-glucan benefits were able to ameliorate the toxic effects of mercury (yes, science is finally admitting that mercury poisons the immune response). Mice were given drinking water contaminated with mercury acetate and thimerosal (thiomersol for those who can speak proper English: thio (sulfur), mer-cury, sol-ution, get it?) There was profound suppression of the immune system; but that was quickly reversed by beta-glucan.⁴

That alone is a good reason we should all take this stuff.

But what to choose? There's mountains of junk out there... me-too fluff, padded with fillers and impurities.

I want to introduce you to the good stuff.

My colleague AJ Lanigan has developed what has to be the best beta-glucan formula in the world.

And I'm NOT just saying that, I wanted proof.

You see, any formulas being sold rely on generic science. A lot of competitors have a very impure product which contain under-performing and shabby ingredients.

AJ is the formulator genius behind my favorite **Beta-Glucan** by Better Way Health and I can say this:

A large 2008 JANA study carried out by *Dr. Vaclav Vetvicka at Louisville University* showed that Better Way Health's *Beta-glucan* (Beta 1,3D) has the highest proven immunological benefits: Eight (8) times more effective than any mushroom based beta-glucan, (including the oncology product: PSK Krestin I mentioned), and 160x more effective than many of the popular Internet products being sold.⁵

Another 2010 study published in *Open Glycoscience* was the most comprehensive study ever done on immune system supplements. It compared the world's top 16 immune supplements: **Immutol, Maitake Gold, PSK Krestin, Wellmune**, etc. —Compared to all these, **Glucan #300 was found to have the highest biological activity and it was not even a close call!**

Glucan #300 had 8x more immune response than the 2nd place immune supplement. That makes it hands down the best immune system supplement in the world.⁶

In *Dr. Vaclav Vetvicka's* opinion, it comes down to the purity of the product: "Based on our results, we can conclude that highly purified and highly active glucans have pleiotropic effects, whereas poorly isolated glucans have only average (if any) biological effect."

Don't go cheap! [Better Way Health's Beta 1, 3D Glucan](#) has the highest purity (over 83%), whereas the next in line, Beta Right 101 and Swanson, have a purity of approximately 70 percent.

There are now over 158,000 papers researching beta-glucans. Thirty of these were specifically testing Beta 1,3D Glucan. That's the one for you and me. It is simply the best. And it's not even the most costly! Promise.

In fact there is now so much science that these could be re-classed as medicines, not merely "supplements".

[Go here and watch my interview with AJ Lanigan on beta-glucans now....](#)

WHAT REALLY MATTERS IS FOOD

In addition to these 5 recommended supplements, food is what really matters...and eating the wrong foods can suppress your immune system and wreak havoc on your health.

Is your food secretly sabotaging you?

Even so-called health foods can cause allergies and could spark dangerous chain reactions that creates the perfect environment for cancer cells to attack and thrive.

Most people brush off their mysterious health problems as “just getting older.” I hear it all the time—

Waking up in a fog. Dragging through the day. Blaming it on age or stress. And their doctors? They say everything looks “normal” on paper.

Sound familiar?

But here’s the inconvenient truth nobody tells you—your body isn’t betraying you. It’s the food you’re eating that might be working against you.

Think about it. You wouldn’t dare put diesel in a car designed for regular gas, would you? Yet we’re told to eat foods our bodies simply weren’t built to handle.

For over 40 years, I've watched patients transform their lives by uncovering their personal “**bandit foods**.” And I'm NOT talking about junk food... Oh no!

Your bandit foods could include that “healthy” Greek yogurt you swear by every morning.

Or that quinoa bowl you love for lunch. Even that virtuous green smoothie could be the culprit!

The truth is, each of us has a unique food fingerprint. What works wonders for your best friend might be quietly draining your vitality.

That's why I developed the Bandit Foods system—to help you decode your body's signals and pinpoint YOUR specific trigger foods.

So, are you ready to uncover the hidden saboteurs in your diet? Ready to reclaim your energy and zest for life?

**Let's get started—your best health is waiting.
To your vitality,**

Prof. Keith "#1 Allergy Detective" Scott-Mumby

P.S. Thank you for reading this resource report. If you want to find out a little bit more about my alternative health remedies and teachings, simply follow this link and explore my [alternativedoctor.com](http://www.alternative-doctor.com) website:

<http://www.alternative-doctor.com>

You will discover alternative health articles, videos, inspiration, and quotes directly from my decades of research. I dig deep beyond traditional health care and conventionally accepted wisdom to help you live a longer life!

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