



Natural ways to increase O2 Saturation in a High School Athlete's body

1. **Drink plenty of purified water** – electrolyte based water such as Sparklett's Electrolyte water delivered to homes or Smart Water are excellent choices for water.
Calculate MINIMAL water intake by:
$$\text{Body Weight} / 2 = \text{MINIMAL ounces of water per day}$$
2. **Take a high-absorption multi-vitamin with high amounts of antioxidants** – (These are harder to find than you may think)
Suggested examples of these are:
 - Vemma (only order online or store in North Scottsdale)
 - Melaleuca vitamins (only order from a member of Melaleuca)
 - Sprouts grocery store – has a few different that their experts will tell you meet this criteria
3. **Eat foods with high antioxidant content:** such as blueberries, cranberries, strawberries, and pecans.
4. **Eat foods rich in iron, folic acid and Vitamin C** such as red meats, egg yolks, beans, artichokes, almonds, wholegrain breads, spinach, broccoli, oranges.
5. **Avoid foods with white sugar and white flour** such as white bread, donuts, baked goods, etc.