

# Basics of Body Function

What you should have learned in school, but didn't

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11/15/2025

# The Building Blocks of the Body

- . Nutrients build the body - proteins, fats are structural
- . Carbs fuel the body in the normal state
- . Minerals - enzyme cofactors and charge generators
- . Vitamin cofactors - protect and enhance
- . The body runs on electricity and light, which it generates

# Cells - complex systems

- . Cell mem-brains - electric charge
- . Keep water compartmentalized
- . Structured water, collagen and cancer
- . Selective inflow and outflow
- . Cellular communication





# Micronutrient Cofactors

- B1, B2, B3
- Magnesium
- Iron
- Manganese
- Oxygen



# Inhibitors

- Fluoride
- Heavy metals:
  - Mercury, arsenic, antimony, aluminium

# Recommended supplements

- B complex
- Magnesium, potassium
- Iodine
- Protein (organic)
- Healthy fats - fish oil, olive oil, krill oil, avocado, butter

# Causes of chronic illness

- . Nutritional deficiencies
- . Chemical Toxins - mold, air and water pollution, etc
- . Chronic inflammation
- . Hormonal imbalances
- . Genetics are a factor, but less than you think



# Causes of Chronic Illness (2)

- . Inactivity
- . Full Spectrum Light deficiency
- . EMF exposure
- . Sleep disorders
- . Stored Traumatic Experiences

# Helpful Strategies

- Supplement Vit C, B complex, ADK, EPA,DHA (fish oil, algae oil), minerals - esp Mg, K, iodine
- Eat a variety of foods, incl fermented, nuts, seeds, organic everything
- Pay attention to your body!
- Move more and move often
- Stop eating some of the time -time restricted eating
- Cleanse, fast, sleep, walk

# Other Important Factors

- . Time in Nature
- . Sense of Purpose in life
- . Emotions
- . Relationships
- . Meaning

# Prevention Beats Rescue

- Bioidentical Hormone therapy
- Hyperbaric oxygen (cancer hates oxygen)
- Chelation therapy
- Regular natural sunlight (improves metabolism)
- Find a practitioner who gets this



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