

YOUNGEVITY DOWNUNDER



100% BETTER



100% BETTER

with us

Soft Tissue



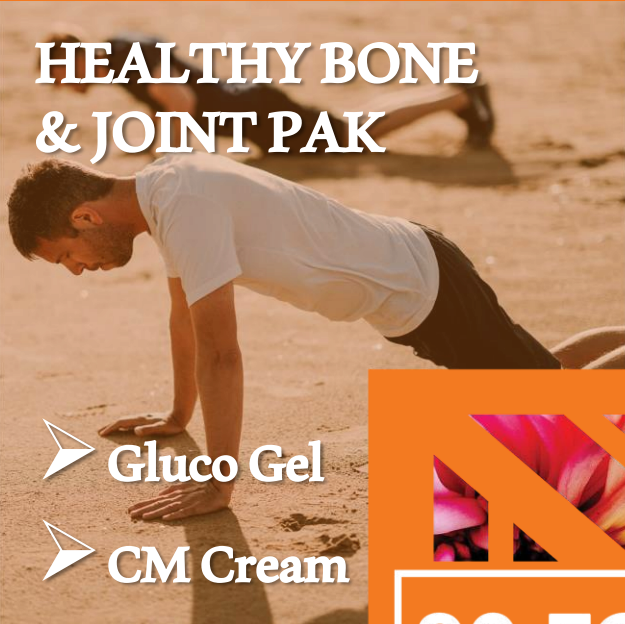
Dr. Joel Wallach

- Internationally Recognized Naturopathic Doctor and Veterinarian
- Gives 300+ lectures per year
- Author of 13 books and 75 Scientific Articles
- Author of 'Dead Doctors Don't Lie'
- 2 Live Radio Shows Every Day
- Featured In The Audacity of Health Documentary



Dr. Wallach has connected over 900 health problems directly to a deficiency of some of the 90 Essential Nutrients

Hard Tissue



HEALTHY BONE & JOINT PAK

- Gluco Gel
- CM Cream



HEALTHY BRAIN & HEART PAK

- Selenium
- EFA

Soft Tissue

90 FOR LIFE

Blood Sugar



- Sweet-eze

HEALTHY BLOOD SUGAR PAK



- Enzymes
- Flora-fx

HEALTHY DIGESTION PAK

Digestion

The 90 Essential Nutrients

In order for our bodies to function optimally we need to consume the correct amounts of the 90 Essential Nutrients Every Day

60 Minerals

12 Amino Acids

16 Vitamins

2 Fatty Acids



“Give your body what it needs and it can do amazing things.”

~ Dr. Joel Wallach



The Healthy Body Pack



The Ultimate Multi-Vitamin & Mineral Supplement

Contains Energy Boosting Nutrients

Probiotics & Prebiotics For Digestion

Supports A Healthy Immune System

Made From Organic Plant Derived Whole Food

Contains 85 of the 90 Essential Nutrients

Calcium

Magnesium

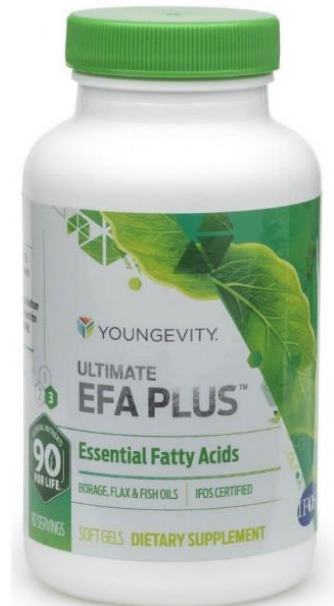
Vitamin D3



Omega 3, 6

Gamma Linoleic Acid

IFOS Certified



Dr Peter Glidden



Licenced naturopathic doctor
with over 30 years experience

‘There are over 30 different related diseases due to lack of soft tissue support’

Vision and learning problems

Brain: Dementia (Alzheimer or other types), Parkinson’s Disease

Cardio: High or Low Blood Pressure

Cancers: Prostate, Colon, Lung, Breast

Urinary: Incontinence, Urgency, Prostate (BPH)

Psychiatric: Depression, Anxiety, Sleep disturbance, Insomnia

SOFT TISSUE DISORDERS

Health Concerns Often Related
To EFA and
Cholesterol Deficiencies

Acne

ALS

Alopecia

Alzheimer's

Asthma

Blood Clots, DVT

Brittle Hair

**Cardiovascular
Disease**

Cracked Heels

**Cravings for Fried
Foods**

Dementia

Extended Menopause

Eczema

Fibromyalgia

Gallstones

Growth Retardation

Infertility

Low Libido (ED)

Low Sperm Count

Miscarriage

Multiple Sclerosis

Muscular Dystrophy

PMS

Psoriasis

Kidney Dysfunction

Split Cuticles/Heals



SELF EVALUATION FORM

Identify The Category

Rate yourself with the numbers 0 to 10. 0 being never and 10 being severe (the higher the score, the more likely you have a problem in this category)

Never (0) ----- (5) ----- (10) Severe

<i>Soft Tissue Category</i>	Today's Date	30 Days	90 Days
Dry or itchy skin, dry cuticles			
Thyroid or hormonal issues			
Cracks on your heels			
Are you forgetful			
Trouble breathing, cough, dry throat			
Tiredness, kidney problems, diuretics			
Eye or eyesight problems			
Age spots, blemishes,			
Grey hair, wrinkles, hemorrhoids, varicose veins			
TOTAL			

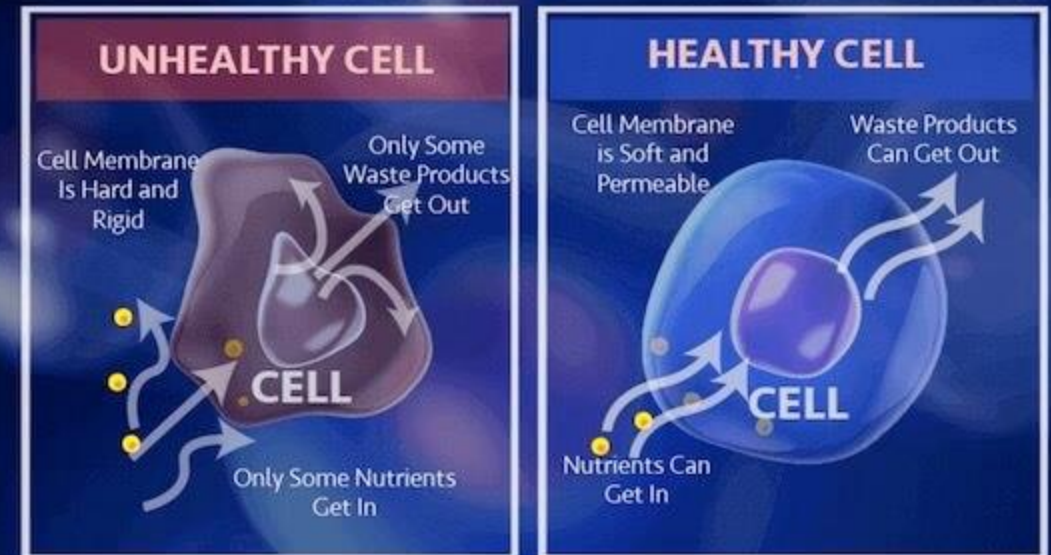
EFA AND CHOLESTEROL DEFICIENCIES

Healthy cell membranes and soft tissues

- **Examples: nerves, brain, heart, skin**
- **Require large amounts of EFA's and other cofactors including: cholesterol (eggs), selenium, and antioxidants.**

Inadequate amounts of these nutrients will cause these tissues to breakdown and malfunction.

UNHEALTHY VS. HEALTHY CELL



Dr Wallach's 3 Steps to a BETTER Health

Step 1



Identify the category

Use the Self Evaluation to identify what is breaking down. If you don't have the symptoms listed at all, put in a 0. For slight or moderate symptoms use a 2 or 3 and 4 or 5 if it's a severe symptom. The total for each category can be used to track your improvements from month to month.

Step 2

Use the appropriate pack & dose

Give your body the nutrition it uses to rebuild/repair that tissue/system.



Step 3

Clean up your diet & lifestyle

5 SECRETS TO A BETTER LIFE

EAT · ELIMINATE · EXERCISE · SLEEP · SUPPORT

5 *SECRETS*

To BETTER

Health

with

EEEss



Eliminate

» **12 Bad Foods**
from your diet

» **Toxic People**

Wheat

Barley

Rye

Oats

Corn

Soy

Meat with Nitrates

Industrial Seed Oils

Carbonated Drinks

Well Done Red Meat

Fried Foods

Baked Potato Skin





Raw Foods

Eggs

Loads of water

Green Tea

Nuts

Min Sugar

Boost protein

90 for Life

Exercise



Move your lymphatic fluid

Rebounding

Massage

Walking 30 mins Daily



Conscious Breathing

Exercise – Fun

Yoga/Tai Chi

Play/Laughter

Sleep..



.. is extremely important



SUPPORT

HEALTHY BRAIN AND HEART PACK



All 90 essential nutrients with targeted brain and heart support

Ultimate™

EFA Plus™



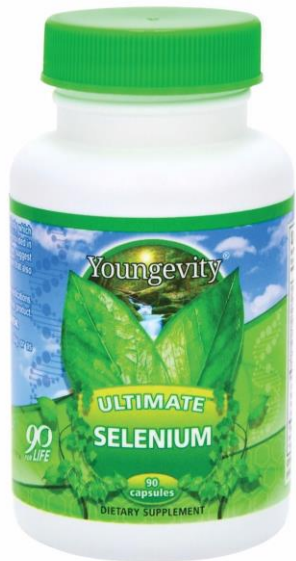
EFA's are proven to reduce the risk of:

- Coronary Heart Disease
- Skin Disorders
- Macular Degeneration
- Depressive Disorders
- Lowers High Cholesterol
- Prevent diabetes
- Promote healthy nerve activity
- Improve vitamin absorption
- Maintain a healthy immune system
- Promote cell development



Ultimate™

Selenium™



- Selenium is one of the most documented and widely studied trace elements known. Numerous studies have shown its importance to the body. For decades, the importance of selenium was unclear. Today, selenium is one of the most documented and widely-studied trace elements known.
- Selenium is an essential nutrient to the human body, which humans require, but cannot make. These nutrients must be provided in the diet or in supplement form.
- Selenium is also considered to have “anti-oxidant properties” which have been identified by the National Academy of Sciences as “a substance in foods that significantly decreases free radicals (e.g. reactive oxygen) and reactive nitrogen substances (e.g. N-nitroso compounds)”. Vitamins C and E are examples of other anti-oxidants.



YOUNGEVITY PRO RANGE

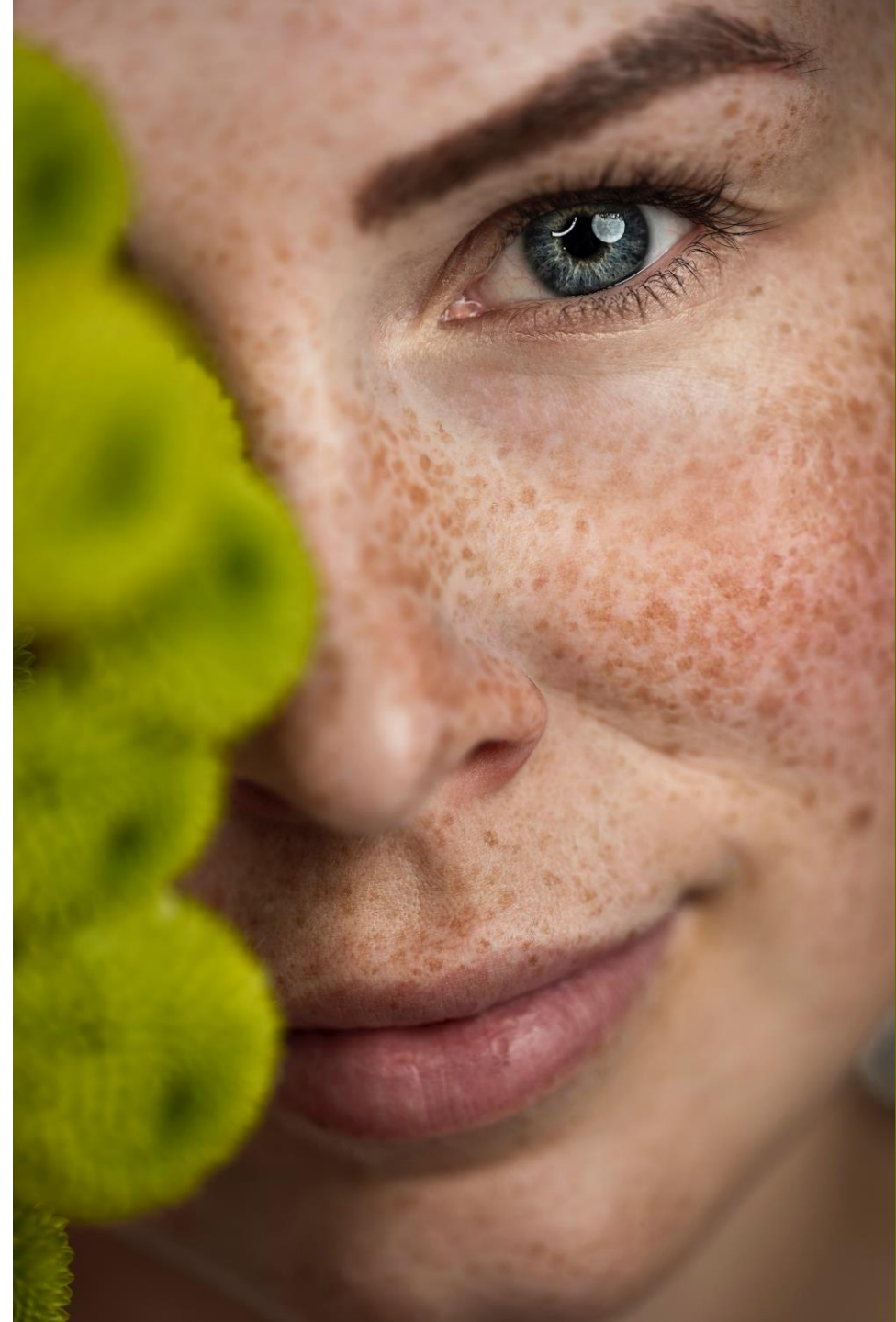
SOFT TISSUE SUPPORT

Anti-oxidants

- **Cell-Shield RTQ**
- **Purmeric**
- **Beyond Hot Chocolate**
- **BTT**

Imortalium

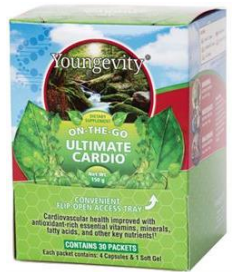
- **Anti-aging & Energy**



SOFT TISSUE SUPPORT

HEART

- **Ultimate Daily Classic**
- **On-The-Go Ultimate Cardio™**
- **Niacin Plus**
- **Selenium**



KIDNEY

- **Ultimate Daily Classic**
- **Niacin Plus**
- **GH Kidney and Bladder**



SOFT TISSUE SUPPORT

BRAIN

- **EFA**
- **S.M.A.R.T. fx**
(Sustained Memory And Retrieval Time)
- **Synaptiv**



TYROID

- **Oceans Gold**
- **Hypothalamus Support**



SOFT TISSUE SUPPORT

HORMONE SUPPORT



- **XERA FEM**
- **XERA TEST**
- **Pollen Burst™ Plus - Daily Liver Formula**
- **Prost Fx**





HEALTHY EATING PLANS

3 OPTIONS of healthy eating plans designed to support optimal health and fit into your life



Keto 90

Follow a ketogenic program that's low in carbs, has moderate protein, and higher fat levels that leave you full and satisfied.



Rev 90

High Density, Low Calorie - take in fewer calories and get greater results with filling foods that are good for you and low calorie too.

Kate Carpenter
Clean Living Coach



Wellness90

Live healthier eating a balanced diet of fruits, vegetables, nuts, and lean protein options. Think of it as a lifestyle, rather than a strict diet, and you're bound to see results.

Continuing Education

Product Information

What Makes Youngevity Unique CD

Healing is Easy CD

YGY Audio Catalog CDs (3)

Quality, Quality, Quality CD

Selenium CD

Digestive (& Hormone) Information

Serial Killers CD

Why World is So Sick CDs (2)

Other Health Information

Divine Magnificence of Nutrition CD

God's Recipe - Alternative to Ritalin

Seeing is Believing CD & more!

The more you educate yourself, the more you become a participant in your own health

***Tools to build
your health & your
knowledge!***





YOUNGEVITY DOWNUNDER



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