

100% BETTER
with us

Better Health
Challenge



YOUNGEVITY DOWNUNDER



100% BETTER



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

12 Amino Acids

60 Minerals

2 Fatty Acids

16 Vitamins



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

~ Dr. Joel Wallach

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



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



**Dr Peter
Glidden**



Licensed Naturopathic Doctor
with over 30 years experience

*Videos that you must watch
before you lose weight:*

Eliminate the 12 Bad Foods

Cause & Cure of Obesity

Weight management

Nutrition & Wellness

Vegans vs. Carnivores



GOOD FOOD

VS



BAD FOOD



EGGS (SOFT)

BUTTER

IODISED SALT

VEGETABLES

BERRIES

NUTS (AVOID PEANUTS)

RED MEAT

POULTRY

FISH

SEAFOOD

WHEAT (BARLEY, RYE, OATS)

SOY

CORN

FRIED FOODS

INDUSTRIAL SEED OIL

RED MEAT (WELL DONE)

NITRATES/NITRITES

BAKED POTATO CRISPY SKIN

CARBONATED SODA

SUGARS



Raw Foods

Eggs

Loads of water

Green Tea

Nuts

Min Sugar

Boost protein

90 for Life



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

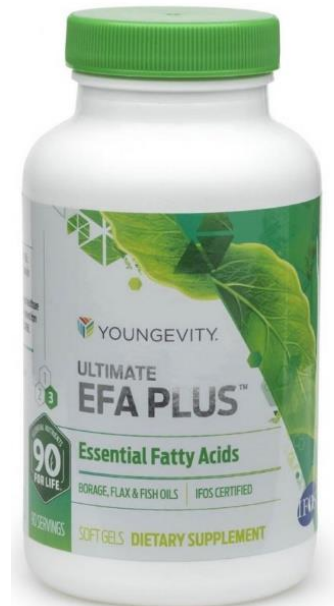


Omega 3, 6

Gamma Linoleic

Acid

IFOS Certified





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.



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.

A high-fat, moderate protein, low carb plan that gives you fast results, while leaving you full but satisfied

In Ketosis, your body burns existing fat stores for energy

BENEFITS:

Weight Loss

Control blood sugar

Mental focus

Increase energy and normalise hunger

Impact epilepsy

Improve cholesterol and blood pressure

Reduce insulin resistance

Improve acne



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.

This high-density, low-calorie approach offers filling food options with no unwanted calories.

Easy to do as its 100% completely outlined in a meal plan

BENEFITS:

Immediate and quick weight loss

Simple recipes

Easy to do for a quick tune up

This program is a great place to start when you are transitioning to a “Good Foods Lifestyle Change”. 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.

BENEFITS:

More energy

Less bloating and better digestion

Skin clearer and brighter, helps to clear skin conditions

Better sleep

Less aches and pains

Less illnesses, stronger immune system

Less allergies

And many more!



Wellness 90

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.

Exercise



Move your lymphatic fluid

Rebounding

Massage

Walking 30 mins Daily



Conscious Breathing

Exercise – Fun

Yoga/Tai Chi

Play/Laughter

Lifestyle Changes for Moving



Must include **BOUNCING** of some sort (jumping jacks or star jumps, mini trampoline or running, step or bounce aerobics for lymphatic support during detox)

Must be 2 x day. Earlier in the morning results in feeling **GREAT** the rest of the day **AND** can help with increased in metabolism for several hours after!

Must be 45 mins of fast paced walking with a **PURPOSE**. You must be in tuned to **THAT** purpose on your entire walk!

KETO Workout Suggestions



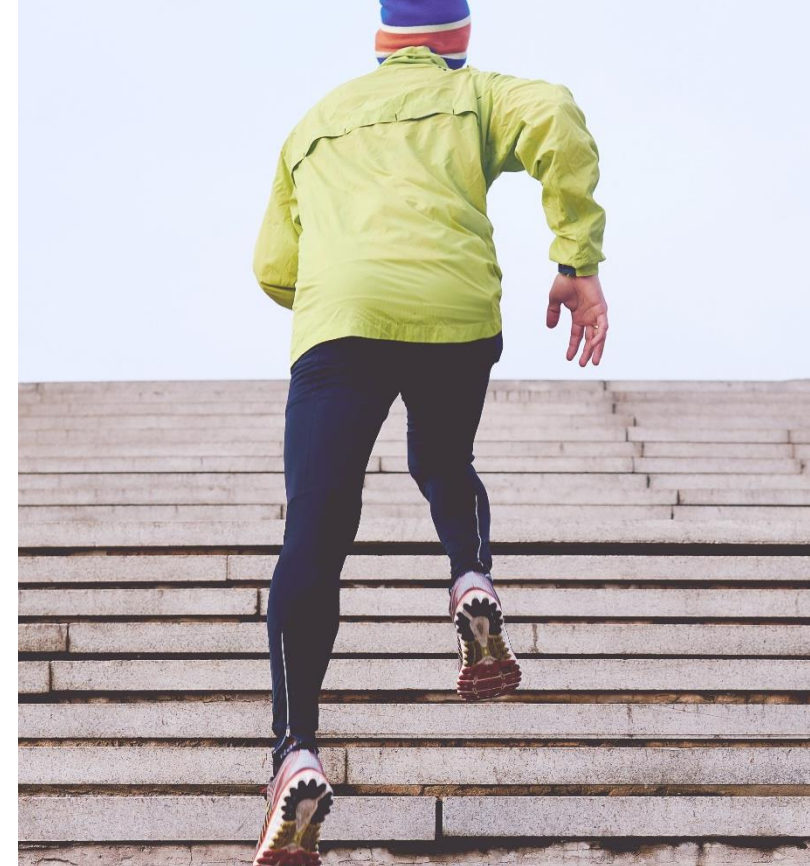
EXERCISE will burn more calories and help you lose more weight. Get started with a fitness tracker and track your steps and the amount of active calories you are burning a day. The ultimate goal is to get to 10,000 steps a day. At this level you will likely see the greatest weight loss and health benefits.

EXERCISE

5-10 minutes of weight resistance that focuses on larger muscle groups is perfect with **KETO90**

Two times a day:

- Stairs
- Squats
- Free weights
- or
- Lunges



Rev90

Workout

Suggestions

I N T E R M E D I A T E

YOUR FITNESS GUIDE

READY FOR AN INTERMEDIATE ROUTINE?

GUIDELINES TO FOLLOW

Moderate frequency. Each muscle group/movement pattern should typically be trained to some degree between once every 3rd and 5th day.

Moderate volume. Most larger muscle groups should usually get between 60-120 reps per week total, and most smaller muscle groups should usually get about half that.

A potential mix of free weight, body weight and machine exercises as well as a potential mix of compound and isolation exercises.

A potential use of more advanced methods and techniques.

A potential higher variety of rep ranges.

A focus on progression.

WEIGHT TRAINING UPPER & LOWER BODY SPLIT

Week 1

Monday: Upper Body A Workout

Tuesday: off

Wednesday: Lower Body A Workout

Thursday: off

Friday: Upper Body B Workout

Saturday: off

Sunday: off

Week 2

Monday: Lower Body B Workout

Tuesday: off

Wednesday: Upper Body A Workout

Thursday: off

Friday: Lower Body A Workout

Saturday: off

Sunday: off

WATER



We need to make sure that our bodies stay hydrated, especially in hot weather, when exercising or playing sport. The amount needed varies according to your age, size, the weather and how active you are.

So how much should we be drinking to stay hydrated? As a rough guide, adults should aim for 1.5 – 2L (6-8 cups) of water /fluid each day and children 1 – 1.5L (4-6 cups).

Source: nutritionfoundation.org.nz

Sleep..



.. is extremely important

Facts on Sleep

Sleep plays an essential role in your health and wellbeing throughout your life. Getting enough good quality sleep has many benefits, including protecting your physical and mental health, quality of life and personal safety.





Facts on Sleep

Key points:

- Regular, good quality sleep is important for brain functioning, emotional wellbeing, physical health and daytime performance
- Research suggests that adults need at least 7 to 8 hours of sleep each night to be well rested. Not getting enough sleep is common and can have serious impacts on your health and wellbeing

Sleep is thought to play an important role in:

- Controlling your body temperature and energy use (metabolism)
- Keeping your immune system working
- Controlling your brain functioning and restoring your memory
- Keeping your heart and blood vessels healthy
- Repairing tissues and stimulating growth in children (growth hormone released during sleep is responsible for both)
- Regulating your appetite and weight and controlling your blood glucose levels



SUPPORT

<https://ygybetterhealth.com>



What to expect with the Rev 90 Program:

7-DAY MEAL PLAN

RECIPES

KITS & PRODUCTS

FAQ

RESOURCES



RESOURCES

Below you'll find some downloadable resources to help you on your journey towards Better Health! You can track your progress, check out the program overview, and also get tips for a successful REV 90 Program.

KETO Support

TOOLS AND RESOURCES



YOUNGEVITY.

- WWW.YGYKETOGENIC.COM
- LOSE IT, MY FITNESS PAL, or FAT SECRET apps to track macros and help guide eating regime
- RULEDME.COM - Macro calculator, recipes and details about Ketogenic
- KETOSIS STICKS - found online or in drugstore, to track to see your level of ketone production/ketosis
- FACEBOOK GROUP - THE KETO 90 LIFESTYLE
- Youngevity Health and Nutrition Ambassadors



REV90 Support

Facebook Group - REV90 Challenge

Files for Eating Plan with recipes

Saveur Make Take & Freeze Rev90

Recipes for Maintenance Phase to keep you organised and planning ahead

Wellness90 Support

- Wellness 90 Better Health Challenge 2019
- Files for Eating Plan with recipes
- Saveur Make Take & Freeze Wellness 90 Recipes to keep you organised and planning ahead



MAKE, TAKE & FREEZE

— *with* —
SAVEUR



**Better
Health
Challenge**

GETTING STARTED

1. WEIGH yourself, take a picture, and take your MEASUREMENTS.
2. Pick foods from the GOOD FOODS LISTS you want to eat, and that will work for your lifestyle. Shop ONLY for those.
3. Create your MEAL PLAN. 3 meals and 2 snacks a day will help maintain your metabolism.
4. EXERCISE and drink WATER.
5. Be COMMITTED to being healthy and stick to the plan.

Celebrate Successes!

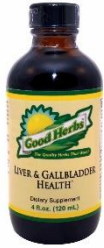
DETOX



- Helps to reset metabolism
- Helps clear lymph
- Helps clear toxins through entire body and eliminate
- Prepares body for next step in HBC whether that be Rev90, Keto90 or Wellness90

*(*Detox recipes follow either Rev90 or Wellness90 eating plans)*

SUPPORT NUTRITION



Liver And Gallbladder Health

Liver and Gallbladder Health contains a proprietary herbal blend of organic or wild-crafted herbs that supports natural blood flow in and out of the liver for an overall healthy liver and gallbladder.



Slender FX™ Sweet Eze™ - 120 capsules

Slender FX Sweet EZE contains chromium, vanadium and herbs. It is formulated to be used as a part of your diet, to maintain a healthy blood sugar level.



Ultimate Enzymes® - 120 capsules

Ultimate Enzymes is formulated to support healthy digestion which is essential for optimal nutrient absorption.



TrueDetox Tea 30ct Box

True2Life TrueDetox Tea contains a blend of herbs known for their cleansing and digestive benefits through a natural detox and body cleanse.



Slender Fx™ Cleanse Fx™ - 60 capsules

Slender Fx Cleanse Fx is a proprietary blend of herbs formulated to effectively and gently cleanse the colon.



Slender FX™ Keto Power Up™

Keto Power Up™ is an all-natural blend of metabolism-boosting nutrients that promote energy production and support healthy weight management as a part of a healthy diet.



Be The Change Coffee - Diet Plus 62 - Ground (12oz)

Diet Plus 62 is a high-energy fat-burning gourmet coffee that helps you stay fit, supports a healthy appetite, healthy energy levels and weight loss.



Grapefruit, Pink Essential Oil - 10ml

Grapefruit, Pink is often used for kidney related concerns, as well as to stimulant to the digestive and lymphatic systems; and various internal organs. Effective in balancing oily skin and clearing up acne.

In
addition
to
HBP

Slender Fx™ Sweet Eze™

Sweet Eze™ is the central element in the Healthy Blood Sugar Pak™ that focuses all its nutrients to specifically maintain the immediate levels of blood sugar that can be caused by food intake.

Sweet Eze™ powerful nutrients such as Chromium, Vanadium, Cinnamon, Bitter Melon, and Gymnema Leaf Extract have been shown to:

- Efficiently transport glucose into cells
- Support healthy insulin levels
- Improve blood sugar control after carbohydrate meals.





Sweet Eze™ Is Part Of Youngevity's Slender Fx™ Weight Management System

It is formulated to nutritionally support the regulation of blood sugar and insulin levels

Why is Sweet Eze™ so useful to dieters and those who need to regulate glucose levels?

Chromium has been clinically shown to promote healthy blood sugar.

Formulated to nutritionally support the regulation of blood sugar levels.

Natural botanicals: cinnamon, gymnema leaf, bitter melon fruit and jambul seed.

Gluten Free. Contains no wheat, yeast or starch.

Vanadium to help metabolize glucose and normalize hormone levels.

Full strength, plant derived minerals.



 YOUNGEVITY.

GLUCOGENIX™

Blood Sugar Control Support

FOR MORE INFORMATION
[YOUNGEVITY.COM](https://www.youngevity.com)

From Youngevity™ ProLine, comes an advanced nutritional supplement that helps the body break down glucose and support healthy blood sugar levels.

- The unique combination of botanicals, minerals and antioxidants found in Glucogenix, help the body break down carbohydrates and transport glucose to be used for energy to support a healthy metabolism.
- Plus, it includes soluble fibre to support the production of digestive flora and digestive health.

INGREDIENTS

BITTER MELON

- May improve the metabolism of blood sugar as well as intestinal health

PREHISTORIC PLANT AND MARINE MINERAL COMPLEX

Essential for a wide range of functions

- contains minerals chromium, magnesium, vanadium & zinc
- may support healthy blood sugar

JAMBOLAN - Used in ancient medicine

- may support healthy blood sugar
- & healthy cholesterol levels

VANADIUM - A trace mineral that

- may assist in lowering blood sugar
- improving sensitivity to insulin



