

A person with long blonde hair, wearing a grey baseball cap, a black t-shirt, and purple leggings with a white floral pattern, is captured mid-jump in a vast, mountainous valley. The person's arms are outstretched, and their right hand is reaching towards the sky. The background features rolling green hills and a river winding through the valley floor. The sky is filled with soft, white clouds.

 YOUNGEVITY.[®]
DOWNUNDER

Your Immune
& Digestive
Systems
for Optimal
Wellness

YOUNGEVITY DOWNUNDER



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



HEALTHY BLOOD
SUGAR PAK

- Sweet-eze



HEALTHY
DIGESTION PAK

- Enzymes
- Flora-fx

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



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

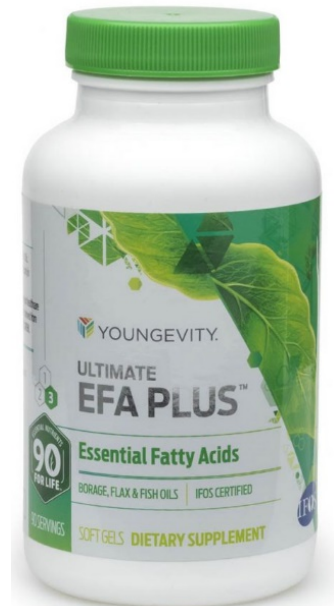
Vitamin D3



Omega 3, 6

Gamma Linoleic Acid

IFOS Certified





Australians and New Zealanders spend **\$500 MILLION** on over the counter cold and flu products each year.

On average it's predicted that each year you'll catch multiple colds.

Adults: 2 - 4 times

Children: 5 - 10 times

SIGNS & CAUSES OF A WEAK IMMUNE SYSTEM

SIGNS

- Frequent illnesses
- Constantly tired
- Blood disorders – e.g. anaemia
- Wounds heal slowly
- Allergies
- Digestion problems
- Inflammation of internal organs

CAUSES

- Lifestyle choices
- Diet
- Lack of or too much exercise
- Antibiotics & medications
- Lack of sleep



Dr Peter Glidden



Licensed naturopathic doctor
with over 30 years experience

*If you don't look after your
immune system there are 80
known auto immune diseases
that could find their way to you*

Chronic Fatigue

Fibromyalgia

Lupus

Rheumatoid arthritis

Coeliac disease

Multiple sclerosis

Graves' disease

SELF EVALUATION FORM

Identify The Category

Rate yourself with the numbers 0 to 5 0 being never and 5 being severe (the higher the score, the more likely you have a problem in this category)

Never (0) Rarely (1) Occasionally (2) Often (3) Always (4) Severe (5)

Weight _____ kg (for dosage)

| Hard Tissue Category | Today's Date | 30 Days | 90 Days |
|---|--------------|---------|---------|
| Knee, shoulder, joint back, neck stiffness, back pain | | | |
| Knee, shoulder, joint, neck pain | | | |
| Headaches | | | |
| Numbness, foot/arm fall asleep | | | |
| Trouble falling asleep | | | |
| Bleeding gums, cavities, dental issues, kidney stones, bone spurs | | | |
| Blood pressure problems | | | |
| Pain killers or medication for any of the above | | | |
| TOTAL | | | |

| Soft Tissue Category | Today's Date | 30 Days | 90 Days |
|--|--------------|---------|---------|
| Dry or itchy skin, dry cuticles | | | |
| Thyroid or hormonal issues | | | |
| Cracks on your heels | | | |
| Forget things you go to get, can't remember a specific word | | | |
| Trouble breathing, cough, dry throat | | | |
| Tiredness, kidney problems, diuretics | | | |
| Eye or eyesight problems | | | |
| Age spots, blemishes, grey hair, wrinkles, hemorrhoids, varicose veins | | | |
| TOTAL | | | |

| Blood Sugar Category | Today's Date | 30 Days | 90 Days |
|------------------------------|--------------|---------|---------|
| Cravings for sugar, sweets | | | |
| Get sleepy after meals | | | |
| Excessive thirst or sweating | | | |
| Wake up during the night | | | |
| Blood sugar medication | | | |
| Trouble concentrating | | | |
| Feeling sad or hopeless | | | |
| Difficulty losing weight | | | |
| TOTAL | | | |

| Digestion Category | Today's Date | 30 Days | 90 Days |
|---|--------------|---------|---------|
| Issues in multiple categories | | | |
| Heartburn/acid reflux, antacid | | | |
| Bloating, gas, smelly gas | | | |
| Constipation, use fiber/laxatives | | | |
| Diarrhea | | | |
| Seasonal allergies | | | |
| Food allergies, stomach/intestinal pain | | | |
| Immune system problems, get sick easily | | | |
| TOTAL | | | |

SELF EVALUATION FORM

Identify The Category

Rate yourself with the numbers 0 to 5 0 being never and 5 being severe (the higher the score, the more likely you have a problem in this category)

Never (0) Rarely (1) Occasionally (2) Often (3) Always (4) Severe (5)

Weight _____ kg (for dosage)

| Digestion Category | Today's Date | 30 Days | 90 Days |
|---|--------------|---------|---------|
| Issues in multiple categories | | | |
| Heartburn/acid reflux, antacid | | | |
| Bloating, gas, smelly gas | | | |
| Constipation, use fiber/laxatives | | | |
| Diarrhea | | | |
| Seasonal allergies | | | |
| Food allergies, stomach/intestinal pain | | | |
| Immune system problems, get sick easily | | | |
| TOTAL | | | |

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 BOOSTING
YOUR IMMUNE
AND DIGESTIVE
SYSTEMS



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

EAT

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

All 90 essential nutrients with targeted digestion support



HEALTHY BODY DIGESTION PACK

PLANT DERIVED MINERALS

P
L
U
S



Plant derived minerals to support healthy immune & digestion functions



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.



Super Olive Health

Highly advance, effective and powerful in anti-microbial, anti-viral, anti-bacterial, anti-fungal and anti- protozoan properties



S.I.S

Give targeted extra support during times when diseases and illnesses are easily transmittable.



FucoidZ

Clinically proven to support the immune system as well as many other functions in the body. Such as anti-inflammatory properties.



i26

Reduce digestive sensitivity
Reduce severity of allergies
Reduce symptoms of poor digestive health including: Gas, Bloating & Acid Reflux

IMMUNE & DIGESTIVE SUPPLEMENTS



Breathe Easy

Reduce airborne bacteria, allergens & pollutants from the air to minimise the spread of illnesses in the home or workplace.

Essential oils

The medicinal properties of pure oils to support immune and digestive health.

Colloidal Silver

With immune boosting properties colloidal silver is a must have to naturally support the body during times of illness.

Killer Biotic

Containing natural anti-bacterial anti-fungal and anti-viral agents. A key element to have when facing illness.

Germ Busting Support

Achieving and maintaining a healthy immune and digestive system is simple



The path to optimal health and wellness begins today

