

100% BETTER
with us

Blood Sugar



YOUNGEVITY DOWNUNDER



100% BETTER



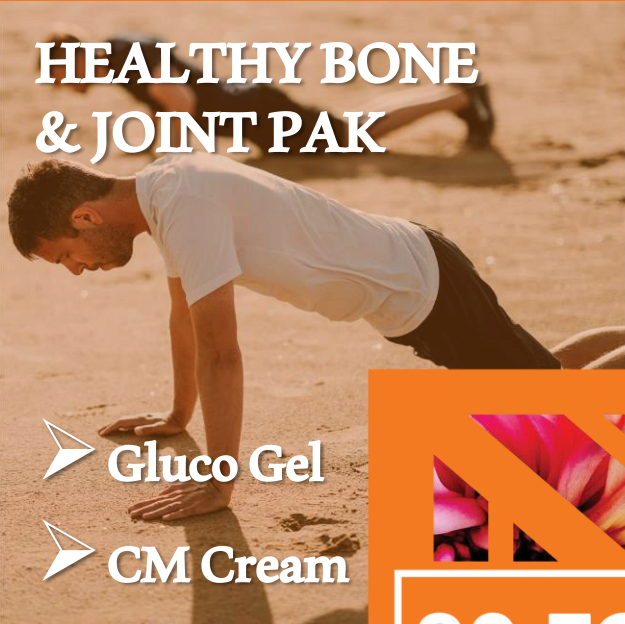
Dr. Joel Wallach

- 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

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



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>Blood Sugar Category</i>	Today's Date	30 Days	90 Days
Cravings for sugar or sweets			
Get sleepy after meals			
Excessive thirst or sweating			
Wake up during the night			
Take blood sugar medication			
Trouble concentrating			
Feeling sad or hopeless			
Suffer from depression, mood-swings			
Difficulty with weight management			
TOTAL			

Dr Peter Glidden



Licenced naturopathic doctor
with over 30 years experience

*‘There are over 27 diseases
related to Blood Sugar’*

Diabetes

Elevated Cholesterol

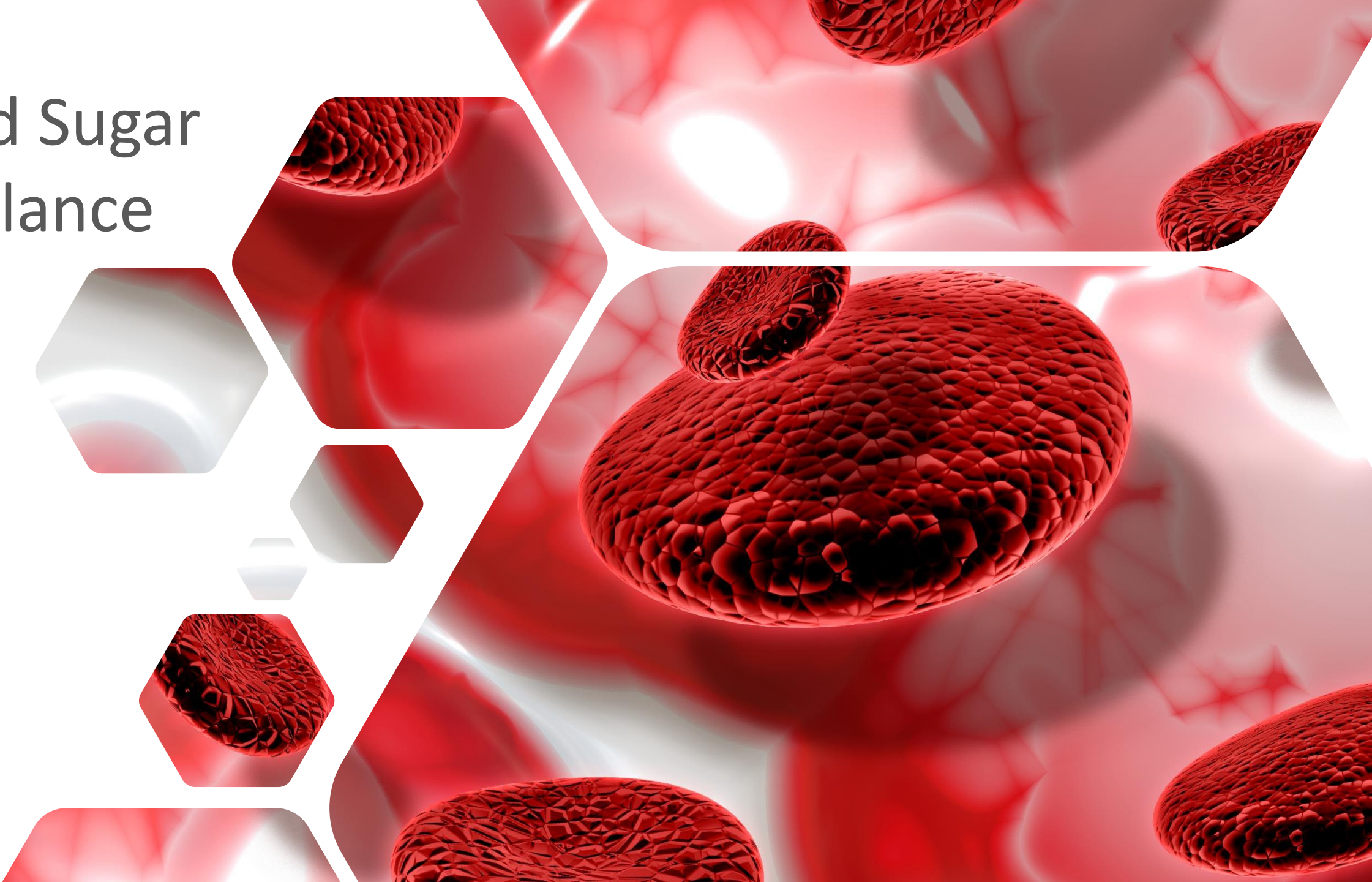
Fatigue

Night Sweats

Migraine Headaches

Weight management

Blood Sugar Imbalance



Major Complications of Diabetes

Microvascular

Eye

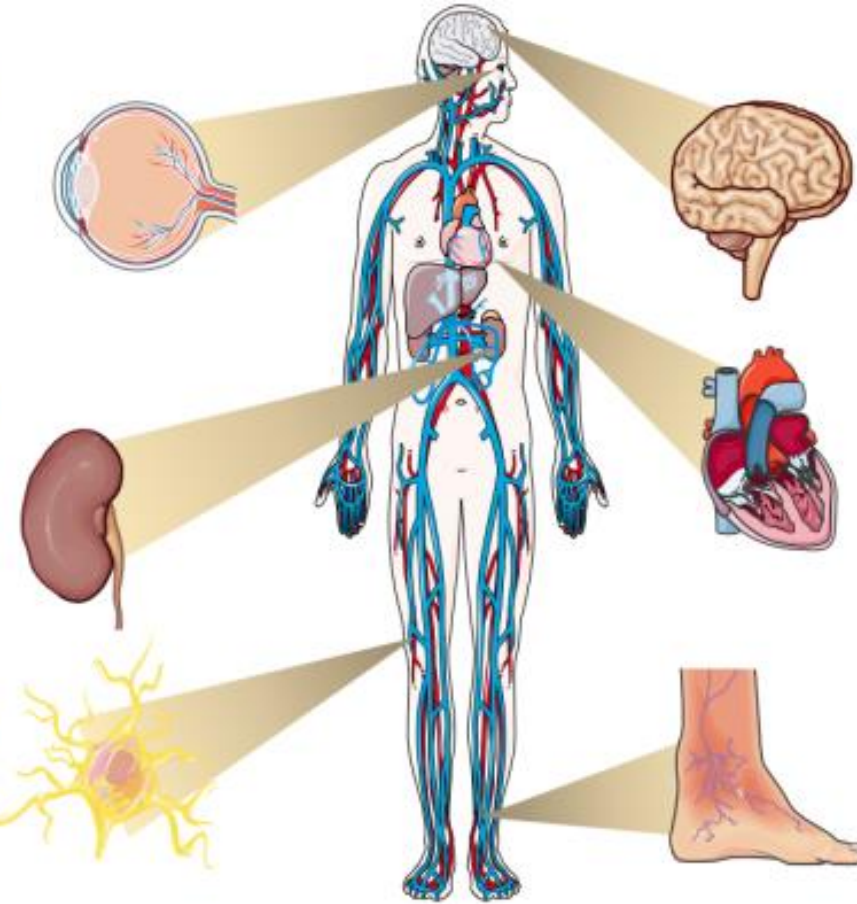
High blood glucose and high blood pressure can damage eye blood vessels, causing retinopathy, cataracts and glaucoma

Kidney

High blood pressure damages small blood vessels and excess blood glucose overworks the kidneys, resulting in nephropathy.

Neuropathy

Hyperglycemia damages nerves in the peripheral nervous system. This may result in pain and/or numbness. Feet wounds may go undetected, get infected and lead to gangrene.



Macrovascular

Brain

Increased risk of stroke and cerebrovascular disease, including transient ischemic attack, cognitive impairment, etc.

Heart

High blood pressure and insulin resistance increase risk of coronary heart disease

Extremities

Peripheral vascular disease results from narrowing of blood vessels increasing the risk for reduced or lack of blood flow in legs. Feet wounds are likely to heal slowly contributing to gangrene and other complications.

Blood Sugar Imbalance Symptoms

ADD/ADHD
Adrenal Failure
Anxiety
Bed Wetting
Bipolar Disorder
Cardiovascular Disease
Depression
Diabetes
Dizziness
Excessive Thirst
Excessive Sweating
Excessive Urination
Elevated Cholesterol

Fainting Spells
Fatigue
Hyperactivity
Hypoglycaemia
Infertility
Irritability
Learning Disabilities
Memory loss
Migraine Headaches
Moodiness
Narcolepsy
Night Sweats
Obesity
Peripheral Neuropathy

Why Are Blood Sugar Levels Important?

Glucose is used in three main ways:

- It can be used as energy,
- Stored in the liver and muscle cells,
- Or turned into triglycerides, which are then stored in fat cells.

The hormone that regulates the transport of glucose into these pathways is insulin.

Here's how it works:

- As you eat carbohydrates, they are broken down into their individual units of glucose.
- Once glucose enters the bloodstream, insulin is released from the pancreas to help transport glucose to either a storage center or an activity/energy center.





Why Are Blood Sugar Levels Important?

- Your blood sugar, or blood glucose, is the amount of glucose circulating in your blood.
- Glucose is produced from the breakdown of the macro-nutrient: carbohydrates.
- Carbohydrates are found in many different types of foods, from the healthiest, such as spinach, to the unhealthiest, such as cookies.
- There are differences in types of carbohydrates,
 - those found in healthy foods are complex carbohydrates,
 - and those not so healthy called simple carbohydrates.

However, the breakdown of both of these forms is still glucose.

**Glucose
in blood**



**Excessive
blood
glucose**



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

EEEs



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..

A woman with blonde hair, wearing a yellow ribbed sweater and yellow pants, is sitting on a yellow chair and leaning her head on a yellow table. She has her eyes closed and appears to be asleep. On the table, there is a bowl of yellow fruit, a small potted plant with yellow flowers, a glass jar with a straw, a yellow bottle, and two yellow mugs. The background is a solid yellow wall with a yellow rectangular frame. The overall scene is monochromatic and bright.

.. is extremely important



SUPPORT

HEALTHY BODY DIGESTION PACK



All 90 essential nutrients with targeted digestive system support

HEALTHY BODY BLOOD SUGAR PACK



All 90 essential nutrients with targeted digestive system support

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.



A top-down view of a person's feet standing on a white digital scale on a light-colored wooden floor. The person is wearing grey leggings. The scale has a small LCD screen and several buttons. A semi-transparent purple banner is overlaid on the image, containing text.

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

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

CHROMIUM - An essential trace mineral that may:

- improve blood sugar utilization
- decrease insulin requirements
- support fat metabolism

INNUGUARD - Great source of soluble fiber that may:

- support digestive flora in the intestines
- help to increase the flow of bile
- help to break down fats
- optimize blood composition

GLUCOLATE - May help to lower blood glucose

- allowing the body to use insulin more efficiently

GREEN TEA LEAF EXTRACT - May increase insulin activity

- includes polyphenols and polysaccharides,
- which may support healthy blood pressure.



INGREDIENTS

ASPARTIC ACID – An amino acid that may support:

- the production and release of hormones
- nervous system function
- and a robust metabolism

ALPHA-LIPOIC ACID - An antioxidant that may:

- help prevent damage in certain cells
- support neuron function
- improve the metabolism of carbohydrates

RHODIOLA ROSEA ROOT - A known adaptogen,

- This powerful root may aid the body in adapting and resisting physical, chemical, and environmental changes
- may help to reduce the constant release of cortisol

GYMNEMA SYLVESTRE LEAF

- May assist in stimulating insulin release from the pancreas
- may help to prevent the absorption of sugar from the intestine

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





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!**



