

90 Essential Nutrients

For Optimal Health We Need

- 60 Minerals
- 16 Vitamins
- 12 Amino Acids
- 3 Essential Fatty Acids (*Omega 3 & 6 are essential*)

Lack of these essential nutrients weakens the body's ability to rebuild itself and increases the potential for **900 Nutritional Deficiency Diseases**

Average life of a cell is 120 days

Basic Cell Consist Of:

- Proteins
- Enzymes
- Lipids (fats)
- DNA & RNA
- Chromosomes (*Humans 46*)

Immune System Consist Of:

- White Blood Cells—Produce Killer T-Cells
 - Body's defenses against: viruses, bad bacteria, fungus, yeast properties, free radical damage and etc.

Viruses & Bad Bacteria Can Damage DNA

- Which create mutations or cancer cells

Antioxidants: (*Builds Up Our Immune System*)

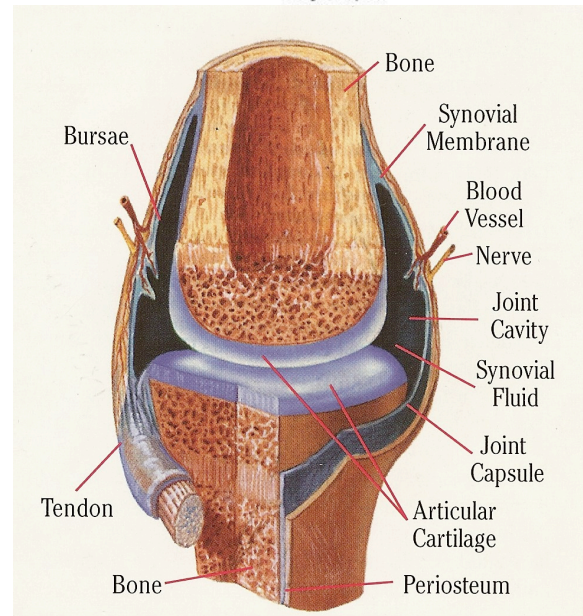
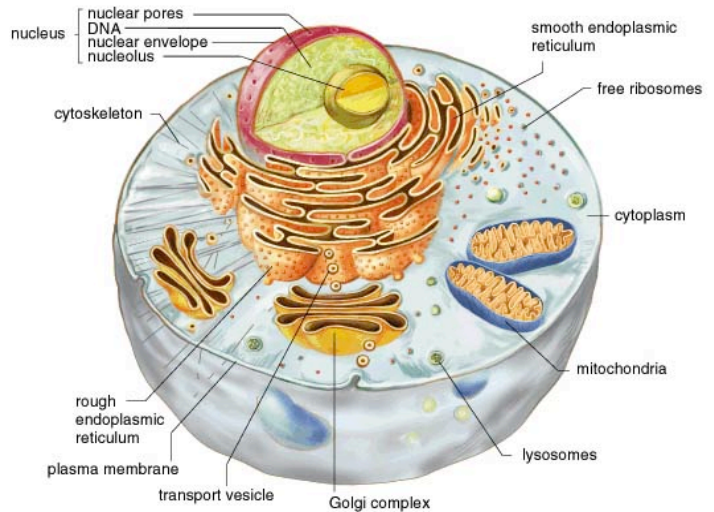
- 90 essential nutrients, Bioflavonoids
- Selenium, Vitamin A, C, E and etc.
- Plant Derived Minerals

Improper Formulation or Missing Nutrients:

- Is called **Fractionated Nutrition**, which can stall or stop the cell's **Biochemical Cascade Reaction**
 - May cause false deficiencies of other nutrients

Nutrition At The Cellular Level

Critical all 90 nutrients are present for biochemical completeness & healthy cell reproduction



NUTRITIONAL NEGATIVES

Carbonated Drinks, Caffeine, Margarine (use butter), Fried Foods, High Fiber Diet or Processed Sugars.

NUTRITIONAL POSITIVES

Low carbohydrates diet, high protein meals with snacks (salted nuts). Drink plenty of purified water.

Plant Derived Minerals

- Recommended Daily Allowance (RDA)
 - **Adults:** **600 mg per 100 lbs.** of body weight
 - **Children:** Infant to 12 years (*One teaspoon per 20 lbs. of body weight*)

Nursing & Expecting Mothers, Rebuilders & Major Health Challenges

Double up on your RDA of Plant Derived Minerals

Body Detoxification & Rebuilding Symptoms:

When first starting on Youngevity products your body will start rebuilding itself and may go through a detoxification process. Symptoms may include all or some of the following: Sore joints, headaches, outbreak of acne (pimples), foul breath, body odor, constipation and etc. May last up to three weeks or longer—depending on individual's health challenges. Reduce your daily Youngevity product intake by half or until symptoms are tolerable; after 4 to 5 days slowly increase daily intake to full RDA.

Medical Questions—Ask Dr. Joel Wallach; live on the radio (Monday – Friday)

3:05 pm est 2:05 pm cst 1:05 pm mst 12:05 pm pst 1-888-379-2552 “Dead Doctors Don’t Lie”
 4:05 pm est 3:05 pm cst 2:05 pm mst 1:05 pm pst 1-877-912-7529 “Let’s Play Doctor”

Email: Dr. Edmond DeVory - log onto www.youngevity.com bottom left hand column, click on “Nutrition Question?”