

## Do You Get These Nutrients Every Day?

Calcium, Magnesium, Phosphorus, Potassium, Sodium, Chloride, Sulfur, Cobalt, Copper, Aluminum, Arsenic, Barium, Beryllium, Boron, Bromine, Carbon, Iodine, Iron, Manganese, Selenium, Zinc, Cerium, Cesium, Chromium, Dysprosium, Erbium, Europium, Gadolinium, Gallium, Germanium, Gold, Hafnium, Holmium, Hydrogen, Lanthanum, Lithium, Lutetium, Molybdenum, Neodymium, Nickel, Niobium, Nitrogen, Oxygen, Praseodymium, Rhenium, Rubidium, Samarium, Scandium, Silica, Silver, Strontium, Tantalum, Terbium, Thulium, Tin, Titanium, Vanadium, Ytterbium, Yttrium, Zirconium

Above are all 60 Essential Minerals, bio-available colloids from plants grown in soil containing all these minerals and trace minerals. The plants process the minerals to the smallest size where the cells can actually take them in... (We can't just eat dirt and clay to get these minerals because the molecules are too large for the cells to absorb them. Plants will process the minerals into colloids if first they are present in the soil. Most of our farm lands are depleted of these minerals and we cannot get them. I'll tell you how we get them below...)

### 90 Essential Nutrients - Your Body Needs These Every 24 Hours

Did you know that only 8-12% of the typical nutritional supplements available today are actually absorbed by your body? That means that approximately 90% of typical supplements are flushed down the drain. → Youngevity's supplements are 90-98% absorbable! Why is there such a difference? The secret is our exclusive source of plant-derived minerals that dramatically increase bioavailability (absorbability). Youngevity combines superior raw materials with state-of-the-art processing and production, so it's no wonder these 90-For-Life products get you results.

#### They Include 2-3 Essential Fatty Acids

Omega 3, Omega 6, Omega 9

#### 16 Vitamins

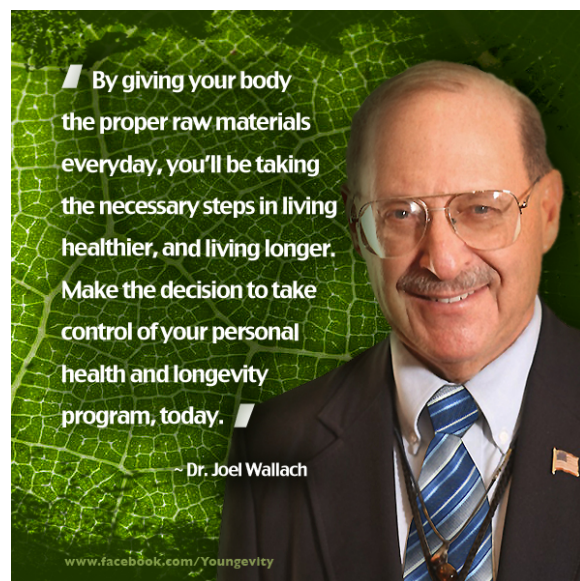
Vitamin A, Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Vitamin B12, Vitamin C, Vitamin D, Vitamin E, Vitamin K, Biotin, Choline, Flavonoids (Bioflavonoids), Folic Acid, Inositol

#### 12 Amino Acids

Valine, Lysine, Threonine, Leucine, Isoleucine, Tryptophan, Phenylalanine, Methionine, Histidine, Arginine, Taurine, Tyrosine

I wonder if you would take these? hummmm? We're doing this -- Roi and Taylore -- and it is making a big difference in how healthy we feel! We're supplementing with the Healthy Body Pak from Youngevity ID #101922699

NOTE: Remember these are the essentials for health. (Not just something you'd like to have.) Major companies are not making these available because there is little profit in doing so.



## What is the main cause of death?

There are basically three causes of death:

- 1) **Lack of Essential Minerals and Nutrients (Lack of minerals cause Disease, Old Age, and Death)**
- 2) Accidents & Intentional Injuries (Suicide, Violence, homicide, sexual assault, War)
- 3) Poisons, Toxic Chemicals (Drugs, etc.), MD's
  - a. Medical Doctor's Mistakes in the US causes more than 300,000 deaths a year (and many more health hardships.)
  - b. War causes 5,000 deaths a year or less

What we call *old age* is not a valid cause of death as we have been told. It's a proven fact that all deaths by natural causes can be traced to a mineral deficiency! There are 60+ minerals your body must have in various quantities to be able to maintain and repair its self. They are no longer available in food due to modern farming methods, so you must supplement for continued health and comfort.

These necessary minerals that are easy to assimilate are available at a reasonable price in this package below, as well as other important nutrients. → Today's food does not contain the 90+ minerals and essential nutrients necessary to maintain a healthy body much less heal a sick person.

You can sign up here and join our family wellness team. By joining and taking the nutrient rich **Healthy Body Pak** for 3 months you will feel and see a difference in your body mind and spirit! ID #101922699

**Where to buy online?** <http://titanmanagementco.youngevity.com/>

You can refer others using you own free website when you join, and receive monthly incomes while you are helping them get over disease because they are lacking valuable minerals and vitamins to heal their body.



**Healthy Body Start Pak™ - Original** (or other Healthy Body Packs – 1 pak per month needed per person)  
If you already eat right and maintain a healthy lifestyle this is the kit for you! Each pack provides broad spectrum foundation nutrition and includes Beyond Tangy Tangerine® - 420g canister (1), EFA PLUS™- 90 soft gels (1) and Beyond Osteo-fx™ - 32 oz - about \$130.00/month

*Endorsed by the Reiki Ranch Store and the Assembly of CEH –  
Roi and Taylore personally take these supplements Tel. 360-748-4426*



The Youngevity ProLine CEO Mega Pak™ is a collection of the most advanced nutritional supplements available on the market; perfect for nutritional coaches, medical professionals and every individual looking to advance their health, naturally.

This is a great Pak to sample several products

## **12 BAD FOODS Not to Eat by Dr. Peter Glidden, ND, (Naturopathic doctor)**

1. **Wheat, Even With No Gluten**
2. **Barley**
3. **Rye**
4. **Oats, Oatmeal** – even if it says that it's gluten free.
5. **Fried Food** – nothing fried! You should boil, broil or bake and never more than medium rare for red meat.
6. **Oils** – Yes, this includes Olive Oil! NO canola, No Corn Oil, etc. ... If it has OIL in the name don't use it. This also includes anything made from oil, like salad dressing. Dr. Wallach recommends using salt and lemon juice as a salad dressing. No margarine or combo spreads. No mayonnaise. Nothing made from oils.
7. **No burned fats** – If you grill your food, try to have something between the food and the fire, so the juice doesn't drip onto the flame and deposit dangerous things on the meat.
8. **Any nitrates added to meat** – (ie: deli meats) tell your butcher NO NITRATES or NITRITES!

These cause inflammation
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9. **No carbonated drinks** of any kind within one hour before, during or one hour after meals.
10. **Skin of a baked potato** (or yam, or sweet potato). If you boil a potato, you can eat the skins.
11. **CORN** (Unless you 100% know it's GMO Free)
12. **SOY**

## **Book: The MD Emperor Has No Clothes (*Everybody Is Sick & I Know Why*)**



By Dr. Peter Glidden, ND - Book Link at Amazon:  
<http://amzn.to/2wiM0sx>

## **Good Foods You Can Eat**

### **No Damage To Your Body**

Dr. Joel Wallach is an EXPERT in medical nutrition and recommends the Good Food/Bad Food list to everyone.

*Book by - Dr. Peter Glidden, ND*

**There are exceptions for diabetics regarding fruit/sugar.** You must clean up your diet for good health, helping your body to repair itself, and to absorb nutrients.

**As a bonus, here are the foods that are GOOD for you**

**Recommended by Dr. Joel Wallach and Dr. Peter Glidden:**

#### **Proteins**

- Eggs  
TO COOK EGGS YOU MAY:
  - Poach; This is his number one choice because the water never reaches a temperature greater than 212 degrees.

- Scramble eggs with butter over very low heat and only until they are just setting up. If you can hear them cooking it's too hot.
- Soft boil with the yolk still runny. Some call them "2 minute eggs". (Hard-boiled egg yolks with a greenish coating have had their cholesterol degraded.)
- Raw Eggs are good BUT you must increase your Biotin.
- Fish
- Chicken
- Pork
- Lamb
- Beef—rare/medium rare
- Mixed, Salted Nuts—no peanuts
- Beans

### Grain Carbohydrates (no wheat)

Any carbohydrate (except oatmeal) that is "Gluten Free" is OK.

- Rice
- Millet
- Pure Buckwheat (Isn't wheat).
- Couscous (made from pearl millet only).
- Quinoa
- Corn (GMO Free)

### Vegetables & Fruits

- Veggies
- Fruit

### Dairy

- Dairy

### Oils Fats and Sugars

- Salt - Salt your food to taste. To properly digest your food, you need stomach acid and salt helps in the creation of stomach acid.
- Nut Butters—no extra sugar
- Lard (yes, lard!)
- Use Butter – Margarine is simply oil in a solid state. If you cook with butter, make sure the heat is low enough that the butter doesn't turn brown in the pan.

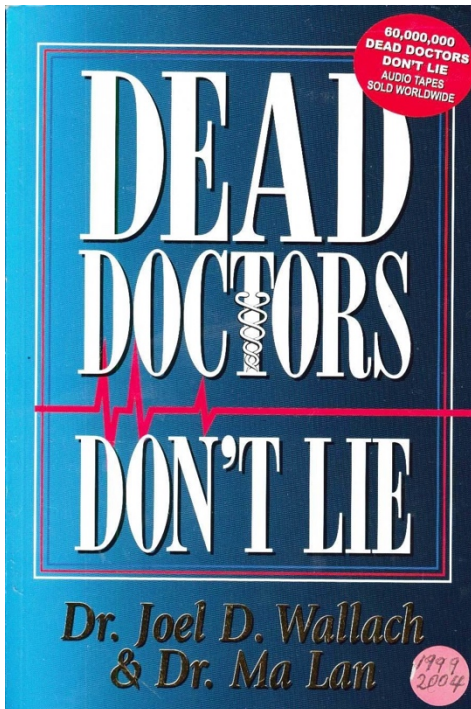
### Beverages

- 4-8, 8oz glasses of filtered water each day. Avoid soft plastic bottles.
- Coffee



- Tea
- Green tea
- Red wine

**Foods high in ORAC** – (Oxygen Radical Absorbance Capacity) Blue berries, cinnamon, walnuts, curry, dark skinned fruits, unprocessed cocoa powder, acai berry, green tea, red wine (research for more foods high in ORAC).



## **Book: Dead Doctors Don't Lie 2nd Edition**

By Dr. Joel D. Wallach, Dr. Ma Lan, authors

This book was designed as a reference on what nutritional supplement to take for close to 400 different kinds of diseases.

<http://amzn.to/2xNeCba>

**There are numerous how-to-cure-disease with nutrition video seminars on YouTube.com on the Internet.**

**You can watch and learn more about bio-available minerals and nutrition healing your body of various diseases.**

- ◆ **Dr. Joel D. Wallach, ND** - videos on [www.youtube.com](http://www.youtube.com)
- ◆ **Dr. Peter Glidden, ND** - videos on [www.youtube.com](http://www.youtube.com)

How to get these minerals on line:

<http://titanmanagementco.youngevity.com/>

**Titan Management Co (Youngevity Distributor ID 101922699 )**

Taylor Vance and Herb Roi Richards  
1673 S. Market #143 (Mailing address)  
Chehalis, WA 99532 Tel. 360-748-4426

PS: Taylor and Roi have been taking these 90 for Life – (minerals, vitamins, essential fatty acids, amino acids plus Selenium caps) for 5 months now and are feeling a big difference in the increased health, energy and happiness in their lives.