

# Give Your Body 90 Essential Nutrients For Life!

You must give your body all the raw materials it requires to maintain and rebuild itself. Raw materials are so vital to your health, but can be very hard to find. Centuries of mining, farming, irrigation, and acid rain have eroded life-giving minerals from our soil. These mineral-deficient soils are then used to grow and cultivate our food. Because of this, our food is lacking in essential minerals. In fact, Dr. Wallach has stated, **"One sentence has killed more people than all the wars in American history... You get all the nutrition you need from the four food groups."**

All Youngevity® products are designed with this principle in mind. Our products are packed with the finest plant derived minerals available. When you go shopping, there are always generic brands and imitations vying for your attention. When it comes to your health, do not accept any imitations. There are no quick-fixes, no silver bullets, and no shortcuts.

**"The only way you can heal your body is to give it the 90 Essential Nutrients daily that it needs to rebuild and maintain itself over time."**



Dr. Joel Wallach  
BS, DVM, ND

## Frequently Asked Questions

### Q What are the Nutritional Negatives?

ANSWER:

- ▶ Margarine (use butter instead)
- ▶ Fried Foods
- ▶ Processed Sugars
- ▶ Pollution/Pesticides
- ▶ Carbonated Drinks
- ▶ Caffeine
- ▶ Gluten (Increasing sensitivity to wheat, barley, rye and oats)

### Q What are the Nutritional Positives?

ANSWER:

- ▶ Natural/Whole Foods
- ▶ Green, Leafy Vegetables
- ▶ High Antioxidant "ORAC" Foods
- ▶ High Protein Meals and Snacks
- ▶ Drink Plenty of Purified Water



### Q Which products should I try first?

ANSWER:

Youngevity has several Health Packs which are a combination of various products. This is the best way to take Dr. Wallach's products. The most popular pack is the **Healthy Start Pack** which contains all 90 essential nutrients plus many other beneficial ingredients. **It's as easy as 1-2-3! (Take 1 capful Osteo-fx+, 2 scoops BTT, 3 gelcaps EFA+)**

### Q Can I share the products with friends and family?

ANSWER:

Yes, and you can even earn a referral bonus for doing so. This is a great way to help get your products paid for. You can even earn a great residual income with Youngevity. Be sure to get in touch with the Youngevity Representative who shared this information with you to learn more.

For available CD's, DVD's and printed material, visit [www.yteamtools.com](http://www.yteamtools.com)

### Q Is there a way for me to ask Dr. Wallach a health question?

ANSWER:

Yes, Dr. Wallach has two call-in radio shows Mon-Fri

**Dead Doctors Don't Lie** 1-888-379-2552 2-3pm CST

**Let's Play Doctor** 1-877-912-7529 3-4pm CST

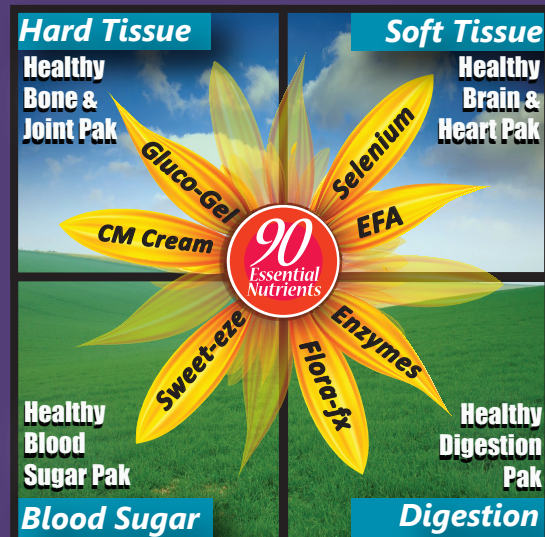
### Q Where can I learn more about the Youngevity products and business opportunity?

ANSWER:

[www.90forlifewebinars.com](http://www.90forlifewebinars.com) 7:15 PM MT - Youngevity Briefing  
8:15 PM MT - Product Training  
9:15 PM MT - Business Training  
Tuesday Nights

For more information on Dr. Wallach:  
[www.thewallachfiles.com](http://www.thewallachfiles.com)

# Give Your Body 90 Essential Nutrients



## List of CD's & Books

VARIOUS CD TITLES - \$3.00



### Books

Joel D. Wallach DVM ND & Ma Lan MD MS

Personal reference book for health. A-Z list of diseases and 1989 --- **LET'S PLAY DOCTOR!** - \$15.00

simple solutions. What medical supplies you should have at home.

1994 --- **RARE EARTHS** Forbidden Cures - \$20.00

In depth look at mineral deficiency diseases and research to support it. This book is a comprehensive look at mineral deficiencies in our soils and in our foods.

1999 --- **DEAD DOCTORS DON'T LIE** - \$20.00

Dr. Wallach's autobiography and research plus 400 pages of information for prevention and reversal of diseases through supplementation. A must read for every seeker of good health.

2001 --- **Let's Play Herbal Doctor** - \$20.00

This book contains details on how to select herbs and use them in preventing or reversing many nutritional diseases.

2004 --- **Hell's Kitchen** - \$20.00

Obesity is not a disease, obesity is not the enemy, and obesity is but a symptom of a deeper nutritional deficiency. This book will let you know the real cause of obesity and how to fight it.

2006 --- **Black Gene Lies** - \$20.00

"Black Americans have shed their chains made of iron and the White only ballot, and yet have again been enslaved by new slave masters - doctors in white coats and fraudulent chains of DNA and a conjured up black gene." Dr. Joel Wallach

2008 --- **Immortality** - \$20.00

What they eat and do. The truths and myths about living younger longer!

For an additional books and audio CD's  
visit [www.yteamtools.com](http://www.yteamtools.com)

# Mighty 90 Health Packages

<b>→Healthy Start Pak</b> (Item # 10245) •Beyond Tangy Tangerine •Osteo-fx Plus EFA+ <b>\$115.00</b>	<b>→Healthy Body Start Pak 2.0</b> (Item #10252) •Beyond Tangy Tangerine 2.0 •Osteo-fx Plus EFA+ <b>\$118.00</b>
<b>Healthy Start Pak(s) &amp; Healthy Body Start Pak(s) provide ALL 90 Essential Nutrients</b> •60 Minerals •16 Vitamins •12 Amino Acids •2-3 EFA's	
<b>1 →Healthy Bone &amp; Joint Pak</b> (10247) <b>→Healthy Body Bone &amp; Joint Pak</b> (10256)	Includes ALL 90 Essentials plus Gluco-gel & CM Cream Supports & Promotes Healthy Bones & Joints <b>\$174.00</b>
<b>2 →Healthy Brain &amp; Heart Pak</b> (10249) <b>→Healthy Body Brain &amp; Heart Pak</b> (10258)	Includes ALL 90 Essentials plus EFA & Selenium Supports & Promotes Healthy Brain & Cardio Function <b>\$179.00</b>
<b>3 →Healthy Blood Sugar Pak</b> (10246) <b>→Healthy Body Blood Sugar Pak</b> (10254)	Includes ALL 90 Essentials plus Sweet-eze Supports & Promotes Healthy Blood Sugar <b>\$138.00</b>
<b>4 →Healthy Digestion Pak</b> (10248) <b>→Healthy Body Digestion Pak</b> (10257)	Includes ALL 90 Essentials plus Enzymes & Flore-fx Supports & Promotes Healthy Digestion <b>\$165.00</b>
<b>→Healthy Start Weight Loss Pak</b> (10243) <b>→Healthy Body Weight Loss Pak</b> (10243)	Includes ALL 90 Essentials plus ASAP Supports & Promotes Healthy Body Weight <b>\$179.00</b>
<b>BTT Basic 90</b> (10255) ..... Beyond Tangy & EFA60 - 130+ Nutrients, 115 Fruits & Vegetables, Omega 3-6-9 <b>Classic 90</b> (13201+20641) .....	<b>\$67.50</b> <b>\$62.50</b>
<b>Ultimate Classic &amp; EFA60</b> - 130+ Nutrients, Omega 3-6-9 <b>Beyond Tangy Tangerine / 2.0</b> (23221) ..... 130+ Nutrients: Vitamins, Minerals, Amino Acids, Fruits & Vegetables & more <b>Osteofx Plus/Beyond Osteofx+</b> ... (13209/ USYG103210) ..... <b>Beyond Osteofx+ Powder</b> (USYG103211) ..... <b>Ultimate Classic</b> (13201) ..... 130+ Nutrients: Vitamins, Minerals, Amino Acids <b>D-Stress</b> (82123) ..... Provides Nutrients Known to be Involved in a Healthy Stress Response Cycle <b>FucoidZ</b> (3005) ..... Fucoidan Provides Potent Immune and Antioxidant Support <b>Ocean's Gold</b> (67507) ..... Support a Healthy Thyroid, Normal Weight, Mood Stabilization and Hormone Levels <b>Cell Shield RTQ</b> (21203) ..... Proprietary Blend of Three Powerful Antioxidants (Resveratrol, Turmeric, and Quercetin) <b>Minerals/Cheri-mins</b> (13203/13204) ..... 77 Plant Derived Colloidal Minerals, Plain or Cherry Flavor <b>Womens-fx</b> (13215) ..... Features Black Cohash & Wild Yam. Helps with Mood Swings, Cramps, Menopause <b>Rebound-fx Citrus Punch</b> (13223) ..... Sports Energy Supplement Featuring 100+ Nutrients and Green Tea <b>Cocogeivity Plus</b> (USYG103220) ..... Contains High Quality, Antioxidant Rich Cocoa <b>EFA60ct/180 ct.</b> (20641/21832) ..... Supports Healthy Heart Function, Omega 3-6-9 Essential Fatty Acids <b>EFA Plus90 ct.</b> (20989) ..... Supports Healthy Heart Function, Omega 3-6-9 Essential Fatty Acids w/ Fish Oils <b>Gluco-Gel</b> 120 / 240 ct. (21251/21252) ..... Supports Healthy Cartilage and Joint Function <b>Selenium90 ct.</b> (20971) ..... Supports a Healthy Immune System, Selenium May Reduce the Risk of Certain Cancers <b>Enzymes120 ct.</b> (21211) ..... Supports Healthy Digestion, which is Essential for Optimal Nutrient Absorption <b>Sweet-eze120 ct.</b> (21014) ..... Helps Support and Promote Healthy Blood Sugar <b>Prost-fx60 ct.</b> (20682) ..... Supports Healthy Prostate Function <b>Daily180 ct.</b> (21831) ..... Use as Oral Chelation Therapy, AKA Doc's Roto-Rooter for the Cardio System <b>Triple Treat / Truffle Chocolate</b> 20 pcs (24120 / 24220) ..... Antioxidant (16,936 ORAC) & Probiotic / Sugar-Free, Calcium, Magnesium & Vitamin D <b>CM Cream 2 oz.</b> (150201) ..... Naturally Relieves Aching Muscles and Joints in Minutes <b>ASAP</b> (USYG239001) ..... As Slim As Possible - Supports the Body's Function to Burn Abnormal (Adipose) Fat Stores	<b>\$49.50/\$52.50</b> <b>\$40.00/\$42.00</b> <b>\$42.00</b> <b>\$42.00</b> <b>\$29.95</b> <b>\$37.50</b> <b>\$28.50</b> <b>\$40.50</b> <b>\$20.00/\$24.00</b> <b>\$32.80</b> <b>\$35.50</b> <b>\$41.75</b> <b>\$20.50/\$42.50</b> <b>\$30.50</b> <b>\$21.00/\$36.00</b> <b>\$25.50</b> <b>\$24.50</b> <b>\$24.50</b> <b>\$34.50</b> <b>\$42.00</b> <b>\$27.50/\$30.00</b> <b>\$27.60</b> <b>\$89.00</b>

All prices are subject to 8% shipping and sales tax.  
You can save 8% shipping by placing your monthly order on AutoShip.





## The Best of "Dead Doctors Don't Lie"

This is a recording taken from live lectures given by Dr. Wallach. It is without a doubt the most popular health lecture in history with over 150 MILLION copies sold worldwide. Here are just a few of the startling facts that you will discover on this CD:

- There are at least 5 groups of people in the world whose average life span exceeds 100 years. (Find out what they all have in common)
- Many major diseases have been eliminated in the livestock industry years ago by simple inexpensive nutritional supplementation.
- According to U.S. Senate Document #264, our farmlands have been depleted of essential minerals. This document dates back to 1936.
- There is no such thing as "Eating Right". If the minerals aren't in the soil where the food is grown, they are not in our foods.
- Our bodies need no less than 90 essential nutrients, and there are as many as 10 deficiency diseases that can result for each nutrient that is missing for any length of time. This is a total of up to 900 diseases that can be prevented with proper nutrition.

We believe that you will find this to be the most informative common sense approach to health and longevity that you have ever heard.

**Request your CD today!**

For more information, contact:

**Start your supplement program today!**  
**www.90forlifeinfopack.com**  
**1-800-691-1730**

## DR. JOEL WALLACH, BS, DVM, ND

1991 Nobel Prize Nominee, Medicine



### BIOGRAPHICAL INFORMATION

Born and raised in Missouri, Dr. Joel Wallach attended The University of Missouri, where he received a Bachelor's degree in Science of Agriculture. A veterinarian for 30 years, he worked as a research veterinary pathologist with The National Institute of Health for The Center for the Biology of Natural Systems, Washington University, St. Louis, Missouri Yerkes Regional Primate Research Center in Atlanta, Georgia, at Emory University. Having discovered and identified the first animal models for cystic fibrosis monkeys he found that he could reproduce their condition at will because it was a nutritional deficiency. His find offered great promise for children with the disease, but when he made it public, the institute fired him on 24-hours notice. Chagrined and perplexed, Dr. Wallach made the decision to go to medical school so he could treat children for cystic fibrosis himself.

Realizing that traditional medical school was likely to be as repressive as the National Institute he accepted an invitation to teach nutrition at The National College of Naturopathic Medicine in Oregon, not even knowing what a Naturopathic doctor was. When he learned that he could be a primary care physician, deliver babies, sew-up chainsaw wounds, write prescriptions and get paid by insurance all through a program that encouraged interest in nutrition, he simultaneously enrolled as a full-time student. Soon people were flocking to the college clinic.

Doctor Wallach's innovative slant is derived from his background in veterinary medicine. Because there's no health insurance, and animal products such as meat and dairy are kept affordable by preventing and curing diseases with nutritional formulas in animal feed. When he started incorporating similar nutritional formulas with people, word got out that, **"if your not happy with your doctor, go see Doctor Wallach. He'll treat you like a dog, but you will get better"**. Now with over 40 years of success, Dr. Wallach speaks to hundreds of people each day advising them how to overcome diseases through nutritional therapies.

**"99% of American people are deficient in minerals, and a marked deficiency in any one of the more important minerals actually results in disease."** U.S. -Senate Document #264

### Nutritional Deficiency Categories

Here are just a few examples of over 900 diseases that can result from nutritional deficiencies:

Deficiency Category	Disease Resulting
<b>1 Hard Tissue</b>  <b>Calcium Deficiencies</b> (Calcium, Magnesium, Glucosamine & Chondroitin)	Ankylosing Spondylitis, <b>Arthritis</b> , Back Pain, Bell's Palsy, Bone Spurs, Bone Fractures, Brittle Nails, Calcium Deposits, Cartilage Damage, Cognitive Impairment, Depression, Dowager's Hump, Eczema, Elevated Blood Calcium, <b>High/Low Blood Pressure</b> , Hyperparathyroidism, <b>Insomnia</b> , Irritability, Joint Pain, <b>Kidney Stones</b> , Ligament Damage, Muscle Cramps/Spasms/Twitches, Nervousness, Osteofibrosis, Osteoporosis, Panic Attacks, PMS, Prolonged Clotting Time, <b>Receding Gums</b> , Restless Legs, Retarded Growth, Sciatica, Spinal Stenosis, Tetany, Tinnitus, Tooth Decay, Trigeminal Neuralgia, Vertigo
<b>2 Soft Tissue</b>  <b>Essential Fats &amp; Cholesterol Deficiencies</b> (Omega 3, 6, 9 & Selenium)	Acne, ALS, Alopecia, Alzheimers, <b>Asthma</b> , Blood Clots, Brittle Hair, <b>Cardiovascular Disease</b> , Cracked Heels, <b>Dementia</b> , Dermatitis, Extended Menopause, <b>Eczema</b> , Fibromyalgia, Fried Food Cravings, Gallstones, Growth Retardation, <b>Infertility</b> , Low Libido, Low Sperm Count, Miscarriage, <b>Multiple Sclerosis</b> , Muscular Dystrophy, <b>PMS</b> , Psoriasis, Kidney Dysfunction, Split Cuticles/Heals
<b>3 Blood Sugar</b>  <b>Blood Sugar Imbalances</b> (Chromium & Vanadium)	<b>ADD/ADHD</b> , Adrenal Failure, Anxiety, Bed Wetting, Bipolar Disorder, Cardiovascular Disease, <b>Depression</b> , <b>Diabetes</b> , Elevated Cholesterol & Triglycerides, Fainting Spells, Fatigue, Hyperactivity, <b>Hypoglycemia</b> , Infertility, Learning Disabilities, Migraine Headaches, Moodiness, Narcolepsy, <b>Night Sweats</b> , Obesity, Peripheral Neuropathy
<b>4 Digestion</b>  <b>Digestive Disorders</b> (HCL, Enzymes & Flora)	<b>Allergies</b> , Athletes Foot, Belching, Bloating, Bowel Gas, Burping, Celiac, <b>Constipation</b> , Crohn's Disease, Dermatitis, <b>Diarrhea</b> , Diverticulitis, Food Sensitivities, <b>Heartburn</b> , Hiatal Hernia, <b>Indigestion</b> , Irritable Bowel, Jock Itch, <b>Leaky Gut</b> , Reflux, Stomach/Intestinal Pain, Thrush, Ulcerative Colitis, Yeast Infections

# 90 Essential Nutrients For Life!

**For optimal health we need:**

- ♦ 60 Minerals
- ♦ 16 Vitamins
- ♦ 12 Amino Acids
- ♦ 2-3 EFA's



**90 FOR LIFE**  
YOUNGevity