90 FOR LIFE
YOUNGEVITY

“A Grass Roots Education Movement”

Dr. Joel D. Wallach, BS, DVM, ND
The Father of Liquid Mineral Supplementation.
“Dead Doctor’s Don’t Lie”

174 Million copies sold!

Average Couch Potato Life Span 72 yrs
Average Doctor’s Life Span 58 yrs

- Millions of lives changed
- Famous Health Lecture 20 years ago
- Educating & Helping Others
- Becoming Radically Responsible

Knowledge is True Power
The Dr. Joel Wallach Story

- Visionary
- Lobbyist
- Scientist
- Author
- Agricultural Expert
- World Class Lecturer
- Famous Veterinarian
- Comparative Pathologist
- Nobel Prize Nominee
- Bio Medical Research Pioneer

BS, DVM, ND
Founder of Epigentics

http://DrWallachBio.com

Dr. Wallach has fought the FDA in the U.S. Supreme Court seven times and WON!
1962 Mass Die Off Mercury Pollution in Japan

26,000 Autopsies
Comparative Pathologist Study

450 Different Animal Species
3,000 Human Beings
Result: “Diseases of Exotic Animals”

Still used Today in top Veterinarian Schools
& recently place in the Smithsonian
Institute as a National Treasure

Once again the connection was
made with disease & deficiencies
Dr. Joel Wallach Today
The Man with a Story & Mission

- Lobbyist 40 years
- 300+ lectures a year
- 74 years young
- 2 Daily Radio Talk Shows
- Dr. Glidden 200+ Lectures World Wide
- Educator & Mentor
- Evolving Grass Roots Project
The Sick Care Industry

204 nations registered in the United Nations
The USA Spends more than ALL the other nations in the world combined!
USA is the sickest nation in the world.

Problem: Not working

United States Ranking
✓ 60th in longevity
✓ 41st in infant survivability
✓ 1 in 3 Americans are diabetic/pre diabetic
✓ Most obese nation in the world
What is the 3rd leading cause of death in the USA?

“Death by Doctor”

1987: BS from University of Massachusetts, Amherst MA.
1991: ND from Bastyr University, Seattle WA.
1992: Licensed to practice Naturopathic medicine.

The Crusade for Change!
“Unless we put medical freedom into the Constitution, the time will come when medicine will organize into an undercover dictatorship to restrict the art of healing to one class of Men and deny equal privileges to others; the Constitution of the Republic should make a Special privilege for medical freedoms as well as religious freedom.”

250 Years later his worst nightmare is coming true!
‘This 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.”’

-Dr. Joel Wallach

BS, DVM, ND

**Licensed DVM**: Application of Dr. Wallach’s research doubled life spans and eliminated 900 diseases in animals

**Licensed ND**: 40+ years of practical experience using these formulas on humans created unprecedented results
# 90 Essential Nutrients Your Body Does NOT Make

## 60 Essential Minerals

<table>
<thead>
<tr>
<th>Aluminum</th>
<th>Arsenic</th>
<th>Barium</th>
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<tbody>
<tr>
<td>Beryllium</td>
<td>Boron</td>
<td>Bromine</td>
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<tr>
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<td>Carbon</td>
<td>Chloride</td>
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<td>Copper</td>
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<td>Chromium</td>
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<td>Zirconium</td>
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<tr>
<td>Oxygen</td>
<td>Praseodymium</td>
<td>Phosphorus</td>
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## 16 Essential Vitamins

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<thead>
<tr>
<th>Vitamin A</th>
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<tbody>
<tr>
<td>Vitamin B2</td>
<td>Vitamin B3</td>
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<tr>
<td>Vitamin B5</td>
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<tr>
<td>Vitamin B12</td>
<td>Vitamin C</td>
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<td>Vitamin D</td>
<td>Vitamin E</td>
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<td>Vitamin K</td>
<td>Biotin</td>
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<tr>
<td>Choline</td>
<td>Flavonoids</td>
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<tr>
<td>Bioflavonoids</td>
<td>Inositol</td>
</tr>
<tr>
<td>Folic Acid</td>
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## 12 Essential Amino Acids

<table>
<thead>
<tr>
<th>Valine</th>
<th>Lysine</th>
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<tr>
<td>Threonine</td>
<td>Leucine</td>
</tr>
<tr>
<td>Isoleucine</td>
<td>Tryptophan</td>
</tr>
<tr>
<td>Phenylalanine</td>
<td>Methionine</td>
</tr>
<tr>
<td>Histidine</td>
<td>Arginine</td>
</tr>
<tr>
<td>Taurine</td>
<td>Tyrosine</td>
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</table>

## 3 Essential Fatty Acids

| Omega 3 (EPA, DHA, ALA) | Omega 6 | Omega 9 |
"You can trace every sickness, every disease and every ailment to a vitamin or mineral deficiency." Dr. Linus Pauling
Complete The 90 + 4 Self Evaluation Health Questionnaire
1: Hard Tissue Problems

**HEALTH CONCERNS OFTEN RELATED TO CALCIUM DEFICIENCIES**

- Ankylosing Spondylitis
- Arthritis
- Back Pain
- Bell’s Palsy
- Bone Spurs
- Bone Fractures
- Brittle Nails
- Calcium Deposits
- Cartilage & Ligament Damage
- Cognitive Impairment
- Depression
- Dowager’s Hump

- Elevated Blood Calcium
- High/Low Blood Pressure
- Hyper-parathyroidism
- Insomnia
- Irritability
- Joint pain
- Kidney Stones
- Muscle Cramps Spasms & Twitches
- Nervousness
- Osteo-fibrosis
- Osteoporosis

- Panic Attacks
- PMS
- Prolonged Clotting time
- Receding Gums
- Restless Leg
- Retarded Growth
- Sciatica
- Tetany
- Tinnitus
- Tooth Decay
- Terminal Neuralgia
- Vertigo

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Biology of our Bones

Includes Vitamin D, strontium, chondroitin, magnesium & more

60% of our bone mass is made up of a protein called “bone matrix”

Unless you rebuild your “bone matrix” you cannot rebuild bone.

When bones weaken they will pinch nerves
Pinched nerves are a common cause of back pain. Depending on the nerve that is pinched, the problems that may surface include Bell’s Palsy, chest pain, ringing in the ears, and sciatica issues.
Healthy Bone & Joint Pack – Hard Tissue Solution

TO HELP SUPPORT AND PROMOTE HEALTHY BONES, JOINTS AND CONNECTIVE TISSUES, DR. WALLACH RECOMMENDS:

✓ Beyond Tangy Tangerine
✓ EFA Plus
✓ Osteo-fx Plus

Secret Sauce
✓ Gluco Gel & CM Cream

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HEALTH CONCERNS OFTEN RELATED TO
EFA AND CHOLESTEROL DEFICIENCIES

Acne
ALS
Alopecia
Alzheimer's
Asthma
Blood Clots, DVT
Brittle Hair
Cardiovascular Disease
Cracked Heels
Cravings for Fried Foods
Dementia
Dermatitis
Extended Menopause
Eczema

Fibromyalgia
Gallstones
Growth Retardation
Infertility
Low Libido (ED)
Low Sperm Count
Miscarriage
Multiple Sclerosis
Muscular Dystrophy
PMS
Psoriasis
Kidney Dysfunction
Split Cuticles/Heels

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**Essential Fatty Acids** are vital for maintaining proper cell membrane function – intake of nutrients and expelling of waste. **TRANS-fatty acids** cause the membrane to harden, resulting in serious problems such as dry skin, hardening of the arteries, coronary heart disease, cancers, lung and brain issues.
Healthy Brain & Heart Pack: Soft Tissue Solution

TO HELP SUPPORT AND PROMOTE
HEALTHY BRAIN AND
CARDIOVASCULAR FUNCTION
DR. WALLACH RECOMMENDS:

✓ Beyond Tangy Tangerine
✓ EFA Plus
✓ Osteo-fx Plus

Secret Sauce
✓ Ultimate EFA & Selenium

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3: Blood Sugar Problems

HEALTH CONCERNS OFTEN RELATED TO BLOOD SUGAR IMBALANCES

ADD/ADHD
Adrenal Failure
Anxiety
Bed Wetting
Bipolar Disorder
Cardiovascular Disease
Depression
Diabetes

Dizziness
Excessive Thirst
Sweating or Urination
Elevated Cholesterol & Triglycerides
Fainting Spells
Fatigue
Hyperactivity
Hypoglycemia
Infertility

Learning Disabilities
Memory loss
Migraine Headaches
Moodiness
Narcolepsy
Night Sweats
Obesity
Peripheral Neuropathy

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Insulin’s role is to carry sugar from the blood to the cells.

‘Opening the door’ requires

2 Key Minerals Chromium/Vanadium
Healthy Blood Sugar Pack: Blood Sugar Solution

TO HELP SUPPORT AND PROMOTE HEALTHY BLOOD SUGAR, DR. WALLACH RECOMMENDS:

- Beyond Tangy Tangerine
- EFA Plus
- Osteo-fx Plus
- Secret Sauce
- Sweet Eze

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Quadrant 4: Digestive Problems

**HEALTH CONCERNS OFTEN RELATED TO DIGESTIVE DISORDERS**

- Acid Reflux
- Allergies
- Athletes Foot
- Belching
- Bloating
- Bowel Gas
- Celiac Disease
- Constipation
- Crohn's Disease
- Dermatitis
- Diarrhea
- Diverticulitis
- Food Sensitivities
- Heart Burn
- Hiatal Hernia
- Indigestion
- Irritable Bowel
- Jock Itch
- Leaky Gut
- Seasonal Allergies
- Stomach/Intestinal Pain
- Thrush
- Ulcerative Colitis
- Yeast Infections

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The stomach uses acids, enzymes, & churning to break down food to a substance called chyme. We are only able absorb food broken down smaller than the micro villi hairs in the intestinal tract.

Food that is not broken down will damage and inflame the villi, hindering or even preventing absorption. The leading cause of inflammation is gluten intolerance.

Gluten is found in wheat, barley, rye and oats.
Healthy Digestive Pack: Digestion Solution

TO HELP SUPPORT AND PROMOTE HEALTHY DIGESTION, DR. WALLACH RECOMMENDS:

- Beyond Tangy Tangerine
- EFA Plus
- Osteo-fx Plus
- Secret Sauce
- Flora-fx & Enzymes

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EFA Plus
Osteo-fx Plus
Beyond Tangy Tangerine

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Beyond Tangy Tangerine

Nutra Crystal Powder

Essential Vitamins
Amino Acid Blend
115 Fruits & Vegetables
60 Plant Based Minerals
Results From Clemson University Study:

When cancerous cells were exposed to Beyond Tangy Tangerine, there was a 60% reduction of cancerous colon cells, 65% reduction of cancerous liver and stomach cells, and a 30% reduction in cancerous breast cells!
Osteo- Fx

Re-Builds bone matrix

**Supplement Facts**

<table>
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<th>Nutrient</th>
<th>Amount per Serving</th>
<th>% Daily Value*</th>
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<tr>
<td>Calories from Fat</td>
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<tr>
<td>Total Fat</td>
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<td>Sodium</td>
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<tr>
<td>Protein</td>
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<td>Vitamin D3 (as cholecalciferol)</td>
<td>400 IU</td>
<td>100%</td>
</tr>
<tr>
<td>Calcium (from tricalcium phosphate, calcium citrate)</td>
<td>1200 mg</td>
<td>120%</td>
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<tr>
<td>Phosphorous (from tricalcium phosphate)</td>
<td>237 mg</td>
<td>47%</td>
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<tr>
<td>Magnesium (from magnesium citrate)</td>
<td>300 mg</td>
<td>75%</td>
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<tr>
<td>Zinc (from zinc gluconate)</td>
<td>5 mg</td>
<td>33%</td>
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<tr>
<td>Copper (as gluconate)</td>
<td>50 mcg</td>
<td>3%</td>
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<tr>
<td>Boron (from boron amino acid chelate)</td>
<td>1 mg</td>
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<tr>
<td>MSM (as methylsulfonyl methane)</td>
<td>250 mg</td>
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<tr>
<td>Glucosamine Sulfate KCl</td>
<td>100 mg</td>
<td>†</td>
</tr>
<tr>
<td>Strontium (from strontium chloride)</td>
<td>500 mcg</td>
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</table>

* Daily Values are based on a 2,000 calorie diet for adults and children over 4 years of age.
† Daily Value not established.

**Other Ingredients:** Purified Water, Plant Derived Minerals Complex, Natural Flavors Blend, CitriSweet, Citric Acid, Potassium Sorbate, Sodium Benzoate, Stevia, Vanillin.
**Ultimate EFA**

**Healthy Start Pak™**

**Supplement Facts**

<table>
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<tr>
<th>Nutrient</th>
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<tr>
<td>Cholesterol</td>
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</table>

**Total Omega**

- **Typical Average Fatty Acid Profile**
  - Alpha Linolenic Acid (ALA) Omega 3: 300 mg +
  - Linolenic Acid (LA) Omega 6: 103 mg +
  - Oleic Acid (OA) Omega 9: 120 mg +
  - Gamma Linolenic Acid (GLA): 19 mg +
  - Eicosapentaenoic Acid (EPA): 171 mg +
  - Docosahexaenoic Acid (DHA): 114 mg +

*Daily Values (DV) are based on a 2,000 calorie diet for adults and children over 4 years of age.

† Daily Value (DV) not established.

**Other Ingredients:** Fish Oil (Anchovy, Sardines, or Pollock), Organic Flaxseed Oil, Gelatin, Glycerin, Borage Seed Oil, Purified Water and Mixed Tocopherols.

Contains Fish (from Norway, Chile, Peru, South Africa, or North America) and Soy.

**Essential Fatty Acids required for Health**
Dr. Wallach Deficiency Pack Options 1-4

**Hard Tissue Solution**
- 1 Hard Tissue Problems (Calcium, Magnesium, Glucosamine, and Chondroitin)
  - BONE AND JOINT PAK $174
    - Beyond Tangy Tangerine
    - EFA PLUS
    - Osteo Fx Plus
    - Gluco Gel
    - CM Cream

**Soft Tissue Solution**
- 2 Soft Tissue Problems (Omega 3, 6, 9, and Selenium)
  - BRAIN AND HEART PAK $179
    - Beyond Tangy Tangerine
    - EFA Plus
    - Osteo Fx Plus
    - Ultimate EFA
    - Selenium

**Blood Sugar Solution**
- 3 Blood Sugar Imbalances (Chromium and Vanadium)
  - BLOOD SUGAR PAK $138
    - Beyond Tangy Tangerine
    - Osteo Fx Plus
    - EFA Plus
    - Slender FX Sweet Eze

**Digestive Solution**
- 4 Digestive Disorders (HCL, Enzymes, and Flora)
  - DIGESTION PAK $165
    - Beyond Tangy Tangerine
    - EFA Plus
    - Osteo Fx Plus
    - Ultimate Enzymes
    - Ultimate Flora Fx
“IT’S ALL ABOUT RESULTS. GIVE YOUR BODY WHAT IT NEEDS AND IT WILL DO AMAZING THINGS!”

~ DR. JOEL WALLACH

Now that you know what you know
It is a Huge Responsibility what will you do about it?

A Tribute to Dr. Joel Wallach