

# 90 FOR LIFE

## YOUNGevity

**“A Grass Roots Education Movement”**

**Dr. Joel D. Wallach,  
BS, DVM, ND**

The Father of Liquid Mineral  
Supplementation.



• **NOW AVAILABLE** •

THE AGEBEATERS and Their Universal Currency for  
**IMMORTALITY**

THE LATEST BOOK FROM

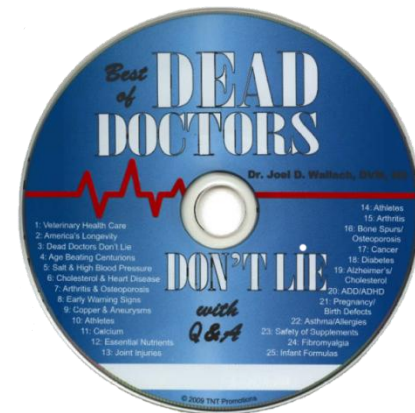
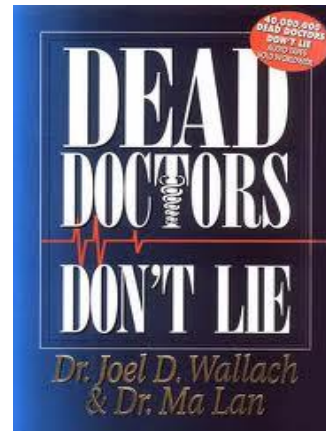
Dr. Joel D. Wallach, BS, DVM, ND  
Dr. Ma Lan, MD, MS, LAc



# ***“Dead Doctors 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



BS, DVM, ND  
*Founder of Epigenetics*

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

<http://DrWallachBio.com>

Dr. Wallach has fought the FDA in the U.S. Supreme Court  
***seven* times and WON!**

# Research & Autopsies

1962 Mass Die Off Mercury Pollution in Japan

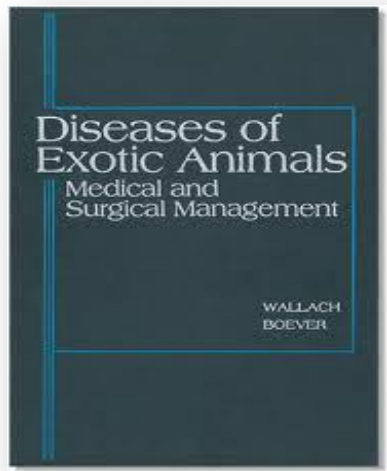
**26,000 Autopsies**

**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
- ✓ 41<sup>st</sup> in infant survivability
- ✓ 1 in 3 Americans are diabetic/pre diabetic
- ✓ Most obese nation in the world



**Dr. Peter Glidden**

**FireYourMDNow.com**

# YOUR STEADFAST ADVOCATE FOR HEALTH

## Share Dr. Glidden Featured Video

What is the 3<sup>rd</sup> leading cause of Death in the USA?

# “Death by Doctor”

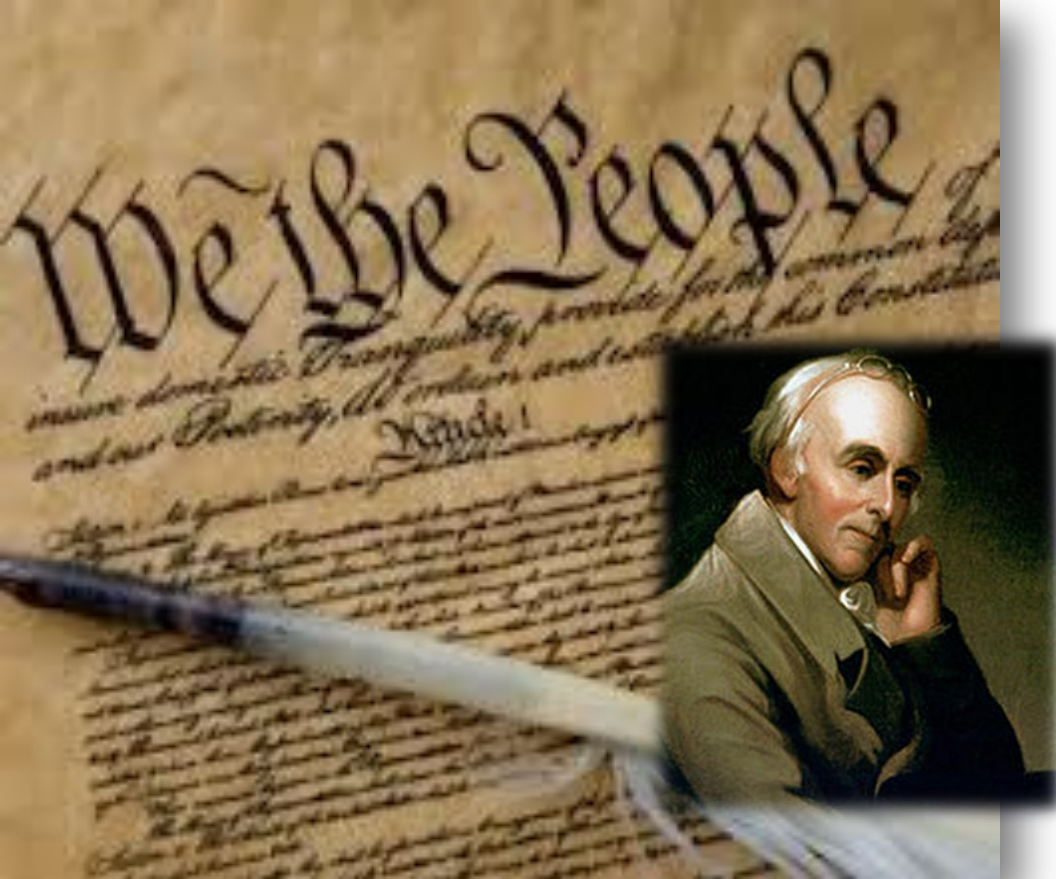
**1987:** BS from **University of Massachusetts**, Amherst MA.

**1991:** ND from **Bastyr University**, Seattle WA.

**1992:** Licensed to practice Naturopathic medicine.

**1987 – Present:** **American Association of Naturopathic Physicians.**

# The Crusade for Change!



## Dr. Benjamin Rush

- Revolutionary
- Physician & Medical professor
- Early surgeon general to all Continental armies.
- Signed the Declaration of Independence

“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!**

# 90 Essential Nutrients

Dr. Wallach Cured 900 Diseases in Animals

***‘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**

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

## **16 Essential 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	Inositol
Folic Acid	

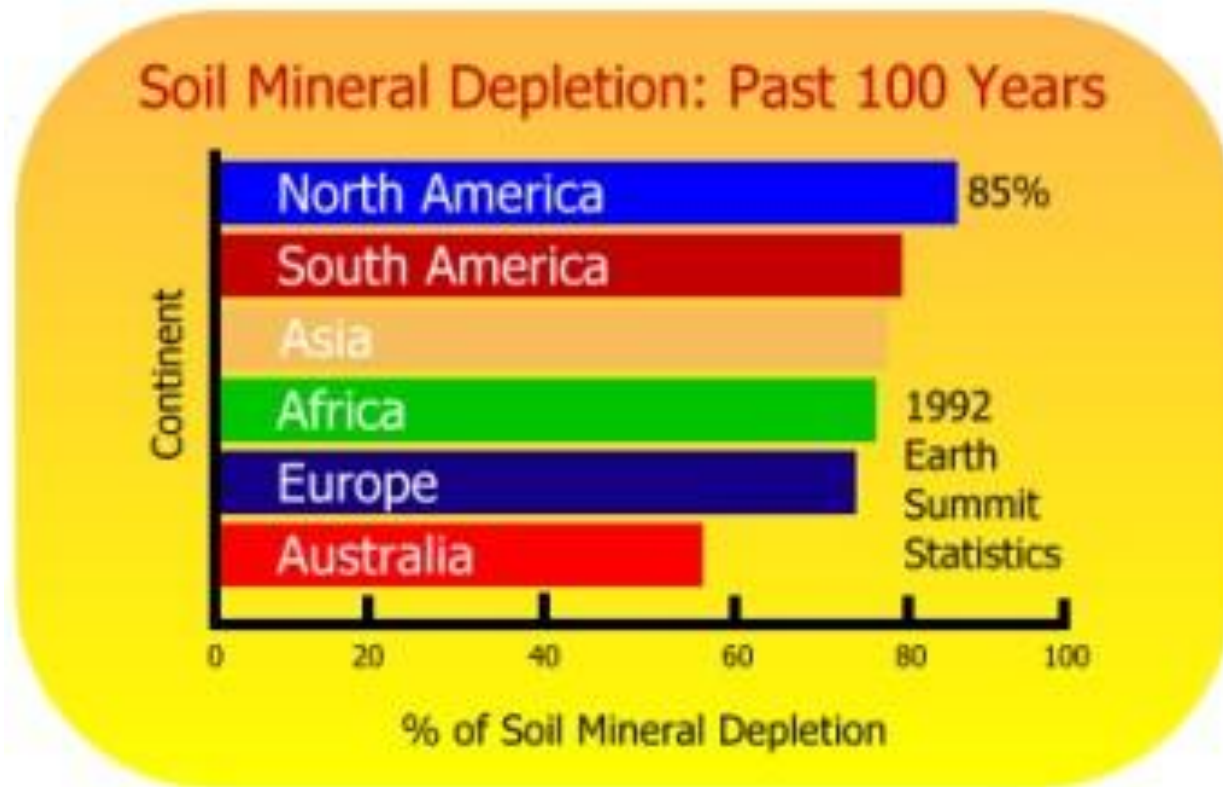
## **12 Essential Amino Acids**

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

## **3 Essential Fatty Acids**

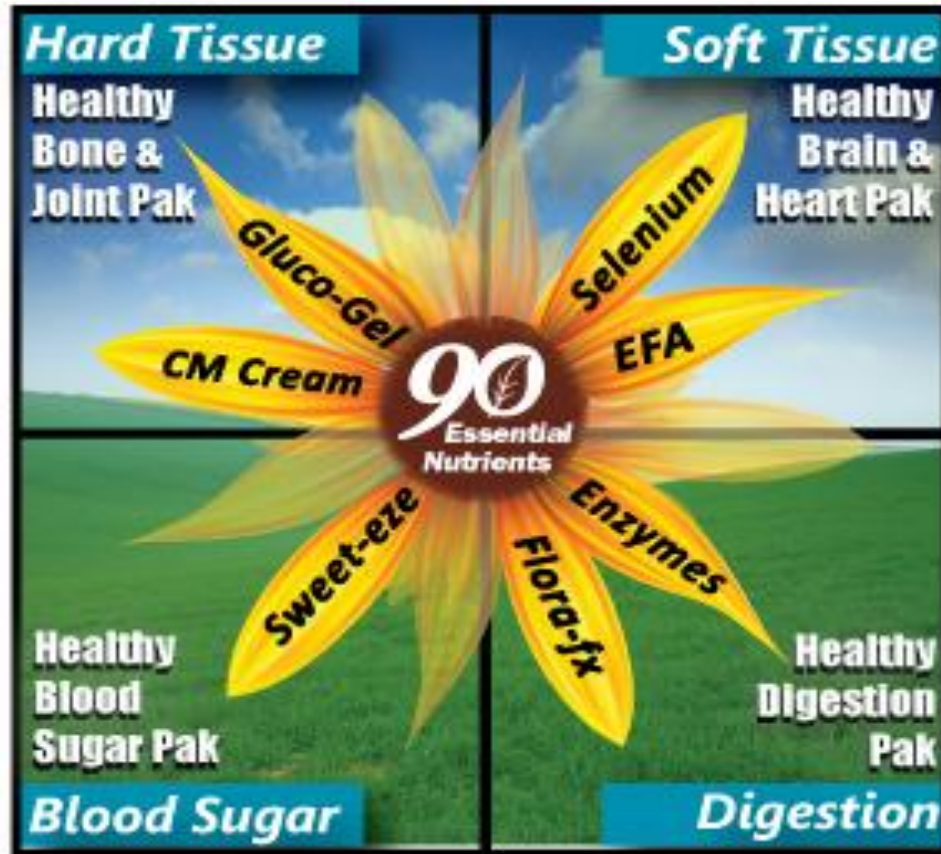
Omega 3 (EPA, DHA, ALA)
Omega 6
Omega 9

# Minerals in the Soil?



**"You can trace every sickness, every disease and every ailment to a vitamin or mineral deficiency." Dr. Linus Pauling**

# Dr. Wallach's Deficiency Chart



## 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

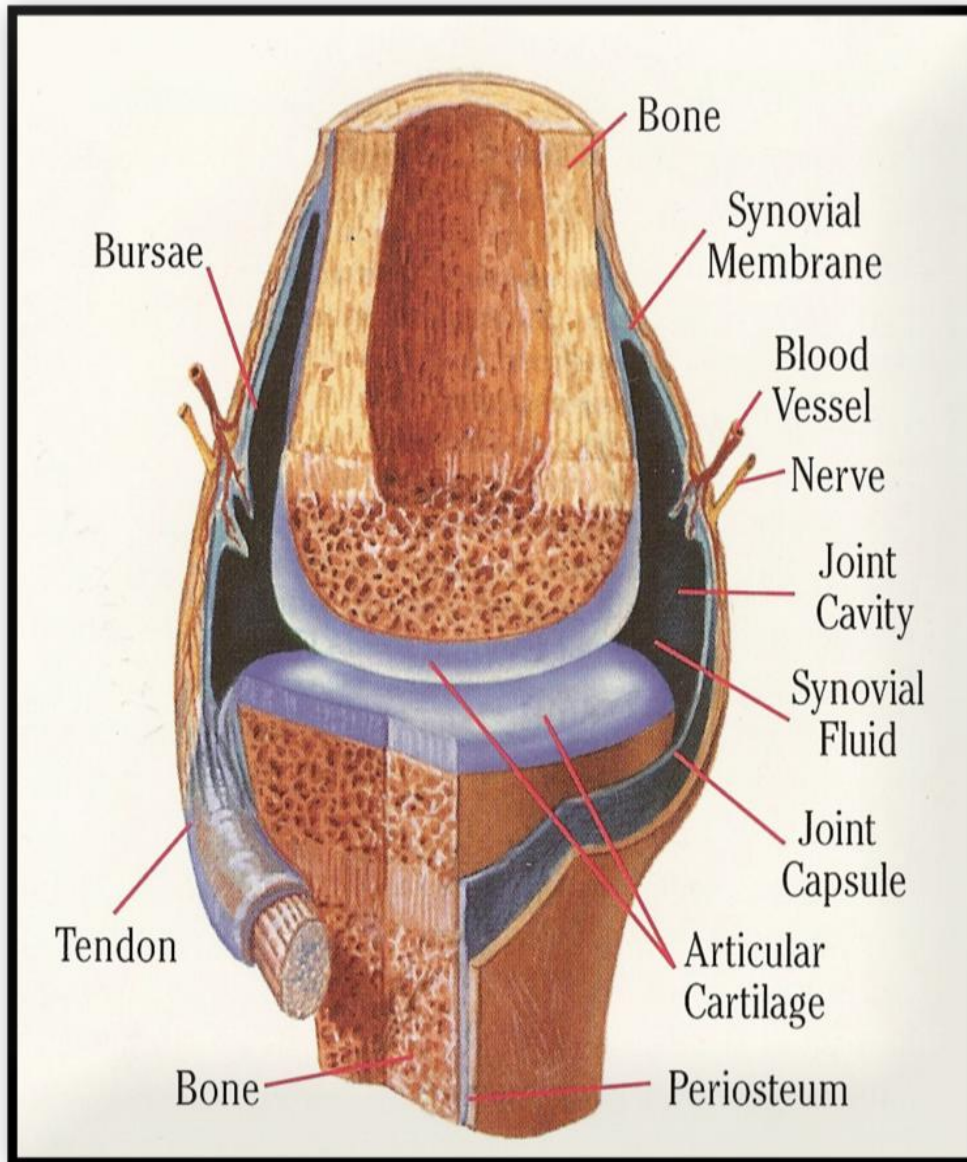
Elevated Blood Calcium  
High/Low Blood Pressure  
Hyper-parathyroidism  
Insomnia  
Irritability  
Joint pain  
Kidney Stones  
Muscle Cramps Spasms & Twitches  
Nervousness  
Osteo-fibrosis  
Osteoporosis

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

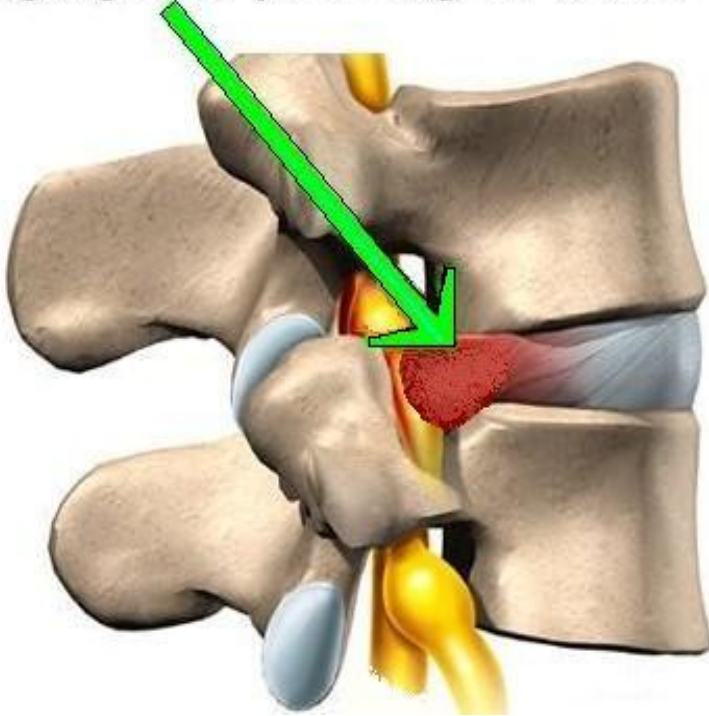
60% of our bone mass is made up of a protein called **“bone matrix”**

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

When bones weaken they will pinch nerves

# Weak Bones create Problems

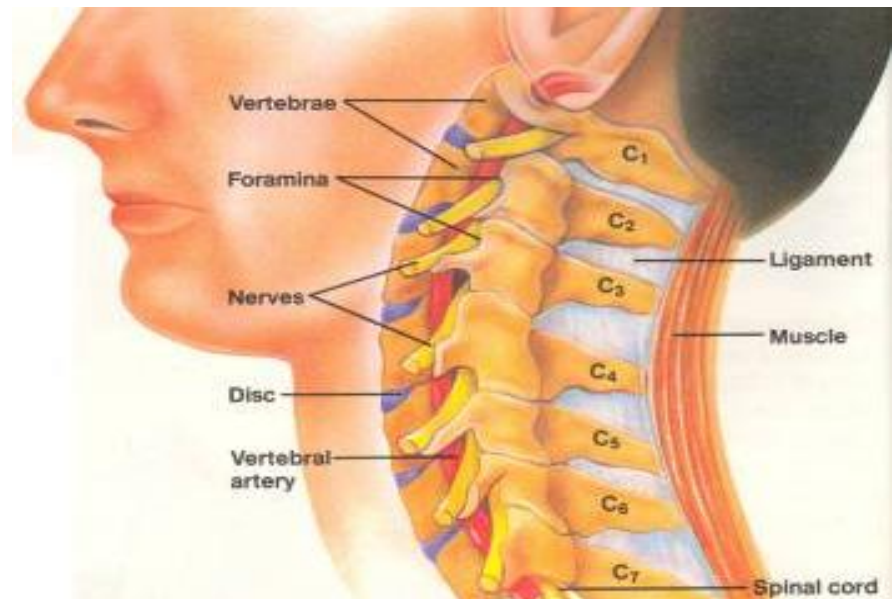
Bulging disc pressing on nerve



**Weak Bones  
Equals  
Pinched nerves**

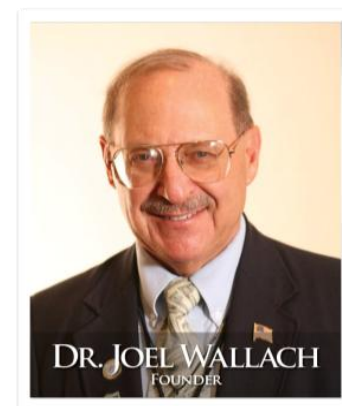
Pinched nerves are a common cause of back pain

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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# 2: Soft Tissue Problems

## ***HEALTH CONCERNS OFTEN RELATED TO EFA AND CHOLESTEROL DEFICIENCIES***

Acne

ALS

Alopecia

Alzheimers

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

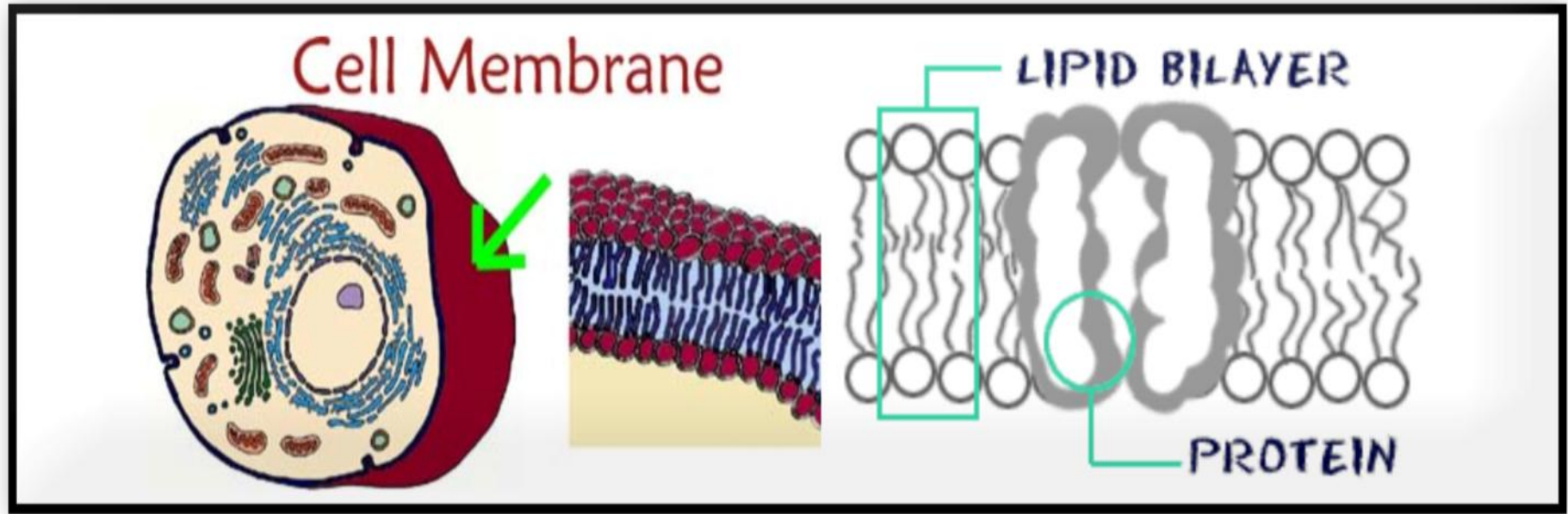
Kidney Dysfunction

Split Cuticles/Heels



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# EFA's & Cholesterol are MACRO-Nutrients

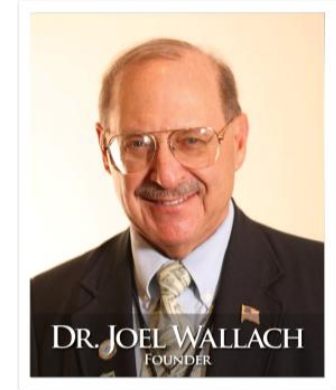


**Essential Fatty Acids** are vital for maintaining proper cell membrane function – intake of nutrients and expelling of waste.

**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**

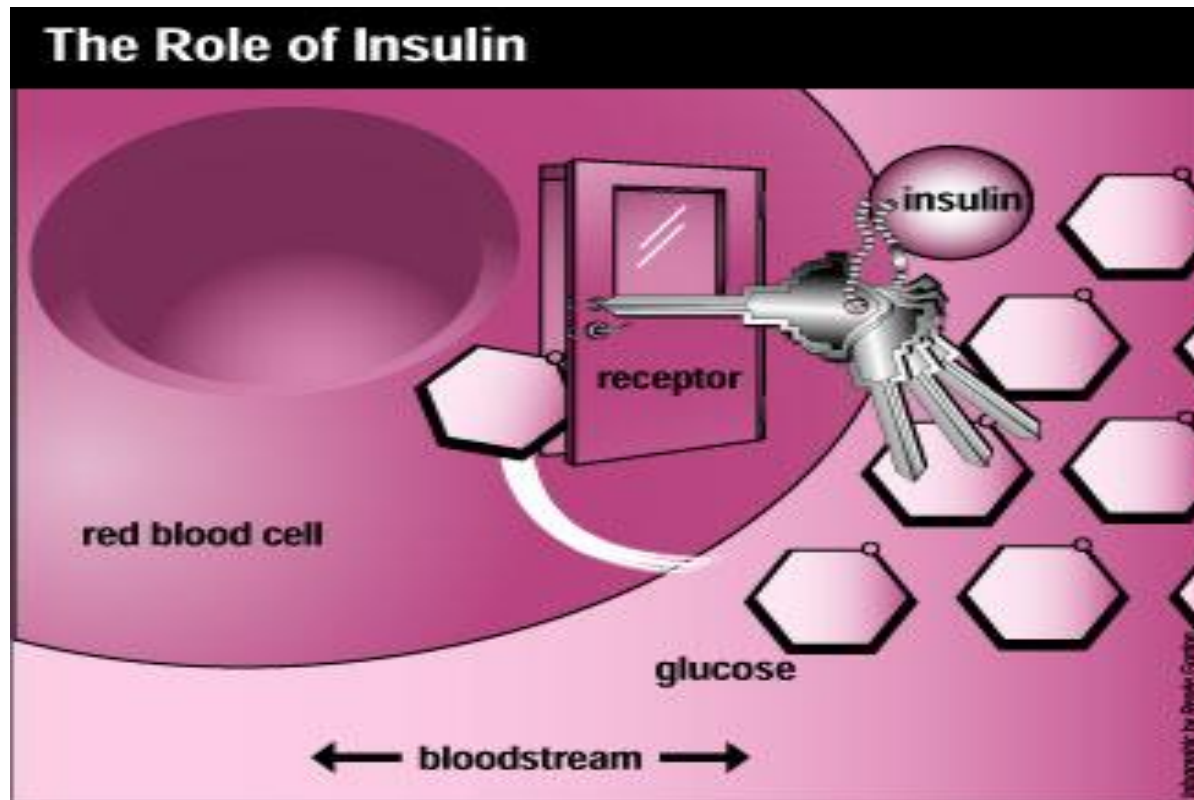
**Obesity**

**Peripheral Neuropathy**



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# Blood Sugar Imbalances



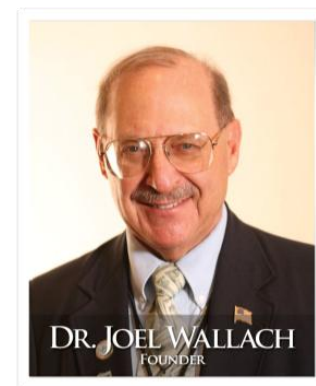
*Insulin's role is to carry sugar from the blood to the cells*

‘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**

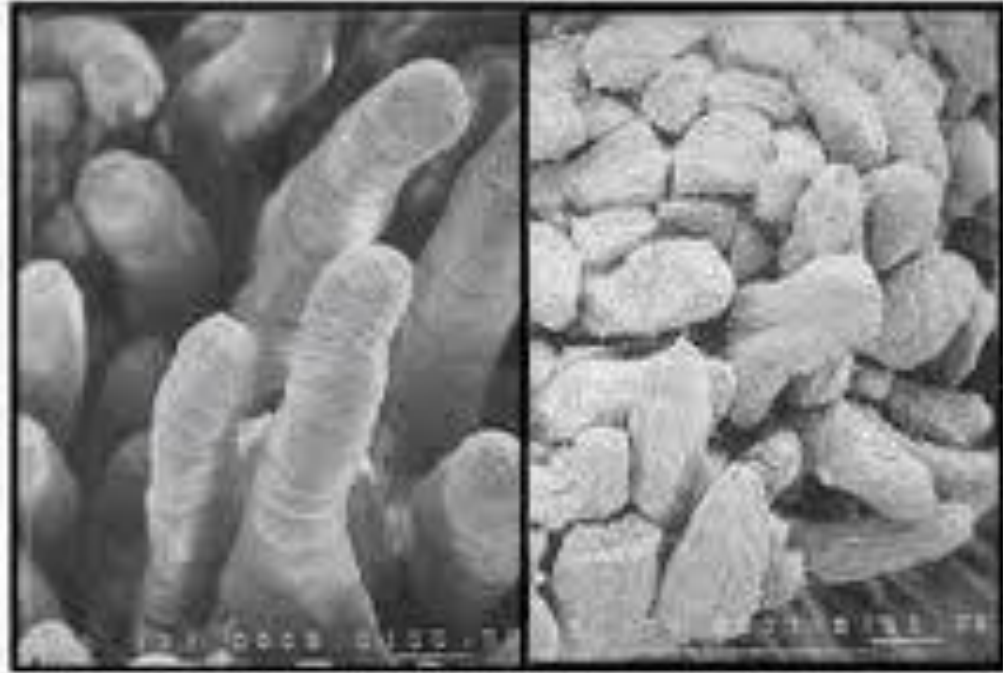
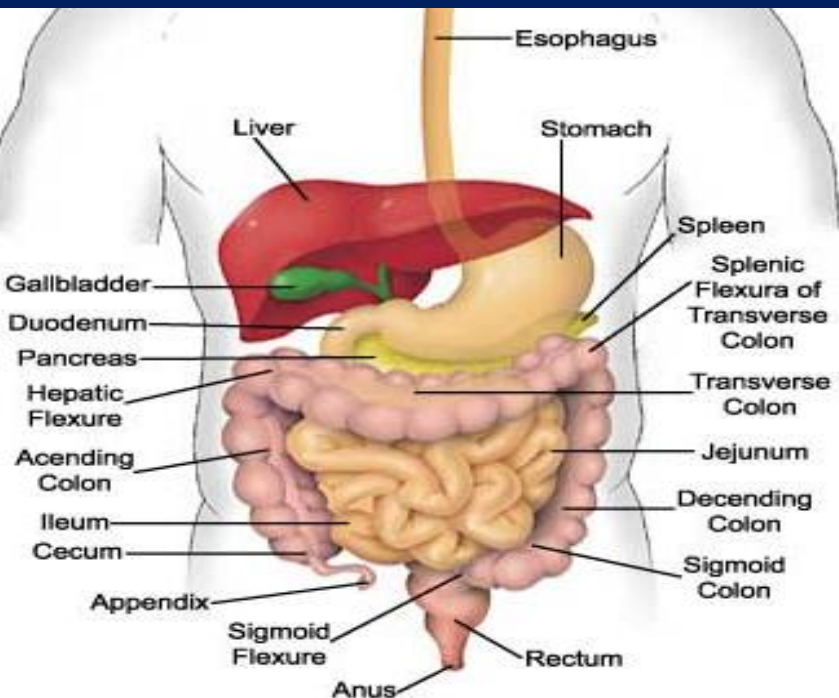
**Ulcerative Colitis**

**Yeast Infections**



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# Developing Digestive Disorders



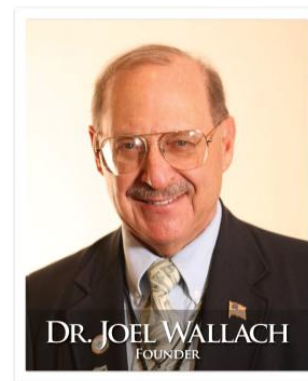
The stomach uses acids, enzymes, & churning to break down food to a substance called chyme. We are only able to absorb food broken down smaller than the micro villi hairs in the intestinal tract.

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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HEALTHY START PAK™



[www.YOUNGEVITY.com](http://www.YOUNGEVITY.com)



## EFA Plus Osteo-fx Plus Beyond Tangy Tangerine

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# Beyond Tangy Tangerine

HEALTHY START PAK™



*Nutra Crystal Powder*

Essential Vitamins  
Amino Acid Blend  
115 Fruits & Vegetables  
60 Plant Based Minerals

[www.YOUNGEVITY.com](http://www.YOUNGEVITY.com)



Institute of Nutraceutical Research

## 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!





HEALTHY START PAK™

www.YOUNGEVITY.com



# Osteo- Fx

## Supplement Facts

Serving Size: 1 fl.oz. (2 tablespoons)

Servings per Container: 32

	Amount per Serving	% Daily Value*
<b>Calories</b>	0	
Calories from Fat	0	
<b>Total Fat</b>	0 g	
Saturated Fat	0 g	
Cholesterol	0 g	
<b>Total Carbohydrate</b>	0 g	
Dietary Fiber	0 g	
Sugars	0 g	
<b>Sodium</b>	0 g	
<b>Protein</b>	0 g	
Vitamin D3 (as cholecalciferol)	400 IU	100%
Calcium (from tricalcium phosphate, calcium citrate)	1200 mg	120%
Phosphorous (from tricalcium phosphate)	237 mg	47%
Magnesium (from magnesium citrate)	300 mg	75%
Zinc (from zinc gluconate)	5 mg	33%
Copper (as gluconate)	50 mcg	3%
Boron (from boron amino acid chelate)	1 mg	†
MSM (as methylsulfonyl methane)	250 mg	†
Glucosamine Sulfate KCl	100 mg	†
Strontium (from strontium chloride)	500 mcg	†

\* 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.

## Re-Builds bone matrix



HEALTHY START PAK™

www.YOUNGEVITY.com



# Ultimate EFA

## Supplement Facts

Serving Size: 1 Soft Gel  
Servings per Container: 90

	Amount per Serving	%DV*
<b>Calories</b>	12	
Calories from Fat	11	
<b>Total Fat</b>	1 g	2%
Saturated Fat	<1 g	<1%
Polyunsaturated Fat	<1 g	†
Monounsaturated Fat	<1 g	†
<b>Cholesterol</b>	3 mg	1%
<b>Total Omega</b>	827 mg	†
<u>Typical Average Fatty Acid Profile</u>		
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

Glucu 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

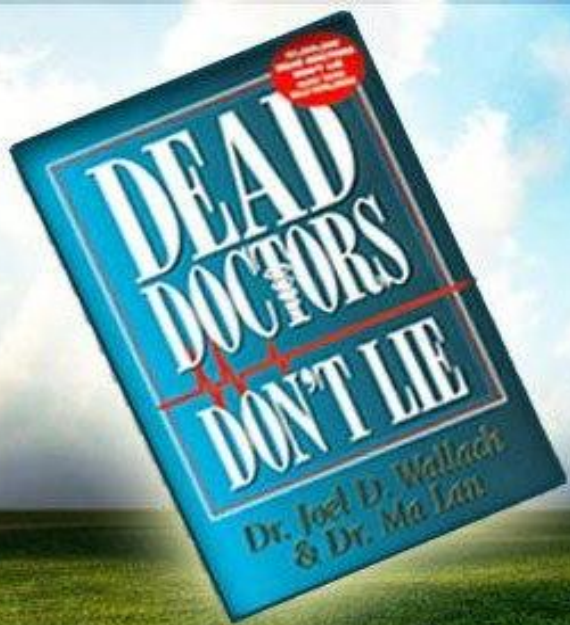
Beyond Tangy Tangerine

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**