

The background is a gradient from light pink at the top to a darker pink at the bottom. A large, white-outlined triangle is centered on the page. In the top-left corner, there is a heart with a spiral pattern inside. In the top-right corner, there is a heart with a striped pattern inside. At the bottom center, there is a heart with a flame-like shape above it.

LIVINGOOD DAILY

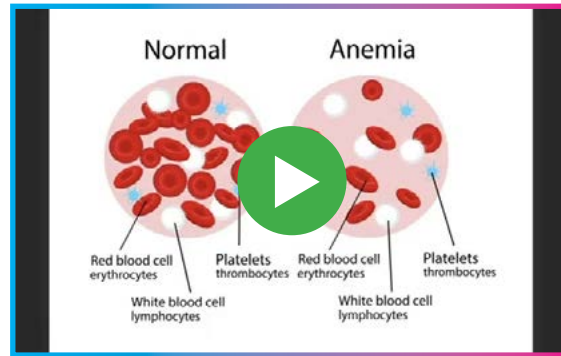
ANEMIA

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THE FOUNDATIONS Livingood Daily Challenge

1. Fix Your **Focus**
2. Fix Your **Food**
3. Fix Your **Fitness**

4. Fix Your **Filters**
5. Fix Your **Frame**



Click the video above to watch.

FOOD

Greens, Spinach, Kale, Acerola, Strawberries, Citrus, Grass-Fed Beef, Venison, Lamb, Organ Meat, Fish, Black Beans, Chickpeas, Nuts and Seeds, Fermented Foods

Decrease Dairy

TESTING

CBC, Iron Panel (Iron, Total Iron Binding Capacity, Ferritin)

FOCUS

1. Multi - Methylated B12 and Folate, Ferrochel (Chelate)
2. Hormone Quiz and Training
3. [Gut Reset](#) and [Para + Candi Cleanse](#)
4. [Greens Powder](#) - Probiotics and Beet Root

RECOMMENDED SUPPLEMENTS: CLICK ANY ITEM BELOW TO VISIT THE STORE PAGE





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