LIVINGOOD DAILY

DR. LIVINGOOD'S GUIDED NOTES

IMMUNE YOU

Score yourself based on each question below. Total your score at the end.

Age _____
49 & Under..... [+0]
50-64..... [+1]
65 & Over..... [+2]

Weight _____
Ideal/Normal..... [+0]
Overweight (25 lbs or less)..... [+1]
Obese (25 lbs or more)..... [+2]

Blood Pressure _____
Normal (120/80 or less)..... [+0]
Hypertension (above 120/80)..... [+2]

Do You Have Asthma? _____
No..... [+0]
Yes..... [+2]

How often do you consume fast food? _____
Never..... [+0]
Every other week to once a week..... [+1]
2-4 times a week..... [+2]
5 or more times a week..... [+4]

Vitamin D Levels: _____
50+..... [+0]
30-49..... [+1]
29 or less..... [+2]
Never had checked..... [+1]

Direct exposure to sunlight for 20 minutes or more _____
5 or more days/week..... [+0]
3-4 days/week..... [+1]
2 or less days/week..... [+2]

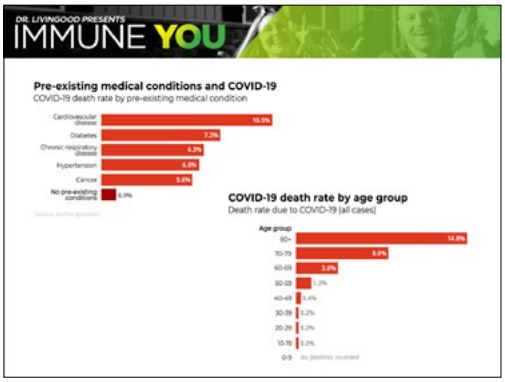
Do you supplement with vitamin D3? _____
Yes..... [+0]
No..... [+2]

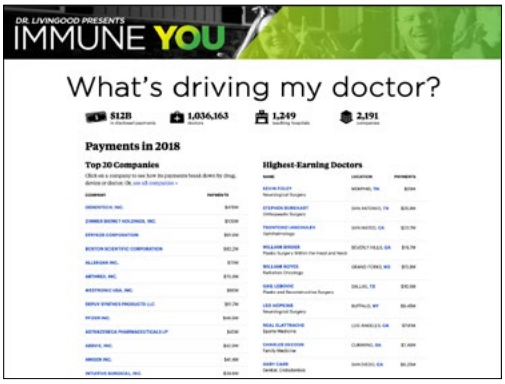
On average, how many hours of sleep do you get each night? _____
7-9..... [+0]
6-7..... [+1]
Less than 6..... [+2]

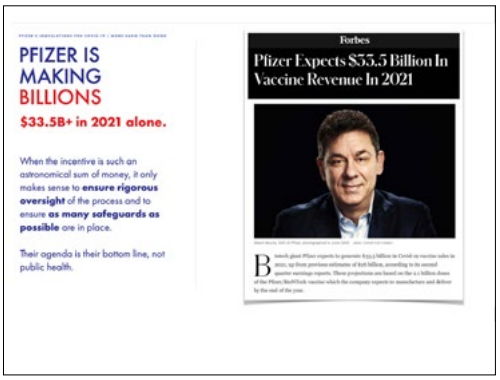
How often do you exercise? _____
5 or more days/week..... [+0]
2-4 days/week..... [+1]
Never..... [+2]

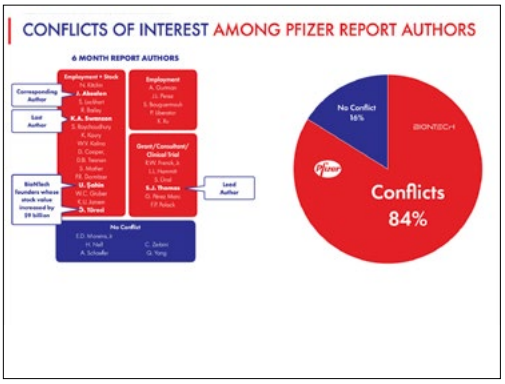
TOTAL _____

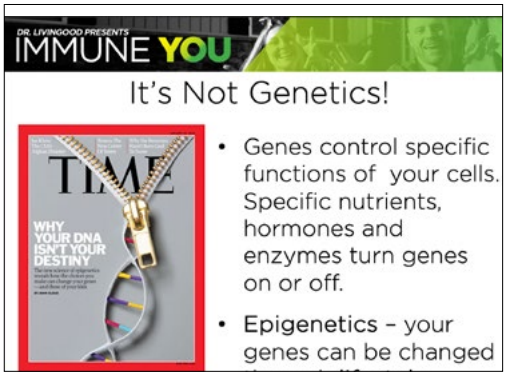
IMMUNE YOU GUIDED NOTES - DAY 1: LIFESTYLE PANDEMIC

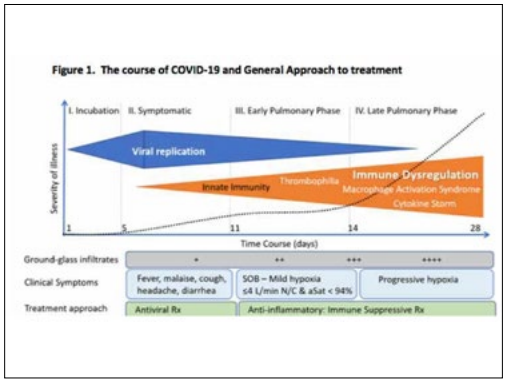












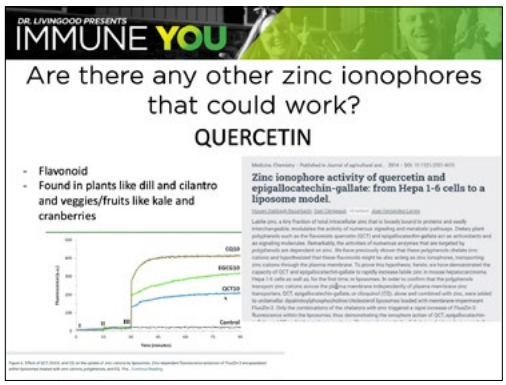
My Notes

Score 1 point each if you've experienced any of the following symptoms since infection or injection:

Total your score at the end.

Fatigue	_____
Brain Fog	_____
Memory Issues	_____
Shortness of Breath	_____
Persistent Loss or Changes in Smell	_____
Persistent Cough	_____
Sweating	_____
Temperature Fluctuations	_____
Ringing in the Ears (Tinnitus)	_____
Increased or New Joint Pain	_____
Chest Pain	_____
Increased Blood Pressure	_____
Fast Beating or Pounding Heart	_____
Numbness	_____
Increased or New Depression or Anxiety	_____
Increased or New Muscle Pain	_____
Increased or New Headaches	_____
Shingles	_____
Heart Problems	_____
Blood Clots	_____
Swelling	_____
Increased Autoimmune or Inflammation Symptoms	_____
TOTAL	_____

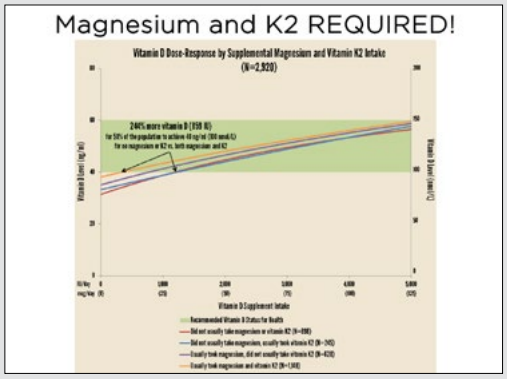
IMMUNE YOU GUIDED NOTES - DAY 1: LIFESTYLE PANDEMIC



My Notes

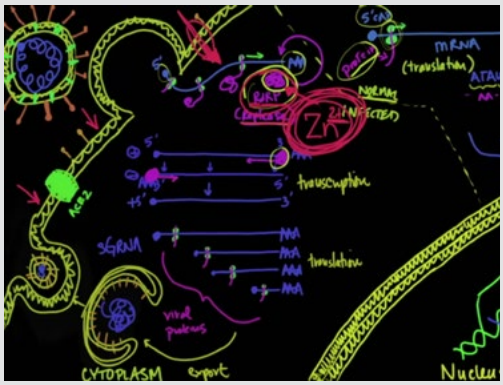
140 STUDIES AFFIRM THAT GETTING THE VIRUS SUPPORTS NATURAL IMMUNITY

SEE CITATION #47



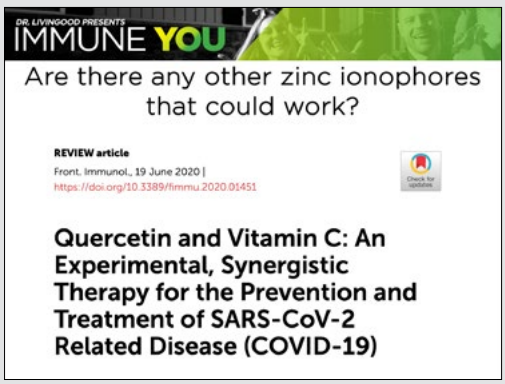
Vitamin D3 and its Helpers

Proper levels of Vitamin D has been shown to reduce ICU visits and infections. Magnesium and Vitamin K2 are required to increase the absorption up to 244%.



Zinc Stops Viral Replication in the Cell

When zinc is able to be shuttled into the cell, it helps stop viral replication. In order to get into the cell, it needs a vehicle to carry it in. These are called zinc ionophores.



The Power of Quercetin and Vitamin C

Quercetin is a non-drug zinc ionophore that helps shuttle zinc. Vitamin C helps fuel quercetin to make this happen. And that is why these two should be taken together.

OUR HEALTH HAS BEEN LIVING OFF CREDIT...AND THE MARKET JUST CRASHED."

THE COST OF LOSING YOUR HEALTH

A couple retiring this year will need **$250,000, on average, to cover medical expenses in retirement**, according to a study to be released by Fidelity Investments.
—Huffington Post (2010)

62% of bankruptcies are due to medical bills. 78% of those who filed for bankruptcy have insurance.
—American Journal of Medicine (2009)

—QUESTIONS TO CONSIDER—

1. **Is it a Positive Test or an Actual Case?**
2. **Dying With a Virus vs From a Virus?**
3. **Do Inoculations Stop Transmissions?**
4. **What Are the Risks?**
5. **What Is In What I am Taking?**
6. **What About Virus Drugs? (Iver, Chloro, and Antibodies)**
7. **How Do I Support a Better Immune System and Reduce Hospitalization and Death Risk?**

LIVINGOOD DAILY VITAMIN D

The #1 supplement for supporting a titanium-strong immune system year-round

Get **50% OFF**

Contains carefully selected ingredients like Magnesium and Vitamin K2 to help your body fully absorb and utilize Vitamin D. Combined intake of both Magnesium and Vitamin K2 has a greater effect on Vitamin D levels than either taken individually. You need 244% more oral Vitamin D if you're not simultaneously taking Magnesium and Vitamin K2.

Also contains an all-in-one dose of zinc, magnesium, probiotics, and fat-soluble vitamins. You can grab it for 50% off today when you subscribe!

KEY INGREDIENTS

1. **Vitamin D3**
   Raises blood levels of calcifediol
2. **Vitamin K2**
   Plays a vital role in moving calcium to the bone, heart health, and reduces the calcification of your arteries
3. **Magnesium**
   Increases nitric oxide which calms and relaxes your muscles†
4. **Zinc**
   Supports your immune system and your senses of taste and smell
5. **Probiotics**
   Helps restore healthy gut bacteria which supports a strong immune system

Supplement Facts

Serving Size: 1 Vegetarian Capsule
Servings Per Container: 60

	Amount Per Serving	%DV*
Vitamin A (as Beta Carotene)	300mcg	33%
Vitamin D3 (as Cholecalciferol)	4000IU	500%
Vitamin E (as D-Alpha Tocopherol)	23mg	153%
Magnesium (as Dimagnesium Malate)	50mg	12%
Zinc (as Zinc Bisglycinate Chelate)	10mg	91%
Alpha Lipoic Acid	100mg	**
Probiotic Blend (500 Million CFU/serving)* ** (Lactobacillus acidophilus DDS, L. plantarum, L. rhamosus, B. breve, B. longum)	42mg	**
Organic Coconut MCT Oil Powder	25mg	**
Vitamin K2 (as MK4 and MK7)	200mcg	**

*Percent Daily Value based on a 2,000 calorie diet.
**% Daily Value (DV) not established.
***At time of Manufacture

Other Ingredients: Vegetable Capsule, Plant Fiber, Vegetable Stearate

GLUTEN FREE CERTIFIED · GUARANTEE NON-GMO CERTIFIED · GUARANTEE 3rd PARTY TESTED CERTIFIED

Answer the following questions by giving 0-2 points per response:
Never/No [0 points] **Occasionally [1 point]** **Frequently/Yes [2 points]**

Score yourself based on each question below. Total your score at the end.

How often do you experience stressful situations? _____

How often do you feel tired or fatigued for no apparent reason? _____

How often do you get less than eight hours of sleep? _____

How often do you feel anxious/depressed? _____

How often do you feel overwhelmed or confused? _____

How often is your sex drive lower than you would like it to be? _____

Do you tend to easily gain weight? _____

Do you have high blood pressure? _____

How often have you attempted to reduce your body weight? _____

How often do you crave sweets and/or breads? _____

How often do you experience memory or concentration issues? _____

How often do you experience tension headaches or muscle tightness in your neck, shoulders, or jaw? _____

How often do you experience digestive problems like gas, bloating, ulcers, heartburn, constipation, or diarrhea? _____

How often do you get sick? _____

Are you on medications for anxiety or depression? _____

TOTAL _____

IMMUNE YOU GUIDED NOTES - DAY 2: 4 SINS OF LIFESTYLE

9 HACKS FOR BETTER SLEEP

1. **TECHNOLOGY**
   This can be very detrimental, messing with the brain and the activity that it needs to do--getting you into a deep sleep where your body can heal.
2. **ENVIRONMENT**
   Analyze the room that you actually sleep in. Look at the light and the temperature. It should be dark and cooler.
3. **SLEEP SCHEDULE**
   Not going to bed and waking up at the same time each night and day will mess up the rhythm of your body.
4. **DIET**
   Eating large or toxic, high sugar, not-so-good-for-you meals close to bedtime will interrupt your sleep pattern.
5. **EXERCISE**
   The response and the impact that exercise has on your body can greatly impact how your body rests.
6. **VALERIAN ROOT AND MELATONIN**
   Reduces the time it takes to fall asleep and improves the quality of sleep.
7. **SPINAL EXERCISES**
   If the spine is in a bad position, the body can't rest the way it's designed to.
8. **EPSOM SALT BATH**
   Dilates the blood vessels near the skin and flushes toxins out, your body will respond by being very relaxed, even drowsy.
9. **GO TO BED EARLIER**
   When you go to bed at a later time, you're interfering with your cortisol arch and the pattern that it's supposed to follow during the day.

BOXED BREATHING is a stress-reducing breathing technique in which you make a "box" with your breath. Here's how to do it:

1. Inhale through your nose for 4 seconds
2. At the top of the breath, hold for 4 seconds
3. Exhale through the nose or mouth for 4 seconds
4. Repeat steps 1-3 for a total time of 60 seconds

PACED BREATHING is a simple way to reduce stress. Here's how to do it:

1. Inhale through your nose for 5 seconds
2. Once the lunges are full, exhale through the nose or mouth for 5 seconds
3. Repeat steps 1 and 2 for a total time of 60 seconds

Click to visit the store page!

Stress?

Waking up early?

DR. LIVINGOOD PRESENTS
IMMUNE YOU

Melatonin

- Boosts immune function
- Helps recharge glutathione (and glutathione deficiency has been linked to CV severity)
- May improve the treatment of certain bacterial diseases
- Helps regulate gene expression via a series of enzymes

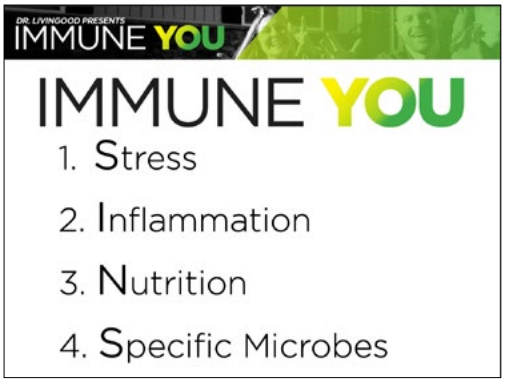
"In a single-center, open-label, randomized clinical trial, it was observed that melatonin treatment lowered the mortality rate by **93% in severely-infected CV** patients compared with the control group."

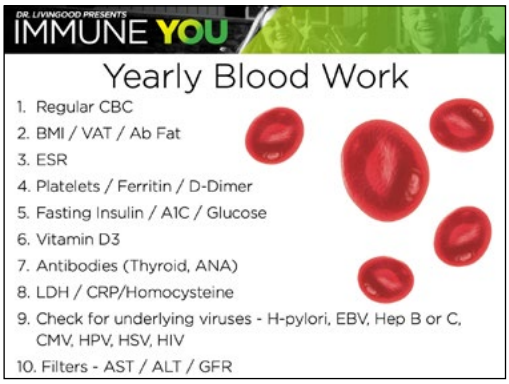
Anxiety/Focus/ Depression?

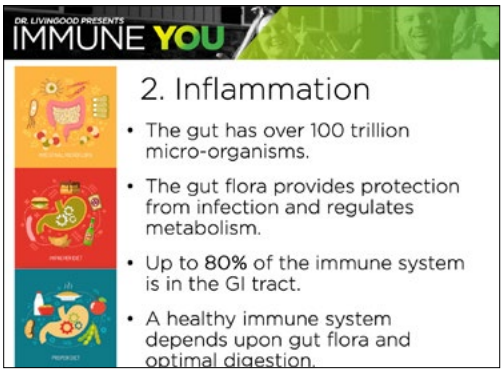
Trouble falling asleep?

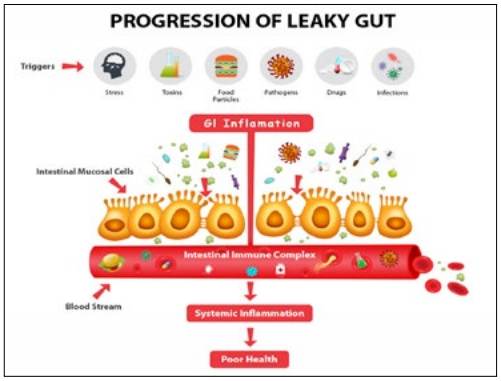
Click to visit the store page!

IMMUNE YOU GUIDED NOTES - DAY 2: 4 SINS OF LIFESTYLE









My Notes

COMING SOON!

DR. LIVINGOOD PRESENTS THE

HEART HEALTH MASTERCLASS

REGISTER TODAY!

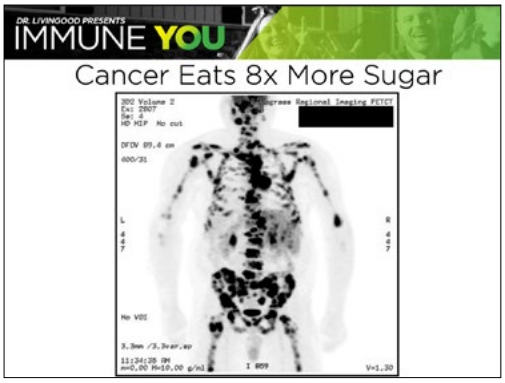
Discover how to revitalize 'The Tree Of Life' inside the bloodstream that makes people feel older than they are..

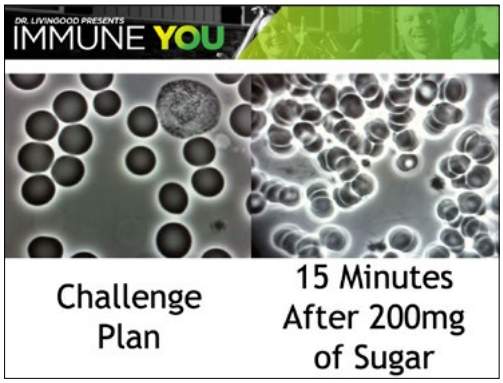
- The truth about pandemic caused heart and blood clot issues
- You get my 5 fast fixes for Heart Health...
- The 9 main causes of high blood pressure and one good solution for each!
- Why Cholesterol is actually VITAL for healthy NO levels and good heart health!
- The single best salt (Yes, I did say SALT!) you need to eat plenty of for great heart health.
- The pandemic and virus detox protocol to heal from blood clots, myocarditis, inflammation, and more
- The heart health blueprint to bring it all together
- The inflammation and toxin detox to recover your body post pandemic
- The 4 heart types and your heart type plan

And more!

3 Guides Included!

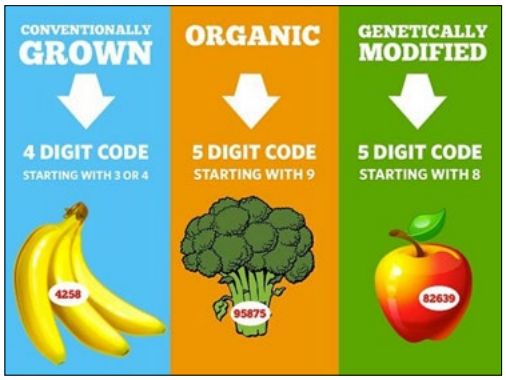
IMMUNE YOU GUIDED NOTES - DAY 2: 4 SINS OF LIFESTYLE

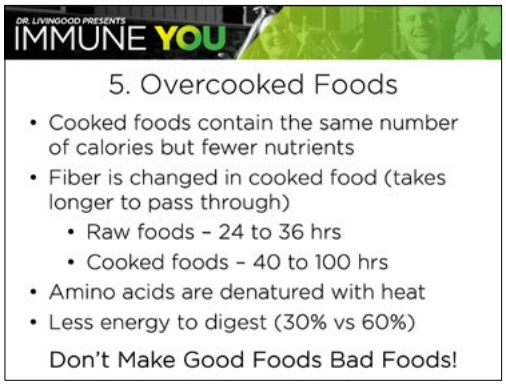




My Notes

IMMUNE YOU GUIDED NOTES - DAY 2: 4 SINS OF LIFESTYLE

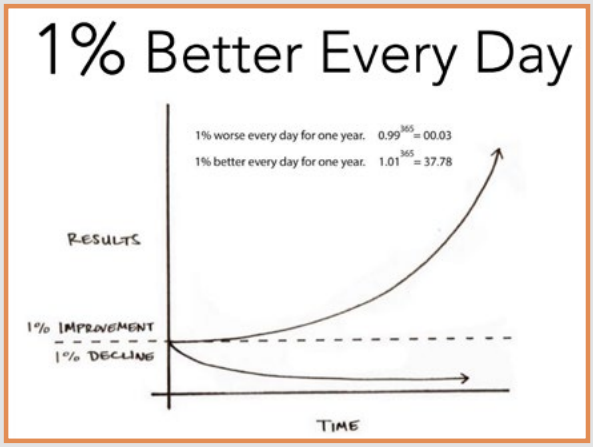




My Notes

SUGAR

- **is the primary dietary cause of obesity**
- **increases the acidity of the body**
- **causes inflammation**
- **is the primary reason for high cholesterol**
- **causes hormonal and metabolic imbalances**
- **is your fast track to diabetes**
- **is a known toxin**
- **leads to heart disease**
- **is an anti-nutrient**
- **promotes cancer**



The Sick 6

1. Sugar (Grains and GMO's)
2. Artificial Sweeteners
3. Meat (Omega 6)
4.Commercial Dairy
5.Cooking Food
6.Water

The Sick 6 SOLUTIONS

1. Cut the Sugar (Grains, GMOs, and Gluten)
2. Healthy Sweeteners (Monk Fruit, Stevia, Allulose, Erythritol, etc.)
3. Clean Up Meats and Oils
4. Organic Dairy and Alternatives (Nut milks, raw, etc.)
5. Minimize Cooking Food (Toaster Ovens, Lower Heat, Clean Pans, etc.)
6. Water – Filter it and use clean cleaners

THE LIVINGOOD DAILY LIFESTYLE

Get the entire Immune You Course—all 4 days of recording—and 3 free immune guides when you **join the Lifestyle!**

Tired of your weight being high? Confused by all the nutrition and diet fads out there? Sick of drugs and how they make you feel? Scared of chronic diseases you face or will face in the future? If you answered yes to any of these, then the Livingood Daily Lifestyle is for you!

In the Lifestyle, we reveal to you the five healing secrets—the five fixes—that have enabled 200,000+ people to live a drug-free lifestyle, lose the weight, and gain energy. Your health is your responsibility, and you do not get health until you build it.

GET THE ENTIRE RECORDING OF THE IMMUNE YOU COURSE WHEN YOU JOIN THE LIFESTYLE!

JOIN TODAY!

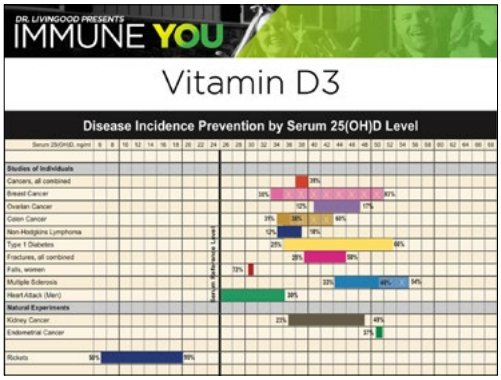
Included in the Livingood Daily Lifestyle paid plan are:

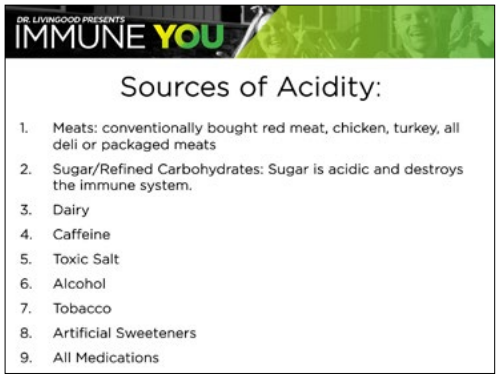
- ✓ Monthly Challenges
- ✓ Live Coaching
- ✓ 4+ Meal Plans
- ✓ 7+ Healthy Recipe Guides
- ✓ 50+ 10-Minute Workouts
- ✓ 27+ Trainings on health conditions

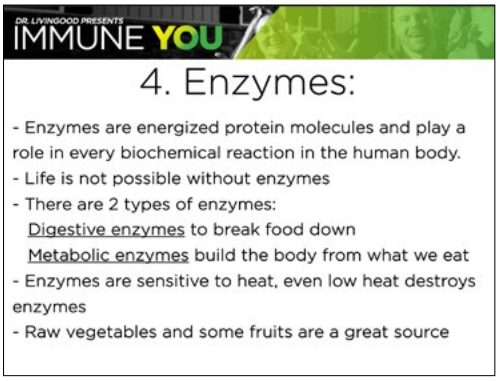
"After 8 months of this Lifestyle, I have to say I just became a WINNER. I'm down 56 pounds, off all meds, no joint pain since February...I had to stand and wait before I could start walking and now I feel like I'm 20 again. This is the best feeling ever!! I AM THE SOLUTION!!

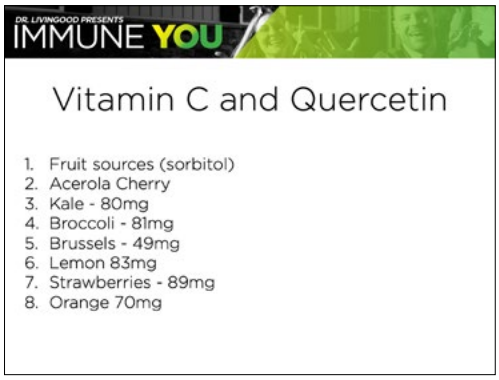
—Pamela H., Livingood Daily Customer

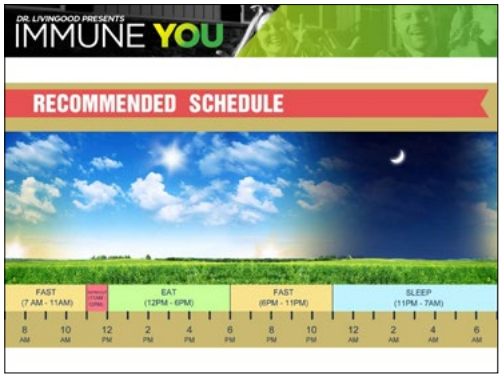
IMMUNE YOU GUIDED NOTES - DAY 3: IMMUNE YOU BLUEPRINT

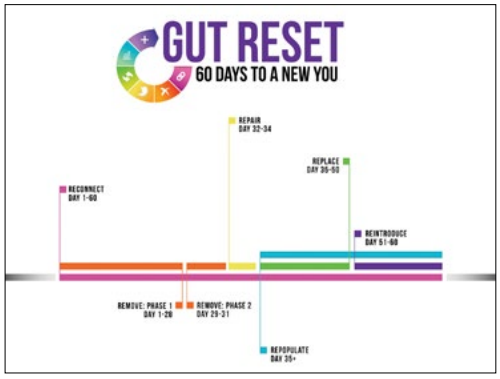










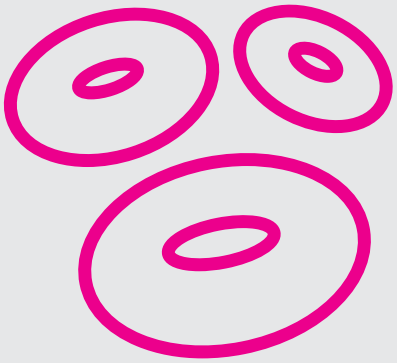


My Notes

You are made up of nearly 75 trillion cells. You create more than 100 billion new cells every day of your life! (Millions per minute.)

Nutrients a Cell Needs to Replicate Normally:

1. Fatty Acids (Cells, Hormones, Brain, Detox)
2. Antioxidants (Prevent Cell Damage)
3. Amino Acids (Building Blocks of Protein)
4. Live Enzymes (Every Biochemical Reaction)
5. Vitamins (Cell Function)
6. Minerals & Trace Minerals (Cell Function)



Detox and Long Haul Nutrients

1. Vitamin D
2. Vitamin C
3. NAC
4. Wormwood
5. Bioflavonoids
6. Quercetin
7. Zinc
8. Magnesium
9. Omega/Turmeric
10. Milk Thistle

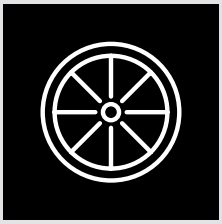
Score 1 point each if you've experienced any of the following symptoms within the last 6 months:

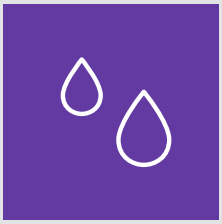
Total your score at the end.

Fatigue	_____
Headaches	_____
Neck pain or back pain	_____
Digestive disturbances	_____
Numbness in arms & hands and/or in feet & legs	_____
Rheumatoid Arthritis	_____
Hives	_____
Ulcerative Colitis	_____
Weight issues	_____
Eczema	_____
Heart palpitations	_____
Sinus congestion	_____
Mood swings	_____
Difficulty sleeping	_____
Depression/anxiety	_____
Asthma	_____
Coughing	_____
Sore throat	_____
TOTAL	_____

IMMUNE YOU GUIDED NOTES - DAY 3: IMMUNE YOU BLUEPRINT

If you only do what is easy, you will always stay weak.





ALLERGY REMEDIES

1. High-Dose Quercetin, Nettles, and Vitamin C
2. Avoid Sugar, Alcohol, and Dairy
3. High Quality Probiotics and Vitamin D
4. Raw Local Honey
5. Silver serum
6. Tea Tree Oil
7. Oil of Oregano

INFECTION AND COUGH REMEDIES

1. Avoid Sugar, Alcohol, and Dairy
2. Rest!
3. Vitamin D / Zinc
4. Vitamin C
5. Oregano Oil
6. Silver Serum
7. Increase Temp / Hot Socks

YEARLY BLOOD WORK

1. Regular CBC
2. BMI / VAT / Ab Fat
3. ESR
4. Platelets / Ferritin / D-Dimer
5. Fasting Insulin / A1C / Glucose
6. Vitamin D3
7. Antibodies (Thyroid, ANA)
8. LDH / CRP/Homocysteine
9. Check for underlying viruses - H-pylori, EBV, Hep B or C, CMV, HPV, HSV, HIV
10. Filters - AST / ALT / GFR

CLICK HERE TO VIEW THE VIRUS GUIDE

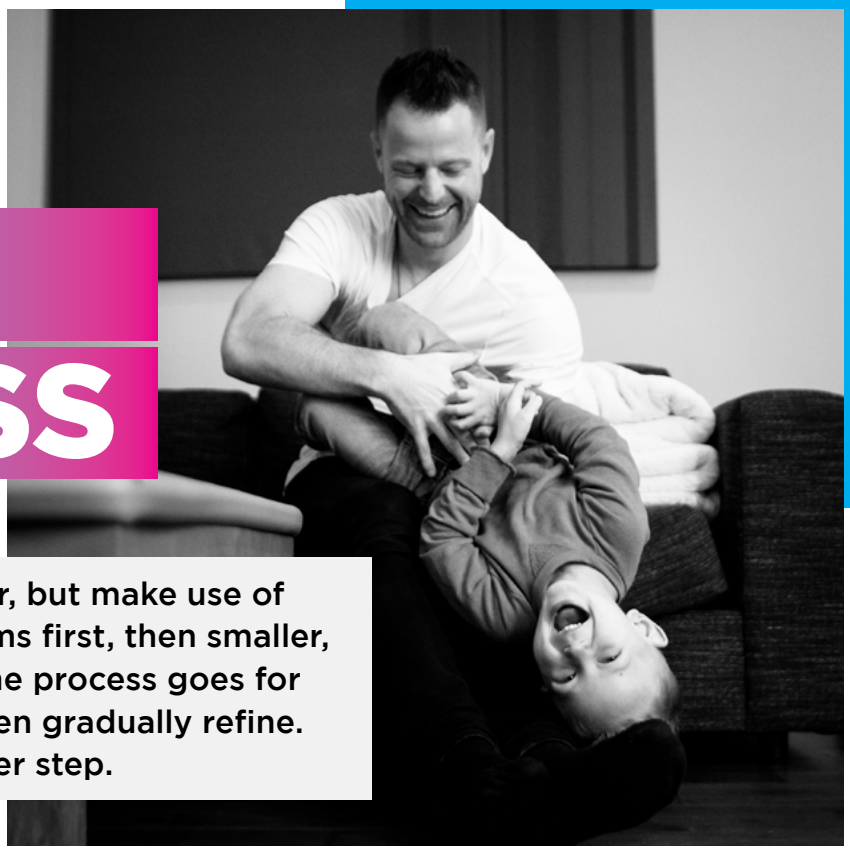
—IMMUNE YOU TOP 10—

1. Daily **breathing** and stress resistance training.
2. The body needs **9 hours** of sleep in total darkness to recharge and heal completely.
3. Increase the amount of live food to **50%** and follow the **5 C's** following the Challenge Healing Plan.
4. Start taking **Immune Strengthening Supplements** (Click the button below).
5. Half your body weight in ounces of **filtered water** each day with minerals.
6. Add alkalizing **greens** to your water and or juice daily.
7. Minimum of 10 minutes of **movement** daily. (Ideally HIIT)
8. **Reduce** the use of medication, microwaves, and toxic cookware.
9. Use **all-natural** personal hygiene products. (Sanitizers, soaps, and cleaners)
10. Implement daily and weekly **fasting**.

CLICK HERE TO SEE ALL IMMUNE SYSTEM SUPPORT SUPPLEMENTS

LIVINGOOD DAILY

THE 1% PROCESS



Imagine you want to fill a glass jar, but make use of all the space. You'd add large items first, then smaller, then the smallest. Right? The same process goes for fixing your health: start broad, then gradually refine. Take as much time as you need per step.

STEP 1
(LARGE ROCKS)

THE FOUNDATION

Do at least 3 Livingood Daily Challenges and focus on the 5 F's

1. Fix Your **Focus**
2. Fix Your **Food**
3. Fix Your **Fitness**
4. Fix Your **Filters**
5. Fix Your **Frame**

STEP 2
(ADD PEBBLES)

GO ADVANCED

Do one or multiple Livingood Daily Advanced Challenges

1. Basic or Advanced Gut Reset
2. Blood Pressure
3. Thyroid
4. Cholesterol
5. Metabolism
6. Inflammation

STEP 3
(ADD SAND)

BRING IT ALL TOGETHER

Continue the Challenges, create one healthy habit per month, and turn Livingood Daily into a LIFESTYLE!

AS ALWAYS... BE 1% BETTER EACH DAY.

YOU ARE THE SOLUTION.

IMMUNE YOU GUIDED NOTES - CITATIONS

1. PCR Test Recall
2. COVID Hospitals Cost
3. CDC Excess Death Data
4. CDC Data
5. Pfizer Facts
6. Pfizer Lobbyist
7. Vaccine Effectiveness
8. Vaccine Insert
9. Unvaccinated in Hospital
10. Vaccine Percentage vs Infections Rates
11. 370% Increase Death From Delta in Vaccinated
12. Boosters Effectiveness and Increased Risk: https://archive.is/PyIxF#selection-995.0-1003.2
13. Omicron and Vaccine Effectiveness
14. Omicron vs Delta Risks
15. Monoclonal Antibodies Insert
16. Ivermectin Study
17. Ivermectin Insert
18. Chloroquine
19. Chloroquine and Quercetin Similarities
20. Quercetin
21. Quercetin and Vitamin C
22. Dollars For Doctors

VITAMIN D AND COVID

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45. Low Vitamin D 80% More Risk
46. Vitamin D and Glutathione
47. 140 Studies Showing Natural Immunity
48. Israel Natural Immunity Studies
49. Pneumonia Vaccine Insert
50. Natural Pneumonia Support
51. Shingles Vaccine Insert
52. Covid Vaccine Increases Shingles
53. Covid Vaccine Increases Shingles
54. Vitamin D and Shingles
55. Melatonin and Decreased Death Rates
56. Loss of smell
57. Covid and Loss of Smell Recovery
58. Belly Fat and Covid
59. Belly Fat and Covid ICU
60. BMI and Severe Covid Cases
61. Tap Water Toxicity Checker
62. Bad Oils and Heart Disease
63. Unsaturated Fatty Acids and Oxidation
64. Unsaturated Fatty Acids and Oxidation
65. Covid Side Effects
66. Vaccine Side Effects
67. Spike Protein Harms
68. Wormwood and Covid
69. Heart Issues and Covid
70. Blood Pressure and Covid
71. CRP and Covid