

A faint, stylized illustration of a pencil and a notepad. The pencil is on the left, pointing towards the center. The notepad is on the right, with several horizontal lines representing text. Both are rendered in a light pink color.

LIVINGOOD DAILY

DR. LIVINGOOD'S **GUIDED NOTES**

A faint, stylized illustration of a bandage. It is shown in a light yellow color, with a central diamond shape and two long, thin strips extending from it, suggesting it is being applied or has been applied to a surface.

IMMUNE YOU

IMMUNE YOU GUIDED NOTES - DAY 1 / VIRUS QUIZ

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?

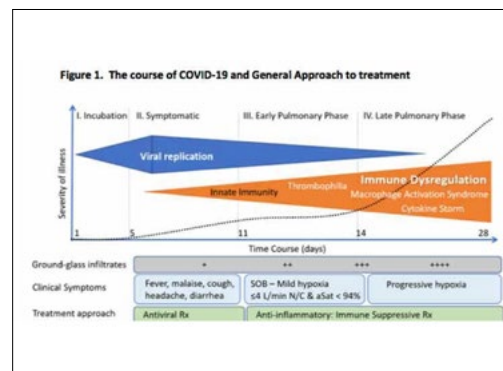
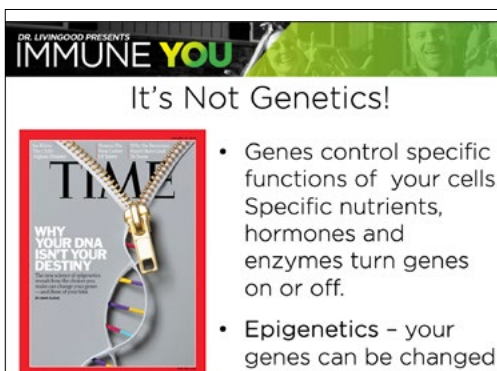
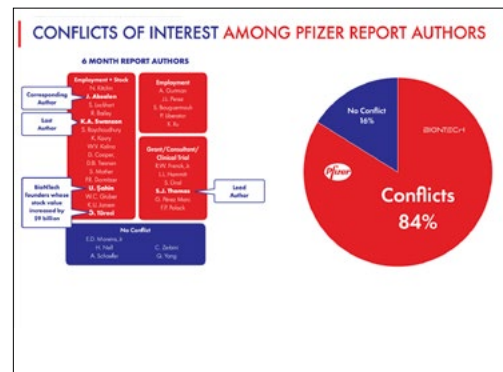
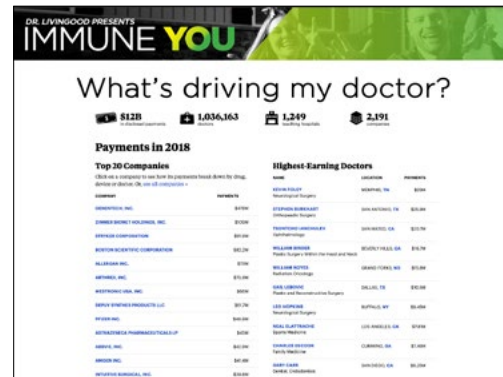
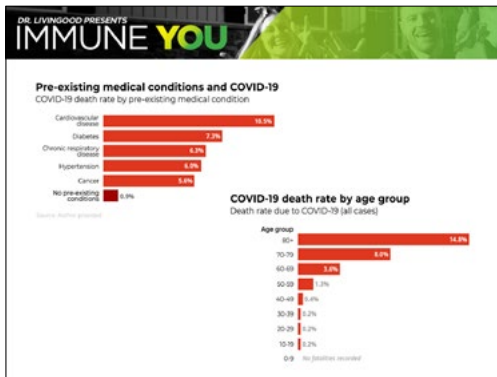
7-9..... [+0]
6-7..... [+1]
Less than 6..... [+2]

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	_____

My Notes



DR. LIVINGOOD PRESENTS IMMUNE YOU

Are there any other zinc ionophores that could work?

QUERCETIN

- Flavonoid
- Found in plants like dill and cilantro and veggies/fruits like kale and cranberries

Zinc ionophore activity of quercetin and epigallocatechin-gallate: from Hepa 1-6 cells to a liposome model.

Medicine (Baltimore) • Published online 2020 April 1; 99(7):e20040.

Quercetin (Quercetin-3-O-rutinoside) is a flavonoid polyphenol that is known to possess antioxidant and anti-inflammatory properties. It has been shown to inhibit the activity of several enzymes, including those involved in the synthesis of prostaglandins and leukotrienes. Quercetin has also been shown to inhibit the activity of several ionophores, including zinc ionophores. In this study, we investigated the zinc ionophore activity of quercetin and epigallocatechin-gallate (EGCG) in Hepa 1-6 cells and in a liposome model. We found that both quercetin and EGCG exhibit zinc ionophore activity in both systems. Quercetin was found to be a more potent zinc ionophore than EGCG in both systems. These findings suggest that quercetin may be a useful zinc ionophore in the treatment of zinc deficiency and related conditions.

Figure 1. Effect of EGCG and Quercetin on the uptake of zinc by Hepa 1-6 cells. The cells were treated with EGCG or Quercetin for 24 hours. The uptake of zinc was measured by atomic absorption spectroscopy. The results are shown as the mean ± SD of three experiments. *p < 0.05 vs. control.

DR. LIVINGOOD PRESENTS IMMUNE YOU

Top 10 Spike Protein Detox

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

Loss of Smell and Taste

Supplement Facts

VITAMIN D

OMEGA + TURMERIC

1. Choose one odor and smell it for approximately 15 seconds while trying to remember what it once smelled like.
2. Rest for about 10 seconds
3. Smell the next odor for approximately 15 seconds.
4. Rest for about 10 seconds
5. Repeat until you have sampled all four odors.

DR. LIVINGOOD PRESENTS IMMUNE YOU

Hair Loss

- 20% of hospitalized cases
- 1 - 2 months after infection
- Can last 3 - 6 months
- Underlying MTHFR gene mutation

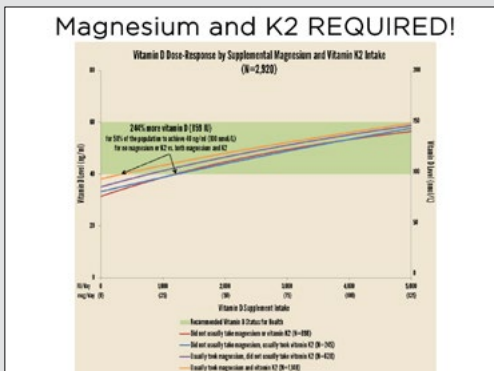
Focuses:

- Methylated B Vitamins
 - B9 Folic Acid (Methyl)
 - B12 Methylcobalamin
 - B7 Biotin
- Collagen (Grass Fed)
- Replenish Zinc and Vitamin D
- Coconut Oil on Hair Before Bed

140 STUDIES AFFIRM THAT GETTING THE VIRUS SUPPORTS NATURAL IMMUNITY

SEE CITATION #47

Magnesium and K2 REQUIRED!



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.

DR. L. L. WOOD PRESENTS
IMMUNE YOU

Are there any other zinc ionophores that could work?

REVIEW article
Front. Immunol., 19 June 2020 |
<https://doi.org/10.3389/fimmu.2020.01451>

Quercetin and Vitamin C: An Experimental, Synergistic Therapy for the Prevention and Treatment of SARS-CoV-2 Related Disease (COVID-19)

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?

LIVINGGOOD 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. rhamnosus, 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



IMMUNE YOU GUIDED NOTES - DAY 2 / STRESS QUIZ

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 _____



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 lungs 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. LIVINGGOOD 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!



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

3 Guides Included!



And more!

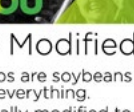
Dr. Livingstone Presents

IMMUNE YOU

Genetically Modified Organisms

- Biggest GMO crops are soybeans and corn. They appear in almost everything.
- These are genetically modified to allow for major pesticide use...but leading to other problems as well!
- Man made
- No warning labels

Top GMO Products in the US



Soy (91%)
 Cotton (88%)
 Canola (88%)
 Corn (85%)
 Hawaiian papaya (more than 50%)
 Alfalfa, zucchini and yellow squash
 Tobacco

The American Academy of Environmental Medicine states, "Several animal studies indicate **serious health risks** associated with GM food: infertility, immune problems, accelerated aging, faulty insulin regulation, and changes in major organs and the gastrointestinal system. They ask physicians to advise patients to avoid GM foods."

My Notes

[illegible]

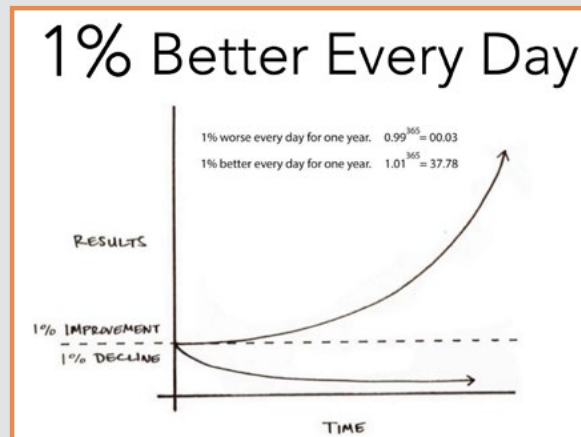
SUGAR

- 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

DR. LIVINGGOOD PRESENTS
IMMUNE YOU

Bad vs. Good Fats

Bad FATS Fat by man. Hydrogenated and Partially Hydrogenated Oils: Cottonseed oil, soybean oil, & vegetable oils. Trans Fats: Margarine and synthetic butters. Rancid Vegetable Oils: Corn oil, canola oil, or those labeled simply vegetable oil. Found in practically every bread, cracker, cookie, and boxed food.	Good FATS Not altered by man. <ul style="list-style-type: none">- Avocados and Avocado Oil- Coconut and Coconut Oil- Extra Virgin Olive Oil- Raw Nuts, Seeds and Oils- Real Butter (Raw Best)- Raw Cheese- Grass-Fed: Meats, Eggs, Dairy- Fatty Fish – Pacific or Wild Salmon, Small Fish, Sardines
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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 LIVINGGOOD 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

GUT RESET
60 DAYS TO A NEW YOU

RECONNECT
DAY 1-60

REPAIR
DAY 32-34

REPLACE
DAY 30-34

REINTRODUCE
DAY 51-60

REMOVE: PHASE 1
DAY 1-28

REMOVE: PHASE 2
DAY 29-31

REPOPULATE
DAY 35+

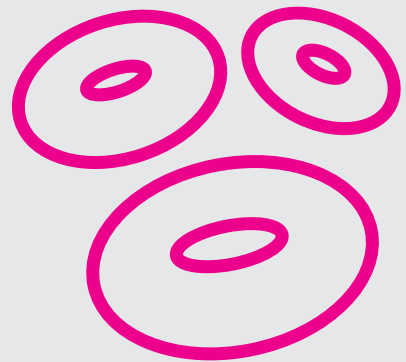


You are made up of nearly 75 trillion cells. You create more than 100 billion new cells every day of your life! (Millions per minute.)



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

IMMUNE YOU GUIDED NOTES - DAY 3 / ALLERGY QUIZ

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 _____



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



ALLERGY
REMEDIES

- 1 High-Dose Quercetin, Nettle, 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



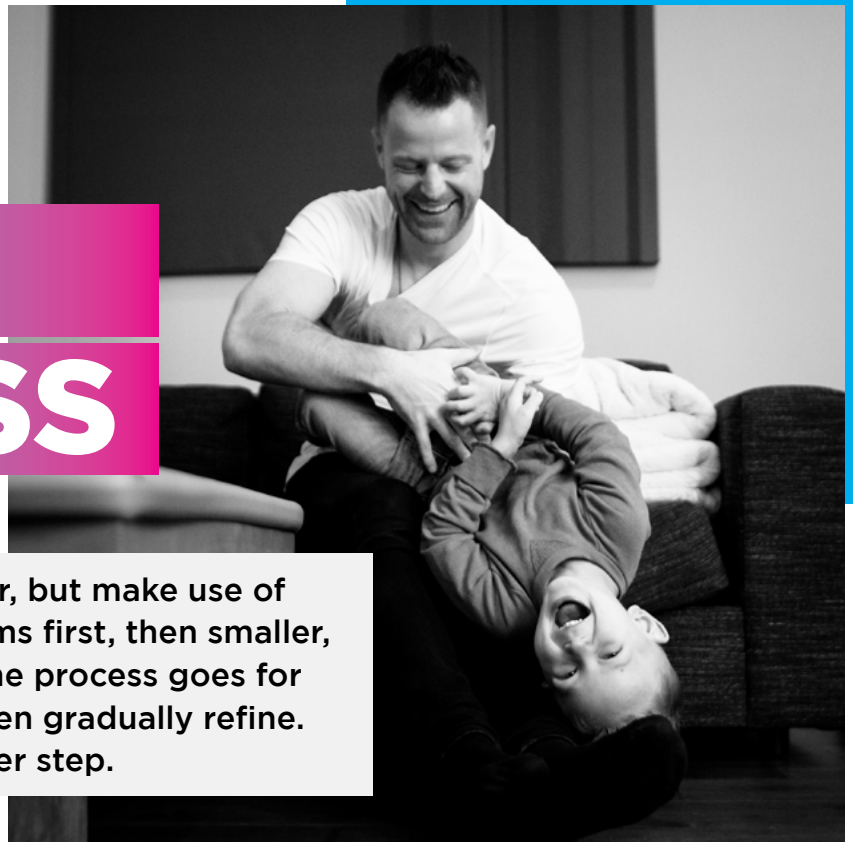
—IMMUNE YOU TOP 10—

- 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](#)

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 3 (ADD SAND)



BRING IT ALL TOGETHER

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

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



AS ALWAYS... BE

1%

BETTER EACH DAY.

YOU ARE THE SOLUTION.