

DR. LIVINGOOD PRESENTS

LIVINGOOD DAILY

ACCELERATOR



Harvard Doctors Reverse Long-Held Ideas About Fat, Diabetes, and Heart Disease

TOPICS: Diabetes Fat Harvard Medical School Heart Insulin

ACURATE neo2 Precision today, access tomorrow.  See the data

By JOSLIN DIABETES CENTER OCTOBER 17, 2022



1. HEART

[Circ Res](#), Author manuscript; available in PMC 2013 Aug 17.

Published in final edited form as:

[Circ Res. 2012 Aug 17; 111\(5\): 513-515.](#)

doi: [10.1161/CIRCRESAHA.112.278063](#)

PMCID: PMC3446822

NIHMSID: NIHMS401762

PMID: [22904039](#)

More Than Just an Engine: The Heart Regulates Body Weight

[Heinrich Taegtmeyer](#), MD, DPhil¹ and [Antony Rodriguez](#), PhD²

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[Copyright notice](#)

[Publisher's Disclaimer](#)

2. SLUGGISH LIVER

Science News

from research organizations

Bile acids fire up fat burning

Date: January 16, 2018

Source: Ecole Polytechnique Fédérale de Lausanne

Summary: Scientists have discovered a novel role for bile acids: converting energy-storing white fat depots into energy-expending beige fat.

Share: [f](#) [t](#) [p](#) [in](#) [✉](#)

FULL STORY

3. INSULIN IMBALANCE

The screenshot shows a webpage from healthline. At the top, there is a navigation bar with 'healthline' and several menu items: 'Health Conditions', 'Discover', 'Plan', 'Connect', and 'Show'. Below this is a sub-navigation bar with 'TYPE 2 DIABETES' highlighted, followed by 'T2D Basics', 'Perspectives', 'Food & Fitness', 'Mental Health', 'Life with T2D', 'Newsletter', and 'Comm'. The main content area features a 'HEALTH NEWS' section with a red-bordered box around the headline: 'More Than Half of U.S. Adults Have Diabetes or Prediabetes'. Below the headline is a sub-headline: 'Researchers say obesity is the main reason for the high rate of diabetes. More screenings and education are needed.' An image of hands using a glucose meter is visible below the text. On the right side, there is a vertical sidebar with 'By 20.' and a 'LIVINGOOD' logo at the bottom.

4. SLUGGISH METABOLISM

The screenshot shows an NBC News webpage. The top navigation bar includes 'NBC NEWS', 'POLITICS', 'U.S. NEWS', 'WORLD', 'CULTURE AND TRENDS', 'OPINION', and 'BUSINESS'. A 'WATCH NOW' button is on the right. The main content area has a dark background with a red-bordered box around the headline: 'Metabolism in adulthood does not slow as commonly believed, study finds'. Below the headline is a sub-headline: 'Metabolic rate remains stable all through adult life, from age 20 to 60 years old.' An image of a man and a woman is visible below the text.

Randomized Controlled Trial > Biosci Biotechnol Biochem. 2009 Aug;73(8):1837-43.
doi: 10.1271/bbb.90231. Epub 2009 Aug 7.

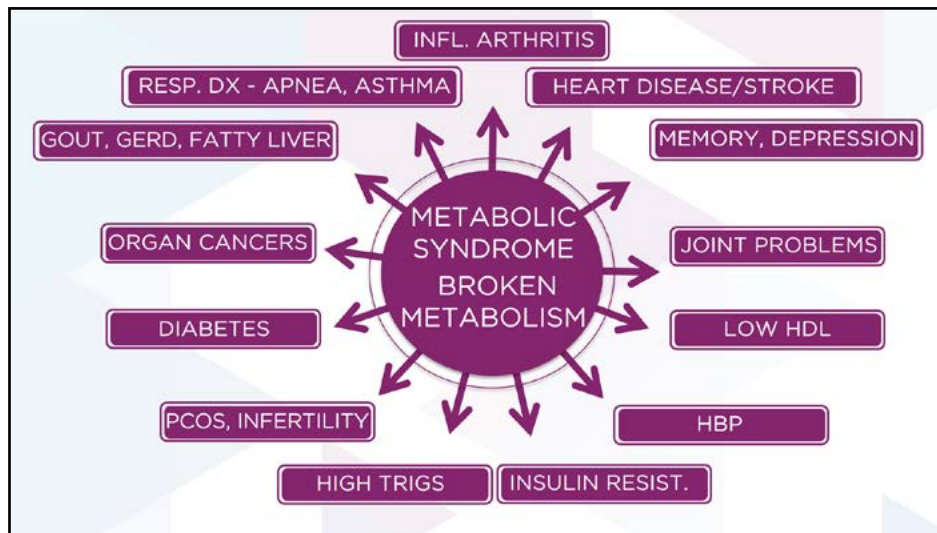
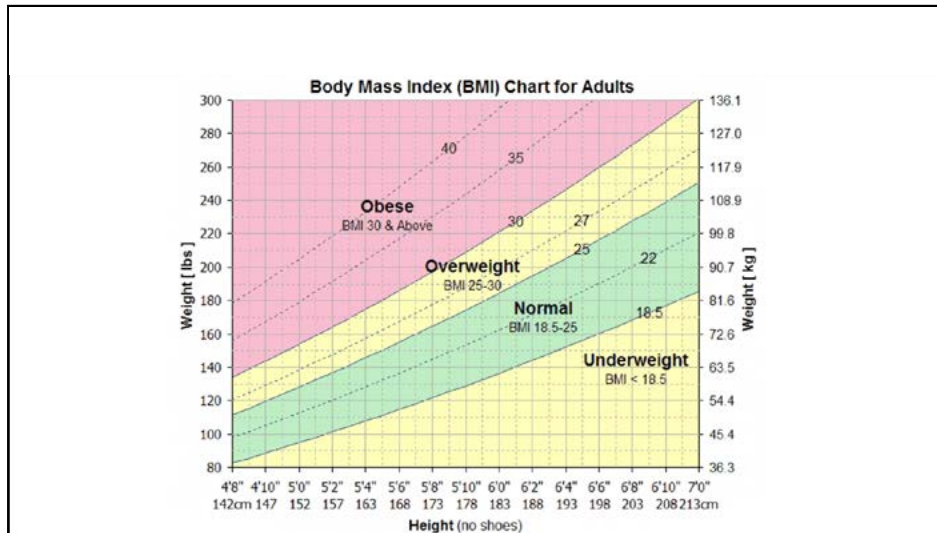
Vinegar intake reduces body weight, body fat mass, and serum triglyceride levels in obese Japanese subjects

Tomoo Kondo ¹, Mikiya Kishi, Takashi Fushimi, Shinobu Ugajin, Takayuki Kaga

Affiliations + expand

PMID: 19661687 DOI: 10.1271/bbb.90231

Free article

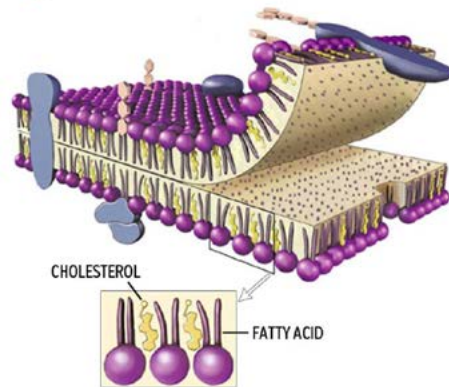


1 INSULIN

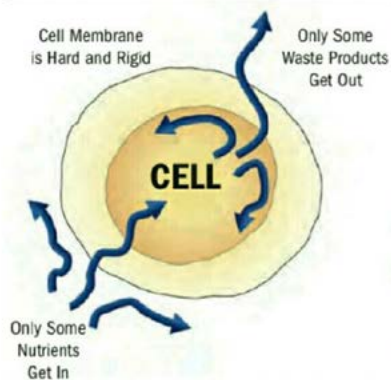
Detoxification Diet

- It provides fat as the building blocks (in the correct ratio) needed to regenerate the all-important cellular membrane.
- It eliminates toxins, bad fats and inflammation that affect the cell membrane's regeneration, function and therefore the cell's ability to detox.
- It reduces re-toxification that occurs because of the body's inability to unload toxicity from the liver, gall bladder, and bowel.

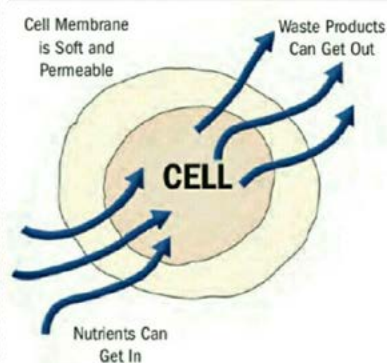
Healthy Fat & The Cell Membrane



UNHEALTHY CELL



HEALTHY CELL



**CUT
THE
SUGAR**

A Deadly Shortage of Insulin

If you have (the) diabetes (type 1 diabetes mellitus), it means that your pancreas is not making enough insulin to keep you alive. In the days before insulin therapy, it was always fatal. Most patients would quickly progress to a condition called diabetic ketoacidosis and then to coma and death. There was no cure, and no effective treatment. All that could be done was to put the patient on a starvation diet. This was a miserable ordeal. The patient would starve to death slowly over the course of about a year, rather than dying within a matter of days to weeks.



A man who was dying of type 1 diabetes in the 1920s.

- | | | |
|-------------------------|--------------------------|---------------------------|
| Confectioner's sugar | Beet sugar | Cane sugar |
| Fruit juice concentrate | Dextran | Ethyl maltitol |
| Maltose | Grape sugar | Invert sugar |
| Sugar (granulated) | Panocha | Rice syrup |
| Carob syrup | Brown sugar | Caramel |
| Galactose | Dextrose | Free flowing brown sugars |
| Malt syrup | High fructose corn syrup | Lactose |
| Treacle | Powdered sugar | Sorbitol |
| Castor sugar | Buttered syrup | Corn syrup |
| Glucose | Diastatic Malt | Fructose |
| Mannitol | Honey | Malt |
| Turbinado sugar | Raw sugar | Sorghum syrup |
| Date sugar | Cane juice | Corn syrup solids |
| Glucose solids | Diastase | Fruit juice |
| Maple syrup | Icing sugar | Maltodextrin |
| Yellow sugar | Refiner's syrup | Sucrose |
| Demerara sugar | Golden sugar | Barley malt |
| Golden syrup | Molasses | Dehydrated cane juice |
| | Barbados sugar | Muscovado |

**CLEAN
UP THE
TOXINS**

EXCITOTOXINS

**CLEAN
UP THE
TOXINS**

**PROTEINS:
YOU ARE NOT
WHAT YOU EAT,
YOU ARE WHAT
YOU EAT ATE!**

**CARE
ABOUT
NUTRIENTS**

**CURB
CONSUMPTION**

Dr. Livingood
Published by Diego Martinez | June 11, 2020

When the human body is hungry, it eats fast. It does a cleaning process, it starts by eliminating all sick cells, cancer, and aging cells.

HUNGER HELPS THE BODY YOUNG AND FIGHTS CANCER-LIKE REACTS.

During hunger the body makes special proteins that are created only under certain circumstances. And when they are made, the organs selectively destroy those proteins around sick, cancerous or dead cells, dissolves them and restores them and benefits the organism of nutrients produced from this process.


This is how everything is slowing fading. Scientists have achieved through lengthy specialized studies that the process of autophagy requires unusual conditions that force the organism to do that process.

These special circumstances include abstention obtaining from eating for 16 hours (16:8). Humans should function normally during this period.

THIS PROCESS SHOULD BE REPEATED FOR SOME TIME TO ACHIEVE MAXIMUM CLEANING OF THE BODY AND ALSO TO REACTIVATE NEW CELLS.

It is recommended to repeat the process of hunger and fast one or two days a week according to Yoshinori Ohsumi - Nobel Prize in Physiology and Medicine.

Learn how with my Free Book:
<https://book.livingood.com/ohsumi-book>



[FREE BOOK] The Truth About Deadly Virus, Disease And Getting Healthy [Learn more](#)

4.4K comments 12K views


AUTOPHAGY

THE NOBEL PRIZE

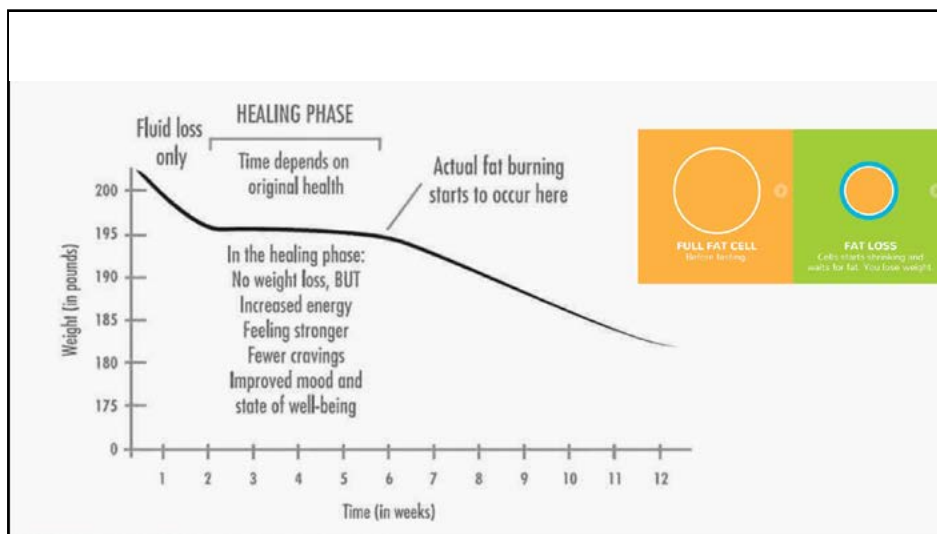
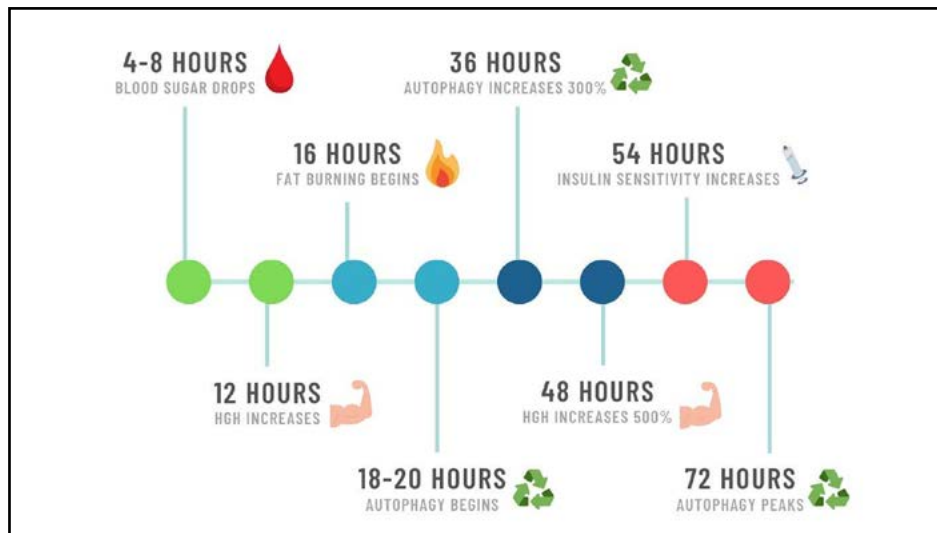
Nobel Prize & Laureates | Nomination | Alfred Nobel | News & Insights | Events | Educational | Q

Autophagy | The Nobel Prize in Physiology or Medicine 2016 | Yoshinori Ohsumi | Facts

Yoshinori Ohsumi Facts



Yoshinori Ohsumi
The Nobel Prize in Physiology or Medicine 2016
Born 9 February 1945, Fukuoka, Japan
Affiliation at the time of the award: Tokyo Institute of Technology, Tokyo, Japan
Prize motivation: "for his discoveries of mediators for autophagy"
Prize share: 1/1



LIVINGOOD DAILY APPLE CIDER VINEGAR CAPSULES

1 TBSP OF APPLE CIDER VINEGAR PER SERVING

Get up to

20% OFF

Livingood Daily Apple Cider Vinegar Capsules are powerhouses for multiple health benefits.† This formula combines the blood sugar and insulin support of a full tablespoon of ACV per serving with the liver and gut supporting benefits of probiotics.†

YES, I WANT IT!



CORE INGREDIENTS

1 Apple Cider Vinegar

Studies show that Apple Cider Vinegar can revive the metabolism and support balanced insulin levels. The acetic acid in the apple cider vinegar boosts fat burning enzymes and decreases fat and sugar production enzymes.†

2 Potassium

Apple Cider Vinegar taken regularly depletes potassium levels. Potassium aids in keeping your heart and metabolism running at full speed.†

3 Probiotic Blend

Probiotics are added to enhance liver health. The probiotic strain of lactobacillus is used to help produce more bile which helps to burn fat.†

Recommended Use: Take three capsules per day all at once or one capsule before each meal, or as directed by your health care provider.

Supplement Facts

Serving Size: 3 Vegetarian Capsules
Servings per Container: 30

	Amount Per Serving	% DV*
Total Carbohydrate	less than 1g	<1%
Potassium (as Tripotassium Citrate)	100mg	2%
Organic Apple Cider Vinegar Powder	1,500mg	**
Probiotic Blend (Lactobacillus acidophilus DDS, L. plantarum, L. rhamosus, B. breve, B. longum)	600 Million CFU/Serving***	**

*Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value not established.

***At Time of Manufacture

Other Ingredients: Plant Fiber, Vegetable Capsule, Vegetable Stearate, Silicon Dioxide

2. Heart Health



- ↑ MED13 in heart
- ↑ Energy expenditure
- ↓ Fat storage



- ↓ MED13 in heart
- ↑ Fat storage
- ↑ Glucose intolerance and fatty liver

EXERCISE 1
50 SECONDS ON
10 SECOND BREAK

EXERCISE 2
50 SECONDS ON
10 SECOND BREAK

EXERCISE 3
50 SECONDS ON
40 SECOND BREAK

REPEAT TWO MORE ROUNDS
+2 MINUTE AB BONUS
+2 MINUTE FRAME FOCUSED STRETCH



Heart Support

1. Electrolytes – Potassium, Magnesium, Salt
2. Taurine
3. D-Ribose
4. Carnitine
5. Omega 3s

5 CAUSES OF LOW MOODS



Weight-Related Depression 1

Mood-Sapping Foods 2


Low ATP Production 3

Brain Inflammation 4

Modern Day Overwhelm 5

YOU ARE THE SOLUTION.

Depression - is it related to your weight?
 Wednesday, June 3, 2022



Meta-analysis
 March 2010

Overweight, Obesity, and Depression
 A Systematic Review and Meta-analysis of Longitudinal Studies

Flaminia S. Luppato, MD; Leonora M. de Wit, MS; Paul F. Schooy, MD, PhD; et al.
 3 Author Affiliations | Article Information

Feel-good hormones: How they affect your mind, mood and body
 10/20/2021
 By Madeline Marston, former Executive Editor, Harvard Health Publishing

In Long Run, Antidepressants Don't Improve Quality of Life: Study
 April 20, 2022, at 2:15 p.m.

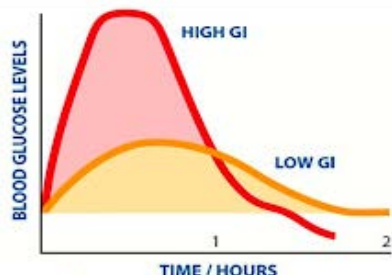
11 POUNDS

BMJ 2014;349:g680
 Published online 2014 Jul 14; doi:10.1136/bmj.g680

Daily Stressors, Past Depression, and Metabolic Responses to High-Fat Meals: A Novel Path to Obesity

Jarico S. Zilcott-Green, Derek L. Hubelin, Christopher P. Faraone, Rebecca Andrade, Juan Fern, William D. Malhotra, and Mark A. Stuber

1 Author Information | Copyright and License Information | PMC Disclaimer



Journal of Hypertension

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MAGNESIUM CITRATE IN UNTREATED PREDIABETICS AND TYPE II DIABETICS - A 12 WEEKS PLACEBO-CONTROLLED DB TRIAL

Werner, Tanja; Killers, Klaus; Killers, Lukas; Normann, Jürgen

Author Information

Journal of Hypertension 39(3) p 421-422, April 2021. | DOI: 10.1177/0898010120934694.2020.01

Severe depression linked with inflammation in the brain

Clinical depression is associated with a 30% increase of inflammation in the brain, according to a new study published in *JAMA Psychiatry*.

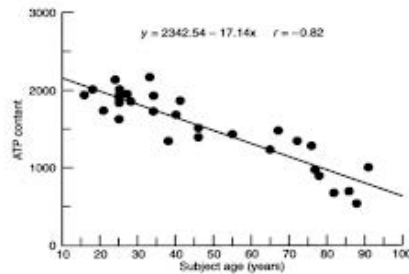


National Institutes of Health (.gov)
<https://pubmed.ncbi.nlm.nih.gov> > ...

Neuroprotective Effect of Magnesium Acetyltaurate

by L Lambuk · 2017 · Cited by 65 — The purpose of the present study was to evaluate the potential neuroprotective effect of Mg acetyltaurate (MgAT) on RGC dea

After 40 our ATP levels fall



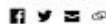
Randomized Controlled Trial | *Am J Clin Nutr.* 2019 Sep;100(3):974-81.
doi:10.2990/ajcn.113.080708. Epub 2019 Jul 9.

Effect of oral magnesium supplementation on physical performance in healthy elderly women involved in a weekly exercise program: a randomized controlled trial

Nicola Veronesi¹, Linda Sartori¹, Sara Catinari¹, Francesco Salvo¹, Marina De Rui¹, Egle Perissinotto¹, Clara Dibona Toffarelli², Giulia Bano³, Simona Pozzato¹, Fabrizio Miotto¹.

90% of US adults say the United States is experiencing a mental health crisis, CNN/KFF poll finds

By Debra McPhlips, CNN
Updated 11:17 AM EDT, Wed October 5, 2022



LIVINGGOOD DAILY MAGNESIUM

THE #1 AND ONLY SUPPLEMENT FORMULATED TO SUPPORT ALL 5 LOW MOOD CAUSES†

Get up to

**20%
OFF**

Livingood Daily Magnesium capsules are powerhouses for multiple health benefits.† This formula combines the weight, focus, digestive, blood sugar, and blood pressure support of SEVEN forms of magnesium per serving with a formula 68% more absorbable!†



YES, I WANT IT!

CORE INGREDIENTS

- 1 Magnesium Citrate**
Mood, digestion, and absorption†
- 2 Magnesium Oxide**
Headaches and blood pressure†
- 3 Magnesium Malate**
Pain reduction†
- 4 Magnesium Taurinate**
Supports blood sugar and blood pressure†
- 5 Magnesium Glycinate**
Supports inflammation and rest†
- 6 Magnesium Aspartate**
Muscle creation, energy, and recovery†
- 7 Magnesium Amino Acid Complex**
Absorb better and cross blood brain barrier†
- 8 Chicory Root Inulin**
Increases absorption up to 68%†

Recommended Use: Take two capsules per day or as directed by your health care provider.

Supplement Facts

Serving Size: 2 Vegetarian Capsules
Servings Per Container: 30

	Amount Per Serving	%DV*
Magnesium (as Magnesium Oxide, Dimagnesium Malate, Magnesium Citrate, Magnesium Aspartate, Magnesium Taurinate, Magnesium Bisglycinate Chelate, Magnesium Amino Acid Complex)	300mg	71%
Chicory Root Inulin	25mg	**

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

Other Ingredients: Vegetable Capsule, Plant Fiber, Vegetable Stearate

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? _____

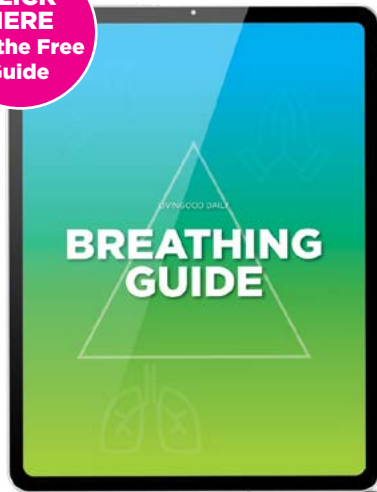
How often do you get sick? _____

Are you on medications for anxiety or depression? _____

TOTAL _____

5. MODERN DAY OVERWHELM

CLICK
HERE
For the Free
Guide



FOCUS

1. Paced Breathing
2. 10-Minute Workouts
3. Anxiety - Saffron and GABA
4. High Stress - Adaptogenic Herbs



Livingood Daily 10-Minute Workout #91

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



4. BRAIN INFLAMMATION



CLICK
HERE
For the Free
Training +
Guides



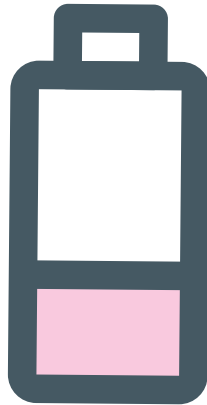
FOCUS

1. [Anti-Inflammatory Food](#)
2. [Concentrated Fish Oil](#)
3. [Turmeric](#)
4. [Sleep](#)
5. [Rehab Joints](#)

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



3. LOW ATP



CLICK
HERE
For the Free
Training +
Guides



FOCUS

1. [NADH](#)
2. [CoQ10](#)
3. [Magnesium](#)
4. [B Vitamins](#)

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

NADH
Vitamin B12 + B6
COQ10



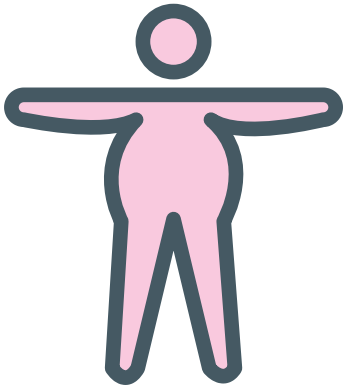
7 Forms of Magnesium



11 Forms of B Vitamins



2. MOOD SAPPING FOODS & 1. WEIGHT-RELATED DEPRESSION



FOCUS

[View the Challenge Food List](#)



Hair & Body

Shampoo & Conditioner

- Acure
- Avalon Organics
- Puracy
- Attitude



[View the Amazon LGD Market](#)



Body Wash

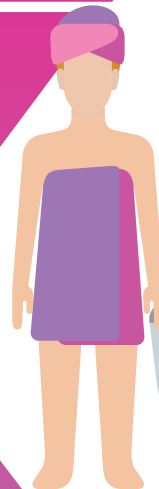
- Dr. Bronner's (Adults & Kids)
- Everyone Brand
- Puracy

Body Lotion

- Coconut Oil
- Acure
- Everyone Brand

Hand Sanitizer

- Dr. Bronner's
- Livingood Daily Silver Serum
- Everyone Brand



DIY Body Wash

- 1 Cup Water
- 1/3 Cup Honey
- 1/3 Cup Castile Soap
- 1/3 Cup Oil (or combo of olive, jojoba, avocado)
- Essential Oils (lavender, chamomile, orange)
- 1 tsp Vitamin E (optional)



Oral Care

Toothpaste*

- Dr Bronner's
- Dr. Brite

Mouthwash

- Essential Oxygen Rinse

*The fluoride in toothpaste is linked to brain dysfunction! Go fluoride free!

DIY Mouthwash

- 1 Cup Hydrogen Peroxide
- 1 Cup Water
- 8 Drops of Essential Oil (tea tree oil or peppermint oil)

Swish in mouth for 1-2 minutes and spit out.



Oil Pulling

Removes Bacteria + Healthy Teeth & Gums

- 1 tbsp coconut oil
- Peppermint oil

Swish first thing in the morning for 10-20 minutes. Spit out in trash can.



PERSONAL CARE



Deodorant

Native
Dr Teal's
All Good

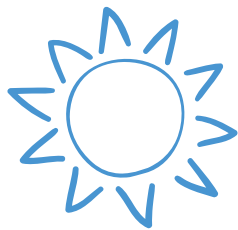
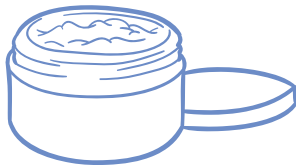
DIY Deodorant

6 tbsp Coconut Oil
4 tbsp Baking Soda
3 tbsp Arrowroot &/or Shea Butter
Essential Oils*

*Oils For Women: Lavender or Lemon

*Oils For Men: Orange, Cypress, or Frankincense

Optional Men Add-Ins: 2T diatomaceous earth
and/or 1T beeswax pellets

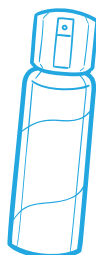


Bug Spray

Badger
Greener Ways Organic

DIY Bugspray

1/2 Cup Witch Hazel
1/2 Water (Or Vinegar)
1 Tbsp Rubbing Alcohol
Essential Oil Blends (Geranium, Citronella, Lemon,
Eucalyptus, Lavender, Rosemary)



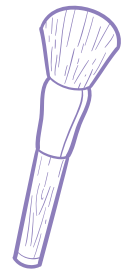
Makeup + Body Care

Beautycounter
Mineral Fusion
W3LL people
100% Pure

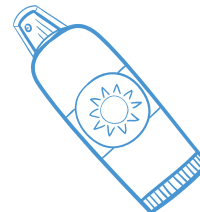
Chapstick
Coconut oil
Dr. Bronner's
Badger



Nail Polish + Remover
Mineral Fusion



View the Amazon
LGD Market



Sun Protection

Coconut Oil (SPF 8)
Badger | Clear Zinc Oxide
Attitude

Sunburns

Coconut Oil + Lavendar Oil
Aloe Vera or Badger Aloe Vera



PERSONAL CARE

Household Cleaning

- Baking Soda
- Bon Ami Powder
- Biokleen
- Aunt Fannie's Cleaner
- Ecos
- Better Life

Air Freshener

- Essential Oils + Diffuser

Dish Soap

- Better Life
- Ecos
- Biokleen

Dishwasher Detergent

- Better Life
- Ecos

Laundry Detergent

- Better Life
- Biokleen
- Seventh Generation (Unscented)

Stain Remover

- Seventh Generation
- Molly's Suds
- Puracy



Kitchen Sanitizing Spray

- 1 Cup of Water
- 1/4 Cup Vinegar (or Rubbing Alcohol)
- 1 Tsp Castile Soap or Dish Soap
- 10 Drops of OnGuard or Thieves Essential Oil Blend

Put in glass spray bottle and shake well.

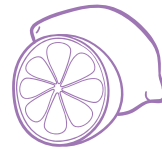
View the Amazon LGD Market



DIY Household Cleaner

- 2 Cups of Water
- 1/2 Cup Distilled White Vinegar
- 20-30 Drops Essential Oil Blends

Put in glass spray bottle and shake well.



DIY Stain Remover

- Distilled White Vinegar
- Baking Soda

Soak spot with vinegar. Sprinkle with a generous layer of baking soda. Wait until vinegar is dry and then vacuum baking soda up.



DIY Laundry Detergent

- 1 Bar of Castile Soap (Grated)
- 2 Cups Washing Soda
- Borax or Baking Soda

HOME CARE

Ditch The Medicine Cabinet & Make A Wellness Cabinet

Antifungal
Tea Tree Oil
Immune Support
Silver Serum
Apple Cider Vinegar

Antibiotics
Silver Serum
Prebiotics and Probiotics

Burns / Blisters
Curoxen Ointment
Raw Honey

Chapped Lips
Coconut Oil
Dr. Bronner's
Badger

Cold / FLU
Vitamin D
Vitamin C
Immune Support
Silver Serum

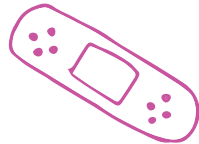
Cough Syrup / Cough Drops
Cinnamon
Organic Elderberry Syrup
Ginger-Tussin Syrup
Raw Honey
Lemon
Zarbee's Cough Soothers
Zinc Lozenges

Cramping
1/2 tsp of High Quality Celtic or Himalayan
Sea Salt in 8 oz of Water

Cuts / Scrapes
Raw Honey
Aloe Vera
Coconut Oil
All Terrain Bandages
Curoxen Ointment
Patch Band-aids

Eye Drops
Silver Serum
Raw Honey (Infections)
Coconut Oil (Dryness)

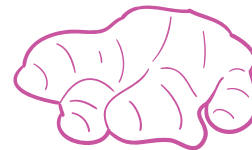
Skin Issues / Infections
Silver Serum
Tea Tree Oil



**View the Amazon
LGD Market**

Acid Reflux

Ditch the Pepto and dangerous
Antacids and Use:
Ginger Tea or Lozenges for Nausea
Apple Cider Vinegar for Acid
Aloe Vera to Soothe



Allergies

Allergen Support (Tinospora, Quercetin,
Vitamin C, Nettles, and More
Hypoallergenic)

Raw Honey



Constipation

Leafy greens like spinach in a smoothie,
Prune/Pear Juice, 400 mg Magnesium, or
Smooth Move Laxative Tea (Senna)



Pain Relievers

Ditch the side effects of Advil, Tylenol,
asprin, ibuprofen, Motrin or other pain
relievers and use:

Livingood Daily Omegas that contain
inflammation fighting 1600mg - 2400 mg
of Omega 3s and Turmeric

WELLNESS CABINET

View the Amazon LGD Market

Best Detoxing Plants

These natural air filters are easy to grow so even if you don't have a green thumb you can reap the benefits of the double duty plants.

Studies show that our homes can have 3 to 5 times more pollutants than outside! Headaches, dizziness, drowsiness, eye and skin irritation, allergies, and asthma are some common symptoms of VOC exposure.

These first 5 did the best in showing improvement in air quality and removing harmful VOCs in homes.

- Spider Plant
- Jade Plant
- Bromeliad
- Dracaena
- Asparagus Fern

Purple Waffle Plant: Helps to remove formaldehyde from the air. It can help to increase overall air purification, and is suitable for increasing the quality of the air within any home.

English Ivy: effective at cleansing benzene, formaldehyde, xylene and toluene from the air. Additionally, other studies have indicated that English Ivy also helps reduce mold in your home. (Note: not safe for dogs & cats)

Wax Plant: Helps to improve overall air quality by removing benzene and formaldehyde from the air. This plant can also increase overall air purification. Can help people who suffer from lung conditions such as emphysema or asthma.

Purple Heart Plant: Is shown to be the most effective at removing VOCs from indoor air. (Note: not safe for dogs & cats)



PLANTS

Cookware

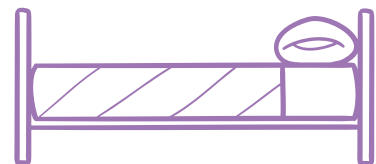
- Glass
- 100% Ceramic
- Cast Iron
- 100% Stainless Steel
- 100% Clay
- Porcelain



Avoid: Lead, Cadmium, and Aluminum

Mattress / Pillows

- Happy Mattress
- Naturepedic



Plastic Food Containers

Avoid plastics 3, 6, and 7 and choose glass instead!



Microwave

Skip the microwave it kills nutrients. Use one of these instead:

- Oven
- Toaster Oven
- Stove Top
- Slow Cooker
- Instant Pot
- Steamer

HOME

Water / Shower Filters

Vitalus* (Whole House Filtration)

*Use code "drivingood" to receive one FREE 2-pack of 0.35 micron prefilters with your order!

Berkey Water Filter (Countertop)

Epic Pure Water Filter (Countertop)

Rainshower (Shower / Bath Filter)



DRINKING HEALTHY WATER [THE 3 P'S]

1



pH

Make sure the water you are drinking is not adding to your already acidic body! Look for water with a PH level greater than >7. For example, spring water will typically be more alkaline.



2



PURITY

Here is a pecking order of the many different ways to you can filter your water at home:

1. Pitcher Filters
2. Bottled water
3. Surface Area Filtration [BEST]
4. Reverse Osmosis



3



POWER

Energize your water the best you can - return it as close as possible to its natural state. Water gains energy by:

- Adding motion by simply swirling it in its container
- Adding greens to drive energy into the water & cells
- Choosing spring water when purchasing bottled



View the Amazon
LGD Market

WATER

21 STEPS TO MAKE DETOX SIMPLE

1. Clean 15, dirty dozen. Wondering which foods need to be organic to decrease toxins? Google clean 15, dirty dozen for a list of fruits and veggies to go organic and which ones can stay conventional.
2. Medications are the number one toxin to humans. Every OTC or prescription drug has an average of 70 side effects on your body. Healing comes from in you, not from a pill!
3. Drink half your body weight in ounces of water every day. To remove toxins make sure it is filtered.
4. Skip the microwave it kills nutrients. Use a stovetop instead!
5. Aspartame and similar artificial sweeteners have been linked to brain cancers, neurological disorders, joint stiffness, and weight gain. Use pure stevia instead.
6. Doing a 3-Day Juice Cleanse is great place to start. Talk to the doctor about what would suit you best.
7. Sugar is more addictive to the brain than cocaine. In order to detox your body of it you must go cold turkey. No different than a drug or alcohol.
8. Getting healthy minerals from sea salt in your body is essential for detoxing. Also an Epsom Salt bath will draw toxins from your skin and help with aching joints.
9. Fast food is deadly. Chicken McNuggets contain flammable ingredients, Subway's chicken contains sugar and dangerous MSG, Starbucks drinks have more sugar than several donuts, etc. Bottom line when it's made that fast its food by man and toxic.
10. Diet drinks contain toxic artificial sweeteners than cause neurological problems, joint problems, and people who drink diet drinks gain MORE weight than those that don't. They are toxic!
11. Energy drinks damage the heart and adrenal glands and contain toxic additives. Want more energy and fewer toxins? Work out!
12. Taking medications? Talk to your doctor about the challenge you are doing and get a game plan to get you off of the drugs!
13. As you burn fat you'll release toxins. Sweating and eating a clean diet will help flush these toxins out.
14. Cleaning products can be very toxic. Go old school and use water and vinegar. Add lemon or essential oils to the mix to make it smell fresh.
15. Genetically modified organisms (GMOs) have genetically modified DNA that means they are altered from the way God made them. When GMOs with altered DNA go into your body they alter your DNA and create toxicity and disease.
16. Are your toiletries making you toxic? The aluminum in deodorant is linked to Dementia and Alzheimer's. Look for one with no aluminum. The fluoride in toothpaste is linked to brain dysfunction. Go fluoride free!
17. Drink a liter of water first thing in the morning! Your body loses 1-2 pounds of water while you sleep. Get rehydrated, flush your system, and energize your body with 1 liter of pure water every morning.
18. Having problems sleeping? Make sure your room is completely dark. Keep cell phones and alarm clocks further away from you or off. Keep the room cool. Go to bed at roughly the same time each night and do not watch TV right before bed.
19. Plastics are full of phalates that are hormone disruptors and cancer causers. Avoid plastic bottles and Tupperware. Use glass instead.
20. Many toxins you absorb come through water, the biggest source of that is your shower. Consider getting a simple shower filter to decrease your toxic load.
21. Cellular detoxing should be done on at least a quarterly basis. It's easiest to avoid toxins that are within your control but for those toxins you can't avoid, consider doing a [Livingood Daily Challenge](#) to reset.

AVOID THE REBOUNING EFFECT

TOXINS FIX YOUR FILTERS

Your Seven "Filters"

1. Liver
2. Gut (Colon)
3. Kidneys
4. Skin
5. Lungs
6. Lymph
7. Fat Cells



260% Blood Toxin Increase!

Increased blood levels of persistent organic pollutants (POP) in obese individuals after weight loss—A review

Alna Jensen, Jan L. Lyche, Anuschka Pollock, Jan Aasen & Morten Anst Skaug

Pages 22-31 | Published online 04 Jun 2017

Download citation | <https://doi.org/10.1080/10877404.2016.1246391>

Full Article | Figures & data | References | Supplemental | Citations | Metrics | Licensing

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ABSTRACT

Lipophilic persistent organic pollutants (POP) are stored in adipose tissue. Following rapid weight loss such as when induced by bariatric surgery, an increased release of potential harmful lipophilic compounds into the blood circulation may occur. Weight reduction is recommended for overweight and obese individuals in order to decrease risk of weight-related health problems. However, in cases of significant weight reduction POP become mobilized chemicals and consequently may adversely affect health, including endocrine disruption. The objective of the present investigation was to estimate quantitatively the level of mobilization of POP following weight loss over time. According to literature search criteria, 17 studies were identified with 2061 participants. Data from 5 of the studies with 270 participants were used to assess the change in blood levels of POP in percent per kilogram weight loss. Weight loss in the included studies varied from 4.4 to 64.8 kg. In all studies, the majority of POP concentrations in blood were found to rise following weight reduction. Blood concentrations following weight reduction were elevated by 2–4% per kilogram weight loss for most POP examined. The increased POP levels were still elevated 12 mo after intervention. Most research in this field, including animal

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Full

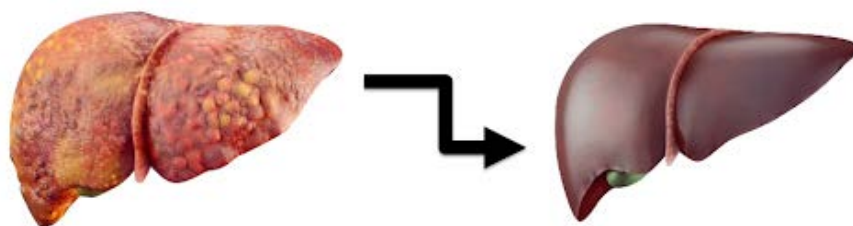
Article

Toxins

1. Sugar
2. Bad Fats
3. Food Chemicals
4. Product Chemicals
5. Medications & Alcohol

Microbes

1. Candida
2. Parasites
3. Bacteria
4. Viruses
5. Mold



LIVER SOLUTION

4 STEPS TO A HEALTHIER LIVER



Lower Inflammation
And Insulin **1**

Cleanse Your Liver **2**

Strengthen
Your Elimination &
Digestive System **3**

Support The
Gallbladder **4**

Testing

- AST/ALT
- Blood Sugar (Below 100)
- Fasting Insulin (Ideally 2-6)
- Triglycerides (Below 100)
- Ferritin (Ideally Below 150)

YOU ARE THE SOLUTION.

STEP 1

LOWER INFLAMMATION AND INSULIN



I breakdown 25 Natural and Artificial Sweeteners... the Health Effects are SHOCKING.



FOODS

1. Anti-Inflammatory Foods
2. Low Carb Foods
3. Healthy Fats: Avocados
4. Apple Cider Vinegar
5. [Omega 3 Fish Oils](#)

FOCUS

1. [Challenge Meal Plan](#)
2. Rotational Fasting
3. [Omegas + Turmeric](#)
4. [ACV Capsules](#)

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



Fish Oil



STEP 2

CLEANSE YOUR LIVER



FOODS

ADD

1. Lemon
2. Beets
3. Turmeric
4. Green Tea

AVOID

5. NSAIDs
6. Alcohol
7. Tylenol
8. Artificial Sweeteners
9. MSG
10. Processed Foods

FOCUS

1. [Lemon Water](#) *see page 49*
2. [Liver + Gallbladder Cleanse or Support](#)
3. [Para + Candi Cleanse or Support](#)

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



STEP 3

STRENGTHEN YOUR ELIMINATION & DIGESTIVE SYSTEM

FOODS

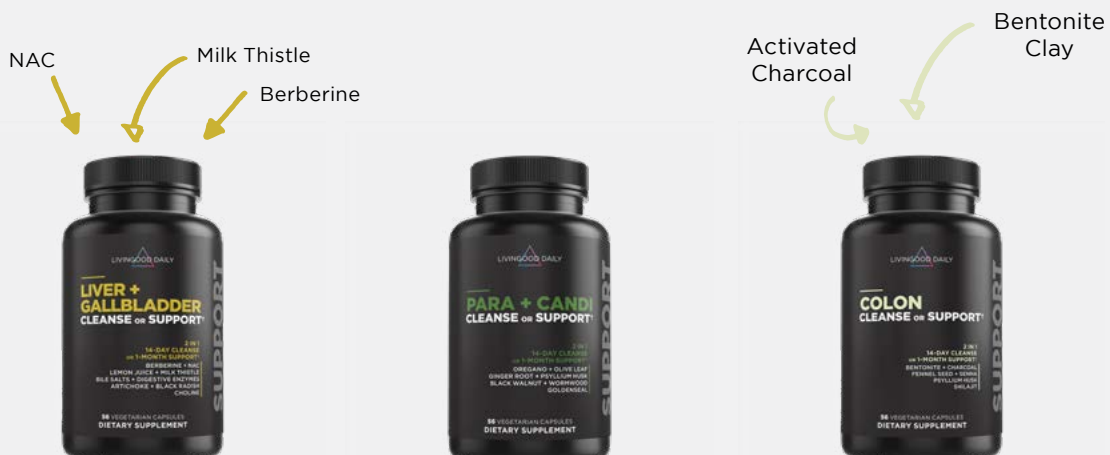


1. Fermented Foods
 - Kimchi, Sauerkraut, Kombucha
2. Cruciferous Veggies
 - Cauliflower, Brussels Sprouts, Kale
3. Digestive Enzymes
 - Ginger, Kefir, Pineapple
4. Magnesium
 - Leafy Greens, Avocados, Legumes
5. Fiber
 - Beans, Broccoli, Berries

FOCUS

1. [NAC](#)
2. [Milk Thistle](#)
3. [Berberine](#)
4. [Activated Charcoal + Bentonite Clay](#)
5. [Para + Candi Cleanse or Support](#)

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



STEP 4

SUPPORT THE GALLBLADDER



FOODS

1. Organic Acids
 - ACV, Lemons, Limes
2. Bitter Herbs
 - Parsley, Cilantro, Dandelion, Milk Thistle
3. Warming Spices
 - Ginger, Turmeric, Cinnamon
4. Prebiotic Foods
 - Artichokes, Radishes, Asparagus, Garlic
5. Beets and Chicory

FOCUS

1. [Coffee + Moringa](#)
2. [Bile Salts/Ox Bile](#)
3. [Lemon Juice](#)
4. [ACV](#)

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



Ox Bile

Lemon Juice



LIVER + GALLBLADDER CLEANSE OR SUPPORT[†]

1 Follow the [Challenge Food List](#)

2 Drink [lemon water](#) and/or [Livingood Daily Coffee + Moringa](#) daily

3 Take [Livingood Daily Liver + Gallbladder Cleanse or Support[†]](#)

For adults, take two capsules in the AM and two in the PM for 14 days to cleanse or two capsules per day for monthly support, or as directed by your healthcare provider.



LIVINGOOD DAILY LIVER + GALLBLADDER CLEANSE OR SUPPORT

THE #1 AND ONLY SUPPLEMENT FORMULATED TO SUPPORT ALL 4 LIVER BOOSTERS†

Get up to

20% OFF

Livingood Daily Liver + Gallbladder Cleanse or Support is the most powerful source of ALL the liver aids in capsule form for the first time ever!†

YES, I WANT IT!



CORE INGREDIENTS

1 Liver Supporters

Berberine and SAME proven to fight fatty liver and NAC and milk thistle proven to support liver health.†

2 Liver Detoxing Foods

The combo of the most powerful liver detoxing foods in lemon juice, dandelion, black radish, and artichoke.†

3 Gallbladder + Digestive Support

Shown to aid digestion with full spectrum digestive enzymes PLUS full gallbladder support or compensation from taurine, choline, and ox bile salts!†

Supplement Facts

Serving Size: 2 or 4 Vegetarian Capsules
Servings per Container: 28 or 14

	28-Day Support		14-Day Cleanse	
	Amount Per Serving Per 2 Capsules	%DV Per 2 Capsules	Amount Per Serving Per 4 Capsules	%DV Per 4 Capsules
Total Carbohydrate			<1g	<1%
Dietary Fiber			<1g	2%
Choline (as Choline Bitartrate)	12mg	3%	25mg	5%
Lemon Fruit Juice Powder	200mg	**	400mg	**
Artichoke Leaf Extract	100mg	**	200mg	**
Rahphanus Sativus Niger Root Powder (Black Radish)	100mg	**	200mg	**
N-Acetyl Cysteine	100mg	**	200mg	**
Digestive Enzyme Blend A-Amylase, B-Amylase, Cellulase, Lactase, Lipase, Protease	90mg	**	180mg	**
L-Methionine	75mg	**	150mg	**
Desiccated Ox Bile Powder	75mg	**	150mg	**
Dandelion Root Extract	62.5mg	**	125mg	**
Berberine HCl (from Phellodendron amurense Bark Extract)	50mg	**	100mg	**
L-Taurine	50mg	**	100mg	**
Milk Thistle Seed Extract	37.5mg	**	75mg	**

*Percent Daily Value (DV) based on a 2,000 calorie diet.

**Daily Value (DV) not established.

Other Ingredients: Hypromellose Vegetable Capsule, Plant Fiber, Vegetable Stearate

14-DAY CLEANSE
OR
1-MONTH SUPPORT

NON-
GMO

GLUTEN
FREE

ALLERGEN
FREE

COLON CLEANSE or SUPPORT[†]

- 1 Follow the [Challenge Food List](#)
- 2 Drink [lemon water](#) and/or [Livingood Daily Coffee + Moringa](#) daily
- 3 Take [Livingood Daily Colon Cleanse or Support[†]](#)

For adults, take two capsules in the AM and two in the PM for 14 days to cleanse or two capsules per day for monthly support, or as directed by your healthcare provider.





KIDNEY + UT CLEANSE or SUPPORT[†]

- 1 Follow the [Challenge Food List](#)
- 2 Drink [lemon water](#) daily
- 3 Take [Livingood Daily Kidney + UT Cleanse or Support[†]](#)

For adults, take two capsules in the AM and two in the PM for 14 days to cleanse or two capsules per day for monthly support, or as directed by your healthcare provider.



PARA + CANDI CLEANSE OR SUPPORT[†]

1 Follow the [Challenge Food List](#)

2 Drink [lemon water](#) daily

3 Take [Livingood Daily Para + Candi Cleanse or Support[†]](#)

For adults, take two capsules in the AM and two in the PM for 14 days to cleanse or two capsules per day for monthly support, or as directed by your healthcare provider.





LEMON WATER

**1 Whole Lemon
8-12oz of Water**

Roll the lemon to loosen the juice inside. Cut in half and squeeze into water!

Can I prep this ahead of time?

Yes, this can be made ahead of time in larger quantities. Store in the fridge for up to 2 days.

Can I drink this throughout the day?

Yes, you can sip on this all day long.

Do the lemons need to be organic?

No, while organic is always best when possible, lemons have a thick exterior peel that prevents unwanted chemicals/pesticides from getting into the fruit.

LIVINGOOD DAILY DETOX BUNDLE

Click
to visit the
store page!



What is the Livingood Daily Detox Bundle?

Your body is equipped with some amazing detoxifying systems—the kidneys, liver, skin, digestive system, lungs, lymph system, and fat cells. They are all built to eliminate toxins and cleanse your digestive tract. The [Livingood Daily Detox Bundle](#) consists of two detoxifying supplements that provide the nutrients and herbs to support this process.†

[Livingood Daily Liver + Gallbladder Cleanse or Support](#) is a 17-in-1 formula exclusively designed to support the liver and gallbladder—your body’s main detoxers.†

[Livingood Daily Colon Cleanse or Support](#) is an 11-in-1 formula that supports healthy digestion, detoxification, and supports bloating.†

HOW TO TAKE

For a detox, (14-consecutive days)

- In the AM, take 4 capsules of [Livingood Daily Liver + Gallbladder Cleanse or Support](#).
- Follow up in the PM with 4 capsules of [Livingood Daily Colon Cleanse or Support](#).

For ongoing detox support (28-consecutive days)

- In the AM, take 2 capsules of [Livingood Daily Liver + Gallbladder Cleanse or Support](#).
- Follow up in the PM with 2 capsules of [Livingood Daily Colon Cleanse or Support](#).

LIVINGOOD DAILY DETOX BUNDLE

How do I know if I need to detox?

If you experience bloating and digestive issues, skin issues/flare-ups, low energy levels, are getting sick a lot, or can't lose weight then it's a great time to start detoxing.

How long should I take it?

The Livingood Daily Detox Bundle can be taken as a liver and colon support for 28 days (2 capsules each per day) OR as a 14-day detox (4 capsules each per day).

How often should I detox?

The Detox can be completed quarterly. After completing a 2-week detox, we recommend waiting 90 days to start another one.

Do I eat while taking these supplements?

Yes. While detoxing, we recommend focusing on the [Challenge Food List](#).

Can I take this with other supplements?

Yes! Continue supplementation as normal.

Can I take this with my medication?

We recommend waiting to take these supplements 2 hours before or after any medications.

How should I be feeling while detoxing?

The effects of detoxing vary person to person. It is not uncommon to experience symptoms while detoxing as your body is flushing toxins out. Staying hydrated and replenishing [electrolytes](#) can help ease symptoms.

What is the youngest age that should have this?

Ideally these are for adults or children 12 and older. Always consult a physician with any specific medical questions or before taking any new supplements

Does this detox fit my dietary needs?

Gluten Free, Non-GMO, Keto-Friendly, Paleo-Friendly, Allergen Free



IMMUNE SUPPORT PROTOCOL

IN THE MORNING:

1-2 capsules [Livingood Daily Vitamin D + Immune Complex](#)

1-2 capsules [Livingood Daily Omegas + Turmeric](#)

2 capsules [Livingood Daily Immune Support](#)

IN THE AFTERNOON:

1 scoop [Livingood Daily High Dose Vitamin C](#) or or

[Livingood Daily Electrolytes + Energyze](#)

IN THE EVENING:

1-2 capsules [Livingood Daily Vitamin D + Immune Complex](#)

1-2 capsules [Livingood Daily Omegas + Turmeric](#)

2 capsules [Livingood Daily Immune Support](#)



IMMUNE DETOX PROTOCOL

UPON WAKING (on empty stomach):

1-2 capsules [Livingood Daily Vitamin D + Immune Complex](#)

1-2 capsules [Livingood Daily Omegas + Turmeric](#)

2 capsules [Livingood Daily Immune Support](#)

2 capsules [Livingood Daily Para + Candi Cleanse or Support](#)

IN THE AFTERNOON:

1 scoop [Livingood Daily High Dose Vitamin C](#) or

[Livingood Daily Electrolytes + Energyze](#)

IN THE EVENING:

1-2 capsules [Livingood Daily Vitamin D + Immune Complex](#)

1-2 capsules [Livingood Daily Omegas + Turmeric](#)

2 capsules [Livingood Daily Immune Support](#)

2 capsules [Livingood Daily Para + Candi Cleanse or Support](#)



THE 1% PROCESS



Nutritional Stress

Change what you eat and how you move.

**Fix your food.
Fix your fitness.**

Mental Stress

Change how you think and eliminate pain.

**Fix your focus.
Fix your frame.**

Toxic Stress

Change your environment inside and out.

Fix your filters.



AS ALWAYS... BE

1%

BETTER EACH DAY.

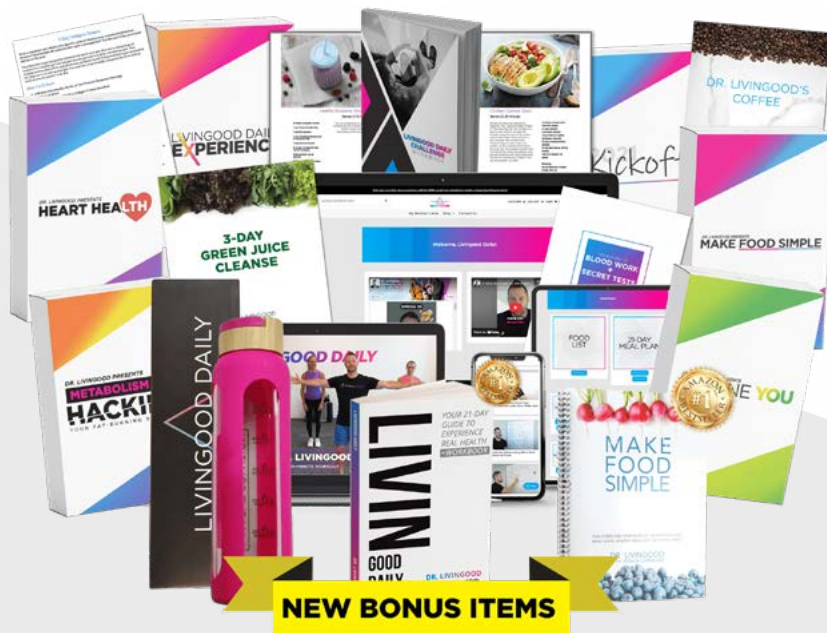
YOU ARE THE SOLUTION.

THE LIVINGOOD DAILY LIFESTYLE

Get the entire Livingood Daily Accelerator Course 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.



JOIN THE LIVINGOOD DAILY LIFESTYLE TODAY!

NOT SURE IF THE LIFESTYLE IS RIGHT FOR YOU?

We offer a **TWO-WEEK TRIAL**, so try it out today! Simply sign up for the trial [here](#).



Included in the Livingood Daily Lifestyle paid plan are:

- ✓ Monthly Challenges
- ✓ Live Coaching
- ✓ Meal Plans
- ✓ Healthy Recipe Guides
- ✓ 10-Minute Workouts
- ✓ 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

SUBSCRIBE & SAVE

SAVE TIME, MONEY, AND NEVER MISS OUT ON YOUR FAVORITE PRODUCTS

Subscribe & Save members enjoy many benefits.

Sign up today at store.drivingood.com

15% Off Every Order		Save Time With Auto Delivery
	Swap Products In Upcoming Orders	
Cancel At Any Time		You Choose Shipment Dates
	Protected From Out Of Stock	



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