

The background is a gradient from light pink at the top to a darker magenta at the bottom. It features several faint, stylized line-art elements: a large heart with a spiral inside in the top left, a heart with diagonal stripes in the top right, a large outline of a triangle in the center, and a heart with a flame on top in the bottom center.

LIVINGOOD DAILY

RAYNAUD'S PHENOMENOM

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THE FOUNDATIONS ► Livingood Daily Challenge

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

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



Click the video above to watch.

FOOD

Fish, Chia, Flax, Ginger, Garlic, Cayenne, Coconut Oil, Spinach, Pumpkin Seeds, Almonds, Citrus Fruit, Acerola

TESTING

Antinuclear Antibodies, ESR

FOCUS

1. [Advanced Gut Reset](#) (Antibodies)
2. Hand, Wrist, & Arm Stretches, Strengthening, & Stripping
3. [Omegas + Turmeric](#)
4. [Electrolytes + Energyze](#) – Electrolytes + Vitamin C

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

Omegas
Turmeric



D-Ribose
Taurine
Electrolytes
Vitamin C
Quercetin





DISCLAIMER: †These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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