



LIVINGOOD DAILY

YEAR-ROUND IMMUNE SUPPORT

WELLNESS CABINET



THE LIVINGGOOD DAILY LIFESTYLE

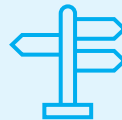
Scared of being sick? Diagnosed with an auto-immune disease? Tired of your weight being high? Confused by all the nutrition and diet fads out there? Sick of drugs and how they make you feel? Scared of chronic diseases you face or will face in the future? If you answered yes to any of these, then the 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.

Included in the Livingood Daily Lifestyle paid plan are:



**MONTHLY
CHALLENGES**



**LIVE
COACHING**



**7+ ADVANCED
CHALLENGE
WORKBOOKS &
MEAL PLANS**



**7+ HEALTHY
RECIPE GUIDES**



**50+
10-MINUTE
WORKOUTS**



**27+ TRAININGS
ON HEALTH
CONDITIONS**

NOT SURE IF THE LIFESTYLE IS RIGHT FOR YOU?

We offer a **\$1 TWO-WEEK TRIAL**, so try it out today!

Simply sign up for the \$1 trial at:

go.livingooddaily.com/14-day-lifestyle-trial

† 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.



Top 3 Foods for Immune Protection

Keep Sugar To A Minimum: Sugar is in more foods than we typically think of making our diets saturated with sugar. Reduce your sugar intake to keep inflammation low.

Focus On Healthy Oils: Bad oils are another major cause for inflammation in the body and can lead to a weakened immune system.

Good Oils

- Avocado Oil
- Coconut Oil
- Olive Oil

Bad Oils

- Canola Oil
- Vegetable Oil
- Soybean Oil

Include Fermented Foods: Fermented foods are full of probiotics and your digestive system LOVES them. All the probiotics found in fermented foods help build up the lining of your digestive system and make up 80% of your immune system.

- Fermented Vegetables: Carrots, Pickles, and Olives
- Kombucha
- Kimchi
- Sauerkraut

HIGH DOSE VITAMIN C

Bolster a strong immune system with a high dose of Vitamin C during cold & flu season

A delicious way to take your vitamin C. You'll love the sweet orange taste with antioxidant and immune protective bioflavonoids. This is an extremely powerful supplement when it comes to fighting off a cold, helping to prevent chronic disease, and is also a great precursor to collagen production in the body.†

Click to visit the store page!



Top 3 Supplements for Immune Protection

Vitamin D3

2000-8000ius (Must be taken with vitamins K2, A, E, and Magnesium)

Vitamin C

1500-2500mg

Zinc

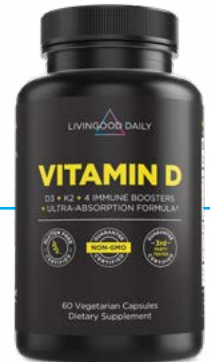
15-50mg

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VITAMIN D

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

Contains an all-in-one dose of Zinc, Magnesium, probiotics, fat-soluble vitamins, and Vitamin K2 to help your body fully absorb and utilize Vitamin D. The 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.



ENERGYZE

Fill your body with a powerful & healthy source of electrolytes

The perfect blend of electrolytes, minerals, and Vitamin C that helps keep you hydrated and your immune system boosted.†

Also contains an all-in-one dose of vitamin C, quercetin, magnesium, focus and energy support.

Click to visit the store page!



FEBRUARY



Cough Medicine Alternatives

- Cinnamon
- Organic Elderberry Syrup
- Raw Honey
- Lemon
- Zarbee's Cough Soothers
- Zinc Lozenges
- Steam shower, humidifier/diffuser

Constipation Remedies

Leafy greens like spinach or kale in a smoothie, prune juice, 400mg magnesium, or Smooth Move Laxative Tea (Senna) are great for constipation.

Coffee too! Here's a recipe for Dr. Livingood's Coffee:

Dr. Livingood's Coffee

Serves 1 | 10 Minutes

Put everything into a blender and blend until it's frothy. Pour into a cup and sprinkle with cinnamon.

12-16 oz. organic coffee

1 tbsp coconut oil

1 tbsp butter (organic, full fat)

1/4 scoop [Livingood Daily Vanilla Collagen Protein](#)

1/4 tsp cinnamon powder (topping)

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to visit the
store page!



COLLAGEN + MULTI

Support healthy skin, hair AND nails, and combat stubborn insulin levels all with a delicious shake

An easy way to get a full dose of vitamins and ultra-clean protein in one, all without spiking blood sugar levels. Ingredients promote weight loss, healthy blood sugar levels, liver detoxification, digestive health, energy, healthy brain function, and improve skin!†

GREENS

Get 15+ servings of fruits and vegetables all in one scoop

A nutrient-rich, antioxidant, anti-inflammatory superfood that can help support heart health and your digestion, supercharge your energy, enhance detoxification, and nourish your cells... All with a refreshing and revitalizing GREAT TASTE!†

Click
to visit the
store page!





Allergies

Top 5 Allergy Remedies

Vitamin C is the precursor to collagen which supports strong nails, hair, and skin. Vitamin C is also extremely powerful when it comes to supporting your immune system.[†]

Quercetin has a wide range of health benefits. Two great health benefits that come from quercetin are reducing inflammation and supporting immune health.[†]

Stinging Nettle Leaf is an herb that's been used since ancient civilization. It contains several chemicals that give it antimicrobial, antioxidant, and pain relieving properties, making it similarly as effective as an anti-histamine in reducing pain and inflammation surrounding environmental allergies.[†]

Raw Local Honey & Bee Pollen

Raw local honey and bee pollen are helpful in building up the defense system to fight against allergens. Use raw local honey in a tea or hot drink, and you can buy bee pollen at a local health food store! It's pretty tasty and you can put it in a smoothie to easily ingest it. Both are really good solutions to help boost your body's natural defense against those local allergens.

Cut Sugar and Dairy

Sugars and dairy will make allergies worse and produce more mucus. Cutting sugars and carbs, bread, crackers, grains, and juices out of your diet is going to help the symptoms associated with allergies (especially when you're having a flare-up).

Dairy products only add fuel to the fire, so limit those and feed your body the good raw materials it needs to fend off those allergies. Try a 21-day challenge to fast from sugar.

Zinc is an important mineral in the body that not only supports the proper functioning of your immune system but is also important for your senses of taste and smell.[†] Research has shown that Zinc can have an allergy relieving effect.[†]

Tinofolin addresses the cause of allergies by increasing the number of phagocytic white blood cells (including macrophages), which help consume and rid the body of allergens, and by reducing the number of eosinophils (cells that contain histamine).[†]

ALLERGEN SUPPORT

Click to visit the store page!

Conquer those pesky allergies throughout the year, naturally

Contains an all-in-one dose for allergy relief. Features high-quality ingredients that work together to help support and counteract some of the main symptoms and immune reactions associated with environmental allergies and the changing of seasons.[†]



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Bolster a strong immune system with a high dose of Vitamin C during cold & flu season

A delicious way to take your vitamin C. You'll love the sweet orange taste with antioxidant and immune protective bioflavonoids. This is an extremely powerful supplement when it comes to fighting off a cold, helping to prevent chronic disease, and is also a great precursor to collagen production in the body.[†]



Click to visit the store page!



Anti-Fungal, Candida, and UTI Remedies

To treat small intestinal bacterial overgrowth (SIBO) and Candida overgrowth by starving the bacteria causing the conditions, you have to eliminate their primary food sources, which are mostly carbohydrates. That's because your gut breaks down various

carbohydrates like grains and legumes into sugar, which the bacteria then use for fuel. Instead, you'll eat lots of non-starchy vegetables, clean proteins, healthy fats, leafy greens, and a few specific types of fruit. This dietary shift should allow you to maintain nutritional wellness while also eliminating the bacteria causing your SIBO or Candida overgrowth symptoms.

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to visit the
store page!

MICROBE CLEANSE

Healthily detox your GI tract and balance good & bad gut microflora

A powerful combination of nutrients and herbs that supports GI tract microflora balance and detoxification functions.[†]



8 Remedies for Nail Fungus

For detailed information, be sure to [visit our blog article!](#)

Tea Tree Oil

Tea tree oil is antiseptic and antifungal. Just paint your toes or fingernails twice daily with a cotton swab soaked in tea tree oil.

Colloidal Silver

By spraying colloidal silver to any fungus-infected in the morning and night daily, you should see improvements in a short period of time. It can be used to support and reduce symptoms of bacterial infections, sinuses, sore throat, styes, rashes, fungus, viruses, eye and skin infection, swollen lymph nodes, UTI, etc. Be sure the silver is colloidal silver and not ionic silver.

Oregano Oil

As with tea tree oil, apply oregano oil to any affected areas twice per day with a cotton swab or ingest it orally. You can even combine both oils together for maximum potency.

Hydrogen Peroxide

Mix 1/8 of a cup of hydrogen peroxide with 4 cups of water and soak your feet in the mixture for between 10 and 20 minutes for maximum effect.

Apple Cider Vinegar

Its vinegar content is antifungal and slightly acidic which can treat fungus. Mix apple cider vinegar with water and apply it to any affected areas for about 20 minutes each day.

Black Tea

Black tea provides tannic acid, which can dry out your feet and kill bacteria, as well as close the pores of your feet to reduce any sweating. Add 5 to 6 black tea bags to 2 quarts of boiled water, then let the water cool before soaking your feet in the solution.

Baking Soda Soak

Make yourself a baking soda soak by mixing baking soda with warm water. The resulting paste material should be applied directly to your finger or toenails and allowed to sit for between 10 and 20 minutes. Then rinse the affected area with warm water and thoroughly dry your foot. The baking soda will burn away the fungus and feel pleasant at the same time.

Cornmeal

To make the cornmeal soak, put about an inch of cornmeal in a shallow container that will just fit the affected foot. Carefully pour about an inch of warm (not hot) water on top of the cornmeal and let it sit for an hour, so the water and cornmeal can combine naturally. After an hour, add enough additional warm water to cover the foot and soak for an hour.

The mush must cover the whole area, not just the toenails, because fungus thrives everywhere on the toes, especially between them. After an hour, rinse the mush off with warm water and pat the foot dry with a clean towel. Soak the toenails once a week until the fungus clears up. Powdered cornmeal may also be sprinkled in shoes and socks during the day as well.

5 Solutions for Urinary Tract Infections (UTIs)

1. Apple Cider Vinegar (ACV)

Can take it orally, soak in a bath, or soak a tampon with it and use up to 4 hours.

ACV Drinks

Morning Powerhouse: 2 tablespoons ACV, cayenne pepper, cinnamon, turmeric and water. Try to take all at once (like a shot).

Afternoon Lemonade: 2 tablespoons ACV, ice, lemon/lime juice, stevia, and water.

Post Dinner: 2 tablespoons ACV, fresh squeezed orange/lemon/lime juice, vitamin C powder, and probiotics. Stir with ice and water (or sparkling water!)

2. Colloidal Silver

Nature's antibiotic. Can take orally or soak a tampon and use up to 4 hours. Oral is best, you would be a teaspoon in the morning and a teaspoon at night. You would want to stop after approximately 5-7 days to give your body a break.

3. Probiotics

Getting the good bacteria back into the body is essential when potentially treating the bad (you often cannot get rid of the bad without also affecting the good). You can take up to 40-80 billion depending on how bad the infection

4. Drink Cranberry Juice

Pure cranberry juice, without sugar, can stop the growth of the bacteria that causes the infection, including E. Coli which is the most common in UTIs.

5. D-Mannose

The typical dose of D-mannose for UTI treatment is 500 mg, in capsule or powder form, taken in a glass of water or juice every two to three hours for five days.

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SILVER SERUM

A quick and easy anti-microbial spray for cuts, scrapes, & bacterial infections

A highly effective antimicrobial preparation composed of pure colloidal silver. The patented technology delivers 10ppm of non-toxic silver permanently distributed into the structure of water so it will not fall out of solution. It helps support a healthy immune system and studies show it to be up to 10x more effective than products containing up to 3,000ppm silver.

It can be used to support and reduce symptoms of bacterial infections, sinuses, sore throat, styes, rashes, fungus, viruses, eye and skin infection, swollen lymph nodes, UTI, etc.†





Oral Care

Toothpaste*

- Dr. Bronner's

Mouthwash

- Dr. Bronner's

DIY Mouthwash

1 Mouthful Hydrogen Peroxide (2-3 times per week only)

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

Oil Pulling

1-2 tbsp organic coconut oil

Swish in mouth for 1-5 minutes and spit out.

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

COLGATE TOOTHPASTE



- 28 ingredients
- 11 harmful toxins
- Fluoride - known to damage tooth enamel & linked to cancer
- Sorbitol - toxic laxative
- Sucralose and saccharin - artificial sweetener
- Sodium lauryl sulfate - linked to canker sores
- Propylene glycol - main active ingredient in antifreeze

vs.

BRONNER'S TOOTHPASTE



- 14 ingredients
- No artificial colors or flavors
- Vegan & cruelty-free
- Fluoride-free
- No preservatives or synthetic sweeteners

Ingredients:

Stannous fluoride, water, sorbitol, hydrated silica, glycerin, PEG-12, Tetrasodium pyrophosphate, sodium lauryl sulfate, flavor (Anethole, Benzyl Alcohol, Ethyl Lactate, Ethyl Mentane Carboxamide, Eucalyptol, Mentha Piperita (Peppermint) Oil, Menthol, Propylene Glycol), microcrystalline cellulose, sodium citrate, zinc phosphate, cellulose gum, sodium saccharin, cocamidopropyl betaine, propylene glycol, xanthan gum, citric acid, sucralose and titanium dioxide.

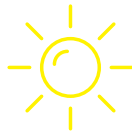
Ingredients:

Organic Glycerin*, Organic Aloe Barbadensis Leaf Juice, Hydrated Silica, Calcium Carbonate, Xanthan Gum, Sodium Bicarbonate (Baking Soda), Potassium Cocoate (made with Organic Coconut Oil**), Organic Mentha Piperita (Peppermint) Oil, Organic Mentha Arvensis (Menthol) Crystals, Organic Cocos Nucifera (Coconut) Flour, Organic Cocos Nucifera (Coconut) Oil**, Tocopherol, Citric Acid, Organic Stevia Rebaudiana Leaf / Stem Extract

*Sourced from Organic Soy

**Certified Fair Trade Ingredient

JUNE



Sunscreen

Coconut Oil (SPF 8)
Badger | Clear Zinc Oxide

Bug Spray

- Badger
- Terrashield Spray (Essential Oils Blend)

Sunburns

Coconut Oil + Lavender Oil
Aloe Vera

*Avoid chemicals on the skin during this season, specifically with Benzene-based ingredients which are linked to allergies and cancer.

NEUTROGENA SUNSCREEN



VS.

BADGER SUNSCREEN



- Certified non-GMO
- 98% organic ingredients

BETTER ALTERNATIVE

Ingredients:

Active Ingredients: Avobenzone 5% (sunscreen), Homosalate 15% (sunscreen), Octisalate 5% (sunscreen), Octocrylene 10% (sunscreen), Oxybenzone 6% (sunscreen)

Inactive Ingredients: Water, styrene/acrylates copolymer, silica, beeswax, cyclopentasiloxane, ethylhexylglycerin, glyceryl stearate, PEG-100 stearate, acrylates/dimethicone copolymer, acrylates/C10-30 alkyl acrylate crosspolymer, fragrance, chlorphenesin, triethanolamine, diethylhexyl 2,6-naphthalate, dipotassium glycyrrhizate, disodium EDTA, BHT, methylisothiazolinone.

OFF FAMILY CARE BUG SPRAY



- 22+ toxins
- DEET - questionable chemical linked to neurotoxicity
- Fragrance - linked to allergies
- Multiple benzyl sources linked to blood cancers
- Butane, propane, and isobutane - odorless gases harmful to the eyes
- Ethanol - a known irritant

Ingredients:

DEET, Fragrance (3-phenoxyethyl isobutyrate; 2-4-butylcyclohexyl acetate; benzyl acetate; benzyl benzoate; butylphenyl methylpropional; citraus aurantium dulcis (orange) peel oil; cyclamen aldehyde; dipropylene glycol; ethyl 2-methyl-1,3-dioxolane-2-acetate; ethyl 2-phenylacrylate; ethyl acetate; gamma-undecalactone; hexamethylindopyran; hexyl cinnamal; isonone; limonene; linalool; methylalhydrojasmonate; butane, propane, isobutane, ethanol, corn starch, water, magnesium carbonate, isopropyl myristate, aminomethyl propanol, dimethicone, sodium benzoate.

BADGER ANTI-BUG BUG SPRAY



- DEET-free
- No chemicals or petroleum
- Kid friendly
- Pet friendly

BETTER ALTERNATIVE

Ingredients:

Active: Organic Soybean Oil, Organic Castor Oil, Organic Citronella Oil, Organic Cedar Oil, Organic Lemongrass Oil, Organic Rosemary Oil, Organic Geranium Oil, Organic Peppermint Oil.

Inactive: Water, Organic Wintergreen Oil.

If you are experiencing extensive sun exposure, or sunburn it is important to support the body's inflammation on the inside to minimize free radical damage. The best way to do that, is to use healthy anti inflammatories like Omega 3 and Turmeric.

OMEGAS + TURMERIC

Maintain healthy cardiovascular function, normal healthy digestive functions, joint health, and reduce common aches and pains

Helps maintain healthy cardiovascular function, normal healthy digestive functions, joint health, joint comfort, aches and pain relief, and reduces common aches and pains associated with aging.[†] They are also great for maintaining normal healthy brain function and supporting cognitive function.[†]

Click to visit the store page!





Itch Relief, Infections, Burn Relief, Cuts and Scrapes

Epsom Salt Bath

Simply follow directions on the Epsom salt to take a bath in it. It will draw out any kind of itchiness and systemic skin problems that you might be having or isolated skin issues you might be having. Soaking in an Epsom salt bath is a good way to pull things out of the system and receive quick relief.

Omegas

To help to reduce the inflammation in the body, take at least 1600-2400 milligrams of clean, good-quality omegas.

Coconut Oil and Aloe Vera

Coconut oil can be really good for those itchy, irritated areas of the skin and is also antimicrobial so it helps keep areas clean and stops any growth. Aloe vera can be a cooling relief for burns and skin irritation.

Gut Reset

Oftentimes, especially if something is recurring, a skin issue can be due to a toxic gut. Your body has become so toxic that the system is trying to push something out of your body and oftentimes a “leaky gut” condition is the culprit and can help to stop any skin issues. See page 15 to learn the basics and help get you on the right path of healing.

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store page!



Cramping and Dehydration

Water and Electrolytes

How much water should you drink? You need to be drinking 1/2 of your body weight (in ounces) of water on a daily basis. Make sure it's fresh, quality water that's filtered. There are a variety of options of water filtration available. There's varieties of affordable pitcher or faucet filters, as well as more involved whole house filtration systems. You also need to make sure you're getting proper electrolytes in as well. You can do this easily by adding high quality Himalayan sea salt to your food and even a little to your water.

Absorption

How much are you absorbing? The water that you're drinking needs to get INTO your cells. How do you avoid having all the water you're drinking just run-off (like water run-off on your lawn when it rains a lot and doesn't soak in)? The best thing you can do is to add greens powder to your water, or in a smoothie. It can help you get the water into your cells where it's most effective. It simply gives your body the raw materials it needs to perform at its highest level.

Click
to visit the
store page!

GREENS

Get 15+ servings of fruits and vegetables all in one scoop

A nutrient-rich, antioxidant, anti-inflammatory superfood that can help support heart health and your digestion, supercharge your energy, enhance detoxification, and nourish your cells... All with a refreshing and revitalizing GREAT TASTE!†



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Fill your body with a powerful & healthy source of electrolytes

The perfect blend of electrolytes, minerals, and Vitamin C that helps keep you hydrated and your immune system boosted.†

Also contains an all-in-one dose of vitamin C, quercetin, magnesium, focus and energy support.



SEPTEMBER



Antibiotic Alternatives

Antibiotics don't only attack the bad bacteria but they also attack the good bacteria in your body as well. You need a healthy balance of both good and bad bacteria to promote a strong and healthy immune system.

That's where probiotics and silver serum can come into play. Probiotics can replenish the good bacteria in your gut microbiome while silver serum acts as a healthy alternative for an antimicrobial for infections, cuts, and rashes.

To recover from gut damage created by antibiotics, please see page 14.

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OCTOBER



Cancer Prevention, and Auto-Immune Support

The three main areas to focus on are:

1. Vitamin D Levels
2. Advanced Detoxification
3. Gut Reset

VITAMIN D

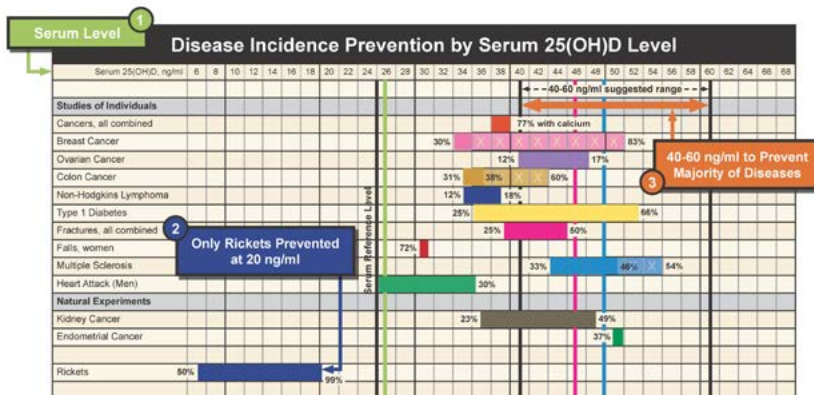
The #1 supplement for supporting a titanium-strong immune system year-round

Vitamin D is a super-nutrient and almost considered a hormone now because of how powerful it is in your body! It is tied to every hormone that's made, as well as fat production and your immune system. If you're not getting enough vitamin D right now, you are massively missing out. And, you need to focus on increasing it at this point in the year.

Also contains an all-in-one dose of zinc, magnesium, probiotics, and fat-soluble vitamins.



Click to visit the store page!



Research in the chart above shows if you get your vitamin D blood level above 50, you significantly reduce multiple chronic diseases.

Average Change in Serum Level Based on Intake (IU/day)

Expected Level (ng/ml)	20	30	40	50	60	70
10	1000	2200	3600	5300	7400	10100
15	500	1700	3200	4900	7000	9700
20		1200	2600	4300	6400	9100
25		600	2000	3700	5800	8600
30			1400	3100	5200	7900
35			800	2500	4600	7300
40				1700	3800	6500
45				900	3000	5700
50					2100	4800
60						2700

To understand how much vitamin D to take, see the chart. For example, to go from 20 ng/ml to 40 ng/ml, it would require an average additional intake of 2600 IU/day.

Advanced Detoxification

80% of the immune system is controlled by the second brain, aka your gut. Preventing cancer and overcoming autoimmune conditions is driven by repairing and restoring proper digestive health through resetting the gut and proper supplementation.

DETOX MORNING/ EVENING

Fully detox your cells, inside & out with a gentle 2-step process

Provides powerful nutrients and herbs to support both intracellular and extracellular detoxification processes without harsh laxatives that cause digestive distress.

Click
to visit the
store page!



COLLAGEN + MULTI

Support healthy skin, hair AND nails, and combat stubborn insulin levels all with a delicious shake

An easy way to get a full dose of vitamins and ultra-clean protein in one, all without spiking blood sugar levels. Ingredients promote weight loss, healthy blood sugar levels, liver detoxification, digestive health, energy, healthy brain function, and improve skin!†

Also available in unflavored and vanilla!

Click
to visit the
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GREENS

Get 15+ servings of fruits and vegetables all in one scoop

A nutrient-rich, antioxidant, anti-inflammatory superfood that can help support heart health and your digestion, supercharge your energy, enhance detoxification, and nourish your cells... All with a refreshing and revitalizing GREAT TASTE!†

Also available in original, chocolate, and unflavored!

Click
to visit the
store page!



GI SUPPORT

Support a healthy digestive system and block out unwanted allergens & toxins

Offers an array of herbs and digestive support for optimum gastrointestinal health and function. It also helps enhance proper gut permeability so it can absorb nutrients and rid itself of toxins.†

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to visit the
store page!



MICROBE CLEANSE

Healthily detox your GI tract and balance good & bad gut microflora

A powerful combination of nutrients and herbs that supports GI tract microflora balance and detoxification functions.†

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to visit the
store page!



6-Steps for Gut Reset

To do a basic or advanced gut reset, please view the trainings and workbooks in your [Lifestyle Member's Area](#).

Not a member?

[Click here to learn more about the Lifestyle](#), or try a [free two-week trial](#).



1. RECONNECT

The first R of the Gut Reset is to Reconnect to the source of real health and disconnect from the sick care model of treating symptoms and disease with drugs and surgeries or waiting to get sick. Remember, the greatest doctor in the world is YOU, we just need to give you what your body needs to thrive and do its job!



2. REMOVE

The next R is to Remove the blockages to the digestive system. All forms of disease come from some type of blockage, so the healing begins with cleansing the body first. Once the body is cleansed it will be able to absorb the nutrients found in whole foods. During Remove, no whole food is consumed for three consecutive days. Ideally, this is done during a 3-day period that you are able to rest and be near a restroom.



3. REPAIR

Once the gut is cleansed it must be sealed and repaired. This leads into the next R of the Gut Reset: Repair. Collagen and amino acids are your body's building blocks for repairing tissue, so we use bone broth/collagen protein to deliver high amounts of both nutrients along with essential minerals to replenish the body. During Repair, you will consume only collagen protein smoothies or pure bone broth for three consecutive days. On the fourth day of Repair, you will gradually bring solid food back into your diet, consisting of bone broth, collagen protein smoothies, steamed veggies, fruit, and chicken.



4. REPLACE

After Removing the blockages, and Repairing the gut, it's time to Replace. For 21 days, you will eliminate gut-damaging foods and replace them with gut-friendly foods. Follow the Replace Food List.



5. REPOPULATE

While going through Replace, you will also be restoring balance and health to the gut and body, therefore healthy bacteria are needed to Repopulate the gut. This is the first step in rebuilding your immune system through the gut. Take the Livingood Daily Greens for a high potency probiotic and mix of lactobacillus and bifidus cultures or incorporate approved fermented foods into your daily meals.



6. REINTRODUCE

The final R of the Gut Reset, Reintroduce, is done to determine food sensitivities. Food must now be gradually added back into your diet. Every 1-2 days you will introduce one food group at a time and test your sensitivity to that group.



Acid Reflux Relief and Anti-Inflammatories

Most people misunderstand acid reflux. It is usually caused by a LACK of acid not too much. In fact, studies show acid production decreases all throughout adult life proving we all are probably low on stomach acid and there are not tons of kids with acid reflux when our acid levels are highest.

Ditch the Pepto and dangerous antacids, and use:

- Ginger Tea or Lozenges for nausea
- Apple Cider Vinegar for acid
- Aloe vera to soothe

Click
to visit the
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Support a healthy digestive system and block out unwanted allergens & toxins

Offers an array of herbs and digestive support for optimum gastrointestinal health and function. It also helps enhance proper gut permeability so it can absorb nutrients and rid itself of toxins.†



OMEGAS + TURMERIC

Maintain healthy cardiovascular function, normal healthy digestive functions, joint health, and reduce common aches and pains

Helps maintain healthy cardiovascular function, normal healthy digestive functions, joint health, joint comfort, aches and pain relief, and reduces common aches and pains associated with aging.† They are also great for maintaining normal healthy brain function and supporting cognitive function.†

Click
to visit the
store page!



DECEMBER



Virus Protection and the Flu Remedy

Did you know flu shot ingredients include:

- Mercury
- Aluminum
- Antifreeze
- Phenol
- Animal Blood
- Animal Viruses
- Formaldehyde
- **and more!**

Daily vitamin D3 is 800% more effective than the flu shot at preventing the flu.
—Journal of Clinical Nutrition, 2010

What can you do Instead?

Take 2-5 [Livingood Daily Vitamin D](#) each day

Flu Drink Recipe

2 tbsp Apple Cider Vinegar

1 tsp [Livingood Daily High Dose Vitamin C](#) powder and/or 1 scoop of [Livingood Daily Greens](#)

Mix in 12 oz. water.

Also great for lowering blood sugar!

Flu Solution

Take 1-3 capsules [Livingood Daily Oregano Oil + Monolaurin](#) per day

For more virus protection, recovery, and detoxification, view the Virus Guide found in your [Lifestyle Member's Area](#).

Not a member?

[Click here to learn more about the Lifestyle](#), or try a [free two-week trial](#).

Click to visit the store page!

VITAMIN D

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

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.



GREENS

Get 15+ servings of fruits and vegetables all in one scoop

A nutrient-rich, antioxidant, anti-inflammatory superfood that can help support heart health and your digestion, supercharge your energy, enhance detoxification, and nourish your cells... All with a refreshing and revitalizing GREAT TASTE!†

Also available in more flavors including berry, original, and unflavored!

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HIGH DOSE VITAMIN C

Bolster a strong immune system with a high dose of Vitamin C during cold & flu season

A delicious way to take your vitamin C. You'll love the sweet orange taste with antioxidant and immune protective bioflavonoids. This is an extremely powerful supplement when it comes to fighting off a cold, helping to prevent chronic disease, and is also a great precursor to collagen production in the body.†

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OREGANO OIL + MONOLAURIN

Support a healthy immune system with the powerful antioxidant properties found in the key ingredients

The perfect addition to your arsenal for immune defense. This powerful combo harnesses the power of high-dose, immune-boosting lauric acid paired with one of the most powerful essential oils from oregano.† Supports immunity and health, and offers intestinal cleansing benefits.†

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