



# An Unofficial Market America Health Products Reference Guide

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Create wealth through living a healthy life.

*Content Curated for my partners  
by  
Bonnie Church CNC, CLC*

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# READ DISCLAIMER BEFORE PROCEEDING

*This information has not been reviewed by the FDA, Market America nor the product manufacturers.*

*The information has been curated from the following resources:*

- *Market America approved websites/trainings*
- *Market America Product Information Department*
- *Personal Experience and unsolicited testimonials*
- *Third Party Research from reputable websites that can be accessed by the public.*

*These curated resources are intended for educational purposes and to stimulate your own personal investigation into the Products and services mentioned here in.*

*Do not rely on the information here in as a diagnosis or cure for disease. Always check with your health professional before consuming a supplement or changing a lifestyle.*

# HEALTH AS AN INCOME CREATOR



Don't be the person who spends their health chasing wealth, and then spends their wealth chasing health.

**FACT: it is easier to restore wealth than it is to restore health.**

**The power of the shopping annuity [SA] is this.**

Investing in your health CREATES wealth...

3 ways ...

❖ **Get your family products at a discount.**

*A penny saved is a penny earned.*

❖ **Earn retail profits by serving a few customers.**

*You sell 3, yours is almost free.*

*You sell 4, yours is free [plus a little bit more.]*

*It goes up from there...*

❖ **Earn Commissions by finding 2 who duplicate you.**

*Earn an extra \$300 a week, a month or day by expanding distribution.*

**The 'HEALTH' ANNUITY VS TRADITIONAL ANNUITY.**

To earn \$300 a month – you would need \$60,000 in the bank.

To earn \$300 plus a month with the SA– you would need 2 who **duplicate** you.

[i.e. Use/share the products and find 2 partners]

**Bottom line: Health [duplicated] leads to serious wealth...**

This guide is loving curated to help you identify the products you and your family need to support your health as you create wealth.



# Why Supplement?

An opinion to be discussed with your health professional



# Of mice and [wo]men

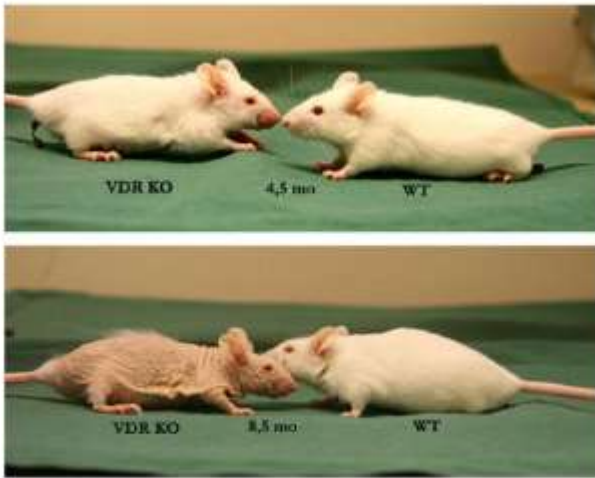


Fig. 2. Phenotype of VDR knockout mouse (KO) compared to wildtype littermate (WT: NMR1 background strain) at the age of 4.5 (top) and 8.5 (bottom) months.

Check out these mice.

They are from the same litter [in other words, they have the same genetic makeup] The one on the left has his D receptors knocked out.

Notice how fast he aged?

OK. That's mice [whom, surprisingly, we have a lot in common with on a cellular level.] What about people?

### Vitamin D and Breast Cancer

- Patients with breast cancer had significantly lower mean vitamin D levels than age-matched controls without cancer.
- Vitamin D deficiency more than doubled the risk for breast cancer.
- Patients with breast cancer and suboptimal levels of vitamin D were significantly more likely to have tumors with aggressive profiles and worse prognostic markers.

That's just one deficit... Vitamin D. But - being deficient in ANY vitamin can potentially lead to an unhealthy outcome.

You might be one who - Eats organic, locally grown superfoods in adequate amts throughout the day and sits half naked on a southern beach 20 minutes a day. Good for you. I am cheering you on. But you are the rare one. **Many, if not most need some form of supplement.**

**That said, one should only supplement - If needed, for as long as needed, No longer. So on the next page lets see if supplements might be of benefit to you.**



You might need to supplement if.

- ✓ You do not eat suggested daily intake of plant foods, grown in mineral rich soil.
- ✓ You live a sedentary life.
- ✓ You are eating nutrient-depleting processed, high sugar, trans fatty foods.
- ✓ You smoke.
- ✓ You drink alcohol, coffee or sodas.
- ✓ You are pregnant or nursing.
- ✓ You are over 50.
- ✓ You are sleep deficient.
- ✓ You have stress in your life.
- ✓ You have a disease that causes Malabsorption [obesity, crohns etc. bariatric surgery]
- ✓ You are overweight or presenting with disease.
- ✓ You are taking a prescription drug that depletes important nutrients.

**Are your meds compromising your nutrition status?**

- [Nutrients depleted by drugs and alternative protocols](#)



## CHAPTER 02

# Why Choose Market Americas Exclusive Health Products?

**The Brokerage Edge**  
**Quality Control**  
**The Isotonix Difference**



# THE BROKERAGE ADVANTAGE

Market America does not manufacture their products. They identify manufacturers of science-based products who can meet their very stringent quality control standards. They then secure exclusive distribution rights for those top-quality products.

## Manufactured offsite? How can we assure the quality of products?

- ✓ By working with a contract manufacturer, in contrast to being the onsite manufacturer, **an extra layer of quality control is in place.**
- ✓ Since we act as an intermediary between the consumer and the manufacturer, **we have no incentive or interest to receive, accept or ship out inferior, defective or a sub-par product.** In fact, just the opposite. Our name and reputation is on every carton, bottle, etc. making us especially committed to the best quality control measures.
- ✓ Products must be manufactured **using predefined ingredients to meet finished goods specifications.**
- ✓ Batch records for each lot are **sent to our Quality Control (QC) department for review, approval and retention.** Batch records document the ingredients used, blending times, equipment used and who did the work.
- ✓ Laboratory test results performed in the manufacturer's lab are copied to QC. Some products are **sent to an independent laboratory to assure adherence to specifications before shipping to the distribution warehouse.**
- ✓ Upon receipt at the warehouse, we **examine for damaged goods, proper labeling, and consistency in taste, odor, and appearance.** Our in-house lab tests isotonic products for osmolarity confirming that when the product is made as directed, the solution is in the isotonic range.
- ✓ Furthermore, **any product found to be less than optimal is quarantined for destruction or return to the supplier.** The manufacturer will bear the cost of returned goods.
- ✓ Market America is committed to **accepting and distributing only superior, high quality products adhering to strict quality control procedures.**

# QUALITY CONTROL

- ✓ Specifications are set for raw materials and finished products. The products are **compounded with the highest quality raw materials** from some of the foremost pharmaceutical and nutritional chemical companies in the world
- ✓ Raw materials are **sourced with Certificates of Analysis**. All raw materials are assayed and evaluated at the time of receipt, using suppliers' protocols and available testing methods.
- ✓ Products are manufactured using Standard Operating Procedures. The products are **manufactured in dehumidified rooms to prevent damaging moisture is part of the process**.
- ✓ Products are **inspected at the MA warehouse prior to release for damage, label accuracy, appearance, taste and odor**. Product is quarantined if failing to pass inspection.
- ✓ Products are **assayed by independent labs** for isotonic capability, micro contamination, and potency on a random basis.
- ✓ Manufacturing **facilities are audited for GMP compliance** and proper documentation.
- ✓ **All ingredients are USP or NF grade or better**. The USP (United States Pharmacopoeia) and the NF (National Formulary) are official compendiums of approved ingredients. The U.S. Food and Drug Administration list the USP and NF in the Food Chemical Codex (FCC). Our vitamins and non-active ingredients meet USP specifications for identity, quality and purity
- ✓ There is no ingredient in Isotonix that cannot be found in any highly respected and traditional nutrient supplement. Only **the formulation and the delivery to the body make it a unique product**.
- ✓ **Costly quality control procedures** are used in its manufacturing to assure potency and quality.

### How can we trust that what is on the label is in the bottle?

- ✓ To ensure a **2-year shelf-life** Product contains **Over 100% of label claim** are used in every product formulation. 120% for Vitamins and 105% for Minerals. [FDA only requires that 90% of what is listed on label be in the bottle. We go above and beyond.]

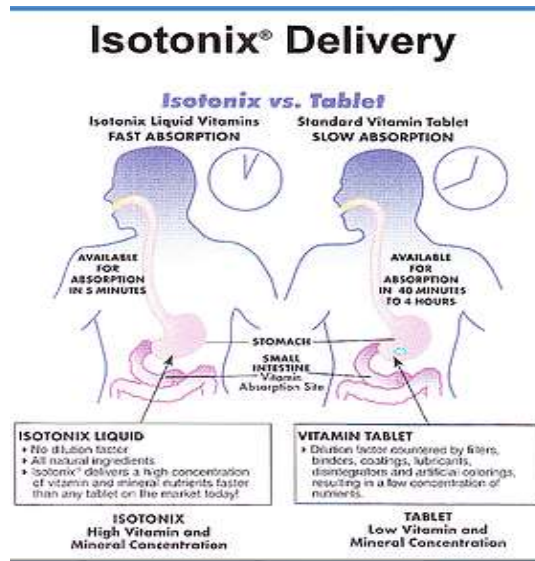
### Are the ingredients used in our products all natural?

- ✓ **Natural ingredients are use if that is the optimal source. Sometimes it make sense to use a synthetic.** The advantages of synthetic is purity is better controlled, there are no allergens, it is non-GMO, and there is no microbial contamination. Every ingredients meet USP specifications for identity, quality and purity
- ✓ **Some ingredients are derived from the electrolysis of sea water [e.g. such as the calcium carbonate] or extracted from plants,** like Pycnogenol and grape seed extract. Some ingredients, like calcium phosphate, are synthesized.
- ✓ **The vitamins and minerals are of the highest purity available and they are obtained from reputable manufacturing companies known for their quality raw products.** If we use herbal extracts, then there are a variety of laboratory methods used to isolate specific active components.
- ✓ Market America firmly believes in and promises to provide only the **highest quality products that will deliver maximum effectiveness.** All the ingredients in our products are backed by proven science and technology and we will continue to search out the best of the best to maintain our promise to our customers.

### Where are the product ingredients sourced from?

- ✓ Our products are sourced from wherever the best raw material is found and our quality control extends to each ingredient as well as the overall product. Some examples:
  - ✓ The fish oil in our Omega III is derived from sardines, anchovies, mackerel and Clupea generally caught off the coast of Peru. *FYI: The waters off the coast of Peru provide a biologically sustainable population of fish. The waters are nutrient rich. Small fry are used to ensure less likelihoods of contaminants.*
  - ✓ Aloe needs special conditions to grow - full sun and well-drained soil, with temperatures always above freezing. It takes 18-24 months for an aloe plant to be ready for harvesting. Each plant produces about three good leaves that can be harvested four times per year. Market America's aloe is grown in Mexico below the Tropic of Cancer. Plants are processed within 4 hours of harvesting.
  - ✓ Our OPC contains a natural plant extract from the bark of the maritime pine tree which grows exclusively along the coast of southwest France in Les Landes de Gascogne. This unspoiled and natural forest environment is the unique source of Pycnogenol®.

# THE ISOTONIX DIFFERENCE



## What are some key features of the PATENTED Isotonix process?

Isotonix iso- means “same” and tonic means “pressure” The same pressure as body fluids

Isotonic delivery is the most effective delivery system on the market today, second only to IV therapy

Uses malic acid and citric acid as well as carbohydrates to facilitate diffusion of nutrients across the cell membrane. This transport system is the same mechanism utilized by IV therapy where we use sugar or salt and mineral salts to help transport nutrients across the cell membrane

Standard Tablets take up to 4 hours to break down into the body. Many may only deliver up to 10 - 30% of what it says on the label. Many tablets contain binders, fillers, artificial colors and hydrogenated oils.

Isotonix supplements are Gluten Free and do not contain any binders, fillers, artificial colors or hydrogenated oils

A complete wellness protocol, including a Multi –Vitamin, activated B-Complex, Calcium and OPC (antioxidant) is the cost of a cup of coffee a day

One serving of Isotonix contains the amount of fruit-sugar in two grapes.

# THE ISOTONIX DIFFERENCE

- ✓ **Are there fillers in Isotonix?** There are NO preservatives or fillers, binders, excipients, artificial colors or flavors are used.
- ✓ **Are the natural ingredients used in our supplements screened for pesticides?** All ingredients extracted from natural sources (such as pine bark, citrus, bilberry, and grape seed) are tested using gas chromatography to ensure there is no pesticide residue.
- ✓ **What is the difference between Isotonix and oral sprays?** Isotonix shows up in saliva in 10 minutes. Spray cannot get entirely into system, PLUS oral spray is considered a DRUG!!
- ✓ **Is there an advantage to Isotonix products?** The advantage of ISOTONIX™ is that they do not have to be digested to be absorbed. When taken as directed on an empty stomach they go immediately into the small intestine where nutrient absorption takes place. According to The Physician's Desk Reference Page 1542 of this reference shows that vitamins and minerals in a pill form are only 10 to 20% absorbed by the body. Once a person is over age 30 and the body does not have enough enzymes and hydrochloric acid to dissolve pills, the percentage drops significantly. With Isotonix, this is not a problem as it goes straight into the bloodstream without the use of enzymes or acid. Any age gets full amount. Little nutritive value is lost. Isotonix does not require digestion before being absorbed into the body's system.
- ✓ **Are Isotonix lactose, soy and gluten free?** Isotonix products are free of milk casein, grain-derived gluten, soy and its by-products, and dyes. We make that claim on all of our Isotonix labels, and we have tested for these substances using sensitive ELISA methodologies. We use nutrients such as riboflavin and beta-carotene to impart color in our products.



# THE ISOTONIX DIFFERENCE

## ✓ **What about Maltodextrin?**

We do use a minimal amount of maltodextrin—as a particle-coating agent to prevent Isotonix powder from clumping without diminishing the isotonicity. It is a high-purity material and we again keep its use to a minimum.

It is true that in many foods maltodextrin acts as a bulking agent. The maltodextrin in Isotonix is used as a coating agent not as a bulk adding filler. Again, VERY little is used.

Some make the mistake of confusing Maltodextrin with MSG. They are not the same. MSG is a flavor-enhancing agent used in foods with some serious side effects including migraines. It makes sense for those folks to steer clear of MSG.

## ✓ **How much “sugar” is in them?**

Sweetened with natural fructose. Analogous foods, in both calories and natural sugar content of a single bite of a peach or apple or two grapes.

The sugar in Isotonix products is fructose. Fructose has a very low glycemic index (19 out of 100), it contributes about 4 calories per gram, and both fructose and glucose contribute in a major way to the isotonicity of Isotonix products.

## ✓ **Why does there need to be sugar in Isotonix?**

Nutritive sugars have multiple uses including being:

- **Masking agents** for covering the off-tastes of various nutrients (think: copper, zinc, B-complex vitamins),
- **Osmotic agents** that exert osmotic pressure and create isotonic solutions.
- **Active transport agent** such as glucose that helps to drag selected nutrients across enterocyte membranes.



# The Building Blocks

## **STEP ONE: Start with Food**

*Pages 17-18*

The Transitions Lifestyle System offers a science-based, tried and true, sustainable way of eating. Take the TLS profile

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## **STEP TWO: Fill the Gaps**

*Pages 19-22*

*Basic: Multivitamin/mineral with Omega 3*  
More options on Page 19

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## **STEP THREE: Add Conditionally Essential**

*Pages 23 -24*

Choose based on the Health Goal

# TLS ITS NOT JUST ABOUT LOOKING GOOD.

**TLS provides a natural, non-drug approach to help you [and your customers] with metabolic and nutritional imbalances.**

**We all have them...**

**Overtime these imbalances can lead to health problems traditionally treated with invasive prescription drug therapies such as Type 2 Diabetes, Neuropathy and heart disease.**



*TLS teaches us how to eat and live to. It also matches us to supplements that address the hormones that strengthen our will power, stoke our sluggish metabolism and balance our moods.*

*The Transitions Lifestyle systems helps:*

- Optimize weight [Yes, it works for people who are too skinny too!]
- Stoke Energy
- Balance Mood
- Reduce inflammation
- Balance Blood Sugar

*So bottom life - the TRANSITIONS LIFESTYLE SYSTEM is square one for EVERYONE.*





## **START WITH FOOD and LIFESTYLE**

*Everyone should be living TLS Lifestyle.*

*Don't know where to begin? [Do the 30-Day Jumpstart](#)*

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Visit : [www.tlsslim.com/yourdomain](http://www.tlsslim.com/yourdomain)

- Take the Weight Loss Profile*
- *Check out recipes to fit your plan*
  - *Note Videos Resources*
  - *Subscribe to TLS Blog*

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### *Some helpful Links*

- [Dirty Dozen/Clean 25 – Foods to Eat Organic](#)
  - [Good Food on a Tight Budget](#)

## FILL THE NUTRITIONAL GAPS

*Info is supported by research by Harvard School of Public Health–  
Council for responsible nutrition and other clinical research.*

### Multivitamin/mineral – Antioxidant

*FOUNDATION REGIMEN [Pick one]*

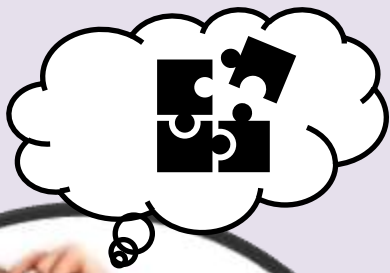
- ❖ Daily Essentials [OPC3 included]
- ❖ Anti-aging – OPC3 [or antioxidant of choice]
- ❖ 50 Plus – OPC3 [or antioxidant of choice]
- ❖ Prenatal – OPC3 [or antioxidant of choice]
- For Kids - DNA Miracles Multivitamin – OPC3

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### HAVE ON HAND

- ❖ On days you are not eating **greens** – COMPLETE GREENS
- ❖ On days you are not eating **cold water fish** – OMEGA 3
- ❖ On days you are not eating **berries** – ORAC
- ❖ On days you are struggling to get enough **protein** – TLS Shakes





## ANTIOXIDANTS

### MY OPINION

Vitamin-based antioxidants [ACE] are in your multivitamin.

**Add at least one standalone antioxidant.  
Switch 'em up every now and then.  
[When in doubt, ask your Doc.]**

### OPTIONS

- OPC3
- Thymenol
- Cannabiquin
- Vivoquin
- Resveratrol
- Curcumin
- Astaxanthin
- Orac
- Acai

### WHY OPC3? [included in Daily Essentials]

OPC3 is a workhorse antioxidants. It is great in its own right; but also make other antioxidants more powerful. If I could only afford one, this would be the one. [Why? It completely resolves some annoying arthritic pain I deal with....]

**OPC3 Video :** *David Pillot was a customer of mine and though this video uses opcs plus enzymes he told me that OPC3 offers even better results.*

**OTHER OPC-enhanced products; Beauty Blend, Prime Joint and Peak Performance.**

### WHY THYMENOL?

**Combines OPC and BLACK SEED OIL**

This is now my go-to. The combination is great for brain/heart health and immunity. Adding Black see oil kicks OPC into overdrive.

### WHY CANNABIQUIN

*Black seed oil/CBD*

Mood, addiction recovery, anxiety relief. If someone is struggling with those this is a good one to consider.

**[CBD Studies](#)**



## ANTIOXIDANTS

### MY OPINION

#### TWINS - CURCUMIN/RESVERATROL

These 2 antioxidants are siblings. Both offer potent antiaging and cancer-protective properties.

Both need to be offered at concentrated levels to be effective. Our products offer highly bioavailable formulas – Resveratrol - resverine, Curcumin Extreme - BCM14.

#### WHY CURCUMIN EXTREME?

Offers a very bioavailable curcuminoid, PLUS broccoli seed extract to support liver health/detox.

***It is a powerhouse.** Everything from Alzheimer's, to muscle recovery to metabolic syndrome and cancer-protection has been associated with curcumin.*

- [Curcumin Study](#) ;
- [Why Broccoli seed extract](#)

#### WHY RESVERATROL?

*One of my clients suffering from lung cancer, added 1-3 caps of resveratrol per day [no other change.]. The lesions growth dramatically slowed. Was it the Resveratrol? I don't know. His Dr. was amazed and based on his research thought that it likely supported slower lesion growth.*

- [Benefits of Resveratrol](#)
- [Resveratrol Study](#)

#### WHY ASTAXANTHIN?

*My husband's family is prone to skin cancer. He takes this as it protects against UV rays. [I add this in the summer. It keeps my skin from burning – no kidding.] It also is good for eye health. My friend take it seems to reduce pressure with her glaucoma. Airline pilots who need to protect their eyes, so they do not lose their license seem to love this.*

[Astaxanthin Study](#)

#### OTHER:

**ACAI** – this is a great antioxidant blend with mood/energy enhancers. Seems to stoke my dopamine and makes me want to exercise.

**ORAC** – I take this on days I don't eat berries.

To Learn more - review information in [unfranchise.com](#)



### STEP THREE

#### CONDITIONALLY ESSENTIAL

Identify supplements  
to support your  
specific health goals

### Tools

*To guide your personal research into what you  
or your customer might need to support health goals.*

- [Take the nutriphysical](#) on shop.com
- Take the [TLS Find Your Fit](#) Assessment
- Explore [products by category](#) [example: Digestive health, Heart Health] at Unfranchise.com
- Review the following list of [on page 22](#) specific health goals. Review product information on each product via shop.com [or your back office]

# CONDITION-RELATED PRODUCTS TO SUPPORT YOUR HEALTH GOALS

Do a deeper investigation into each product by reviewing links and reading information provided on shop.com or other sites.

## AGE MANAGEMENT

Prime Secretagogue  
Resveratrol

## ALLERGIES

OPC3 or Thymenol  
Cannabaquin

## ATTENTION/FOCUS

Turn up

## BLOOD SUGAR MANAGEMENT

Advanced Level 90 [as needed]  
Isochrome [Daily]

## BONE STRENGTH [Both]

Calcium/Magnesium/D3 [In the Daily Essentials]  
Vitamin D with K2 [In the Antiaging Essentials]

## BRAIN HEALTH

Prime Longevity  
Thymenol

## ENERGY

Awake [opt. to 5-hour energy]  
Mochatonix  
Acai [Gloomy mood – lifter]

## EXERCISE RECOVERY

Peak Performance or Astaxanthin  
Collagen Peptides

## EYE HEALTH [one or both]

Prime Vision  
Astaxanthin

## FOCUS [and energy]

Turn Up  
Acai/Mochatonix

## GUT TISSUE SUPPORT AND REPAIR

Digestive Health [video]  
Aloe  
Digestive Enzymes

## HEADACHE

Bymygra

## HEART HEALTH

Heart Health Kit  
Antioxidants: Astaxanthin, Thymenol

## IMMUNITY

Aloe  
Isotonix Immune  
Cannabiquin or Thymenol - Vivoquin

Note: Vitamin D is also very important. It is in all the multiblends, and also offered as a standalone.

## JOINT COMFORT [Choose one plus Collagen Peptides]

Prime Joint [Isotonix]  
Glucosatin [non-isotonix]

## SEXUAL PLEASURE/PERFORMANCE

[Prime Libido \[women\]](#)  
[Prime Performance \[men\]](#)

## LIVER/COLON SUPPORT

Hepatocleanse/7 Day cleanse  
[Video Explanation](#)

## MICROBIOME SUPPORT

[Probiotics Information – VIDEO](#)  
Probiotics 10  
Nutriclean Fiber

## PROSTATE HEALTH [choose one]

MPC  
Prime Prostate Defense

## SLEEP

Turn Down  
Prime Dreamz

## STRESS MANAGEMENT [Choose one]

ACTS – daily  
BLISS – as needed  
Cannabiquin –as needed or daily

## WEIGHT MANAGEMENT

Take TLS Weight Loss Profile

## WOMEN'S HEALTH

*Prime Feminene*  
*Female Health*

# Helpful Links

There is no MARKET AMERICA supplement. Our supplements are brokered through several different manufacturers who have proven they can meet our high-quality control standards and can bear the intense scrutiny of an independent testing company. Here are some links to further your own personal investigation.

- [Heart Health Omega Video](#) - Dr. Deedra Mason
- [Calcium Video](#) - Dr. Milan Moore ,MD, MPH
- [Antioxidant Primer PDF](#)
- [OPCS - Video microscopy of effect on the blood cells](#)
- [OPC3 – Video with Dr. Lamm](#)
- [Here is an archive of the science behind the products.](#)
- [POWER POINTS from product symposium](#)
- [Learn about the isotonix delivery system.](#)
- [The case for Isotonix Delivery \[must listen\]](#)
- [Isotonic study showing superior delivery system.](#)
- [More studies on OPC3 \[The isotonix difference\]](#)
- [Products that are Gluten Free](#)
- [Products that are GMO Tested](#)





# RETAILING Tools

**to help you match people  
to the resources they need  
to live a healthy life.**

## TRIAL SIZE MARKETING

This system can be used with any of our products that are offered in packets. The most popular is the Daily Essentials. [\\_Video explaining how \[take notes\]](#)

## TRIM TEA SYSTEM

Trim tea is a user-friendly metabolic enhancer with some solid science behind it. A 10-week commitment is recommended.

## TLS SYSTEM

Invite some friends to take a weight loss and/or wellness journey together. Here are some tools to help you sell the TLS system and match your client/customers to the tools they need to succeed

## PRODUCT PARTIES

### [Wellness 101](#)

### [Motives - It's Your Time to Shine](#)

[Other Party Plan options](#) Listed in [Purple Bar](#)


## PRODUCT SPECIALTY SYSTEMS

Nutrametrix, Shop Financial, Webcenters, Non-profit fundraising, Conquer Entertainment, TLS Certification, Motives and Skin-care are excellent ways to drive sales.

Some require specialized training and sales skill development. The learning curve might be steeper. It is strongly advised you start with one of the 3 Simple Systems first.

# RETAIL TO RECRUIT

Pop the Question to the customer who loves the products.



If I could show you a way to get your products at a discount or even free would you be interested in learning more?



## IF YES, CHOOSE ONE OPTION

**Referral discount:** If you lead me to another customer [or host an event] I will give you a 25% discount on your next product order.

**Show the Plan:** Book an appt to share the shopping annuity biz plan... [or TLS coaching overview/Nutrametrix overview]



## **MY FOUNDATION**

### **TLS CONTINUED COMMITMENT [with some flexibility]**

*I currently stay within 10 lbs. of my bathing suit weight – but guess what, I don't mind the curves and I am healthy. Now that I am older, I am not so concerned about 'how I look'; I more concerned about how I feel.*

### **OTHER DAILY PRACTICES**

#### **64 Oz. of Filtered, Alkaline Water**

There are a lot of water filters that alkalize water. Many are very expensive. My PUREH2O WATER FILTER provides water with an alkalinity of about 8.1 – considered an optimal pH for drinking water. Plus it keeps the microbe, chlorine and toxic metals [like lead] out. And it is so inexpensive. Under \$200.

#### **EXERCISE [At least 5 days a week.]**

Twice a day - 25 squats, 15 push ups, 50 arm rotations, 15 toe touches, some stretching. I try to get 30 minutes of brisk walking in each day. [and stay active as I can.] These changes seasonally. Sometimes I am into going to the gym, but mostly not.

#### **MY FASTING WINDOW**

I wait 14 hours between my last meal of the day and my first meal.  
I find that works for me.

#### **TYPICAL BREAKFAST**

Eggs, avocado and a piece of organic seed bread...  
or TLS Whey protein shake with Wild Blueberries.





## MY GAP-FILLERS

### ANTIAGING ISOTONIX ESSENTIALS and VIVOQUIN

*Why? because I am aging, and these two products hit every area of concern for me: Blood sugar management, Cognitive function, immunity and heart health... [Very little cancer in my family – but risk of early death from heart disease and stroke off the charts... Both my father and my brother died of heart attacks in their mid-50s.]*

- DURING THE SUMMER– I add **ASTAXANTHIN**.
- DAILY: I add **CURCUMIN** or **RESVERATROL**
  
- ON DAYS I DON'T AT LEAST A CUP OF BERRIES – **ORAC**
- ON DAYS I DON'T EAT GREENS– **ISOTONIX ORGANIC GREENS**
- ON DAYS I DON'T EAT FISH – **EXTRA HEART HEALTH OMEGA**
- ON DAYS I DON'T EAT 3 SERVINGS PROTEIN – **WHEY PROTEIN SHAKES**
- ON DAYS I EAT PROCESSED or SUGARY FOOD – **NUTRICLEAN FIBER** It is not just a fiber – it is a gut healer, containing L Glutamine – a nutrient that helps heal the tissue of the gut and microscopic tears. It is commonly prescribed in Japan for gut healing [or so I hear.]



# MY CONDITIONALLY ESSENTIAL

## ➤ SUGAR DAMAGE CONTROL: **ADVANCED LEVEL 90**

*I am super sensitive to sugar spikes. When I am eating more sugar and/or starch than advised, I take this amazing product. It controls blood sugar on 2 levels – the glucomannan fiber blunts the spike – the chromium and other nutrients- makes the uptake of sugar on a cellular level more efficient. Do not leave home without it. Plus my antiaging blend has Isochrome in it – so I have all bases covered.*

## ➤ DURING HIGH TEMPTATION SEASONS: **TCv6 or Trim Tea. Nutriclean Fiber**

*I add trim tea/trim café. It blunts the sugar-craving trigger [Yes, sugar is my devil.] and keeps my fat cells from filling up. I love a BULLET-PROOF version with coconut oil and a bit of stevia. It gives me super energy. Also, taking a serving of **NUTRICLEAN FIBER** before a holiday event, will give me a sense of fullness [less likely to over eat] and does damage control.*

## ➤ TWICE A YEAR DETOX - **7 DAY NUTRICLEAN KIT [TLS DETOX MENU]**

### ➤ WHEN I NEED ENERGY [motivation/mental focus]

*I am not loyal to any one product here so mix it up.*

- **NEUROFOCUS** – when I need a dopamine hit, to get me off my butt and to the gym [or hiking trail.] I am not a person who 'likes' to exercise. I 'love' sitting on the couch and pondering life. These two supplements light the fire under me.]
- **MOCHATONIX** – When I need to be ON. It enhances my cognitive focus and recall. I use this gingerly, as it can hype me up.

### ➤ WHEN I AM STRUGGLING WITH SLEEP

**MAGNESIUM** [it calms me.] and/or **PRIME SLEEP** [It knocks me out.]