

LIVINGOOD DAILY

BLOOD HEALTH

BLUEPRINT



ANEMIA

SYMPTOMS

- Tiredness and fatigue
- Shortness of breath
- Thinning or fragile hair
- Irritability
- Weakness

FOODS TO ADD

- Greens (Spinach, Kale, Broccoli, Citrus, Acerola, Strawberries)
- Grass-Fed Beef
- Chicken
- Eggs
- Organ Meat
- Fish & Seafood
- Black Beans & Chickpeas
- Nuts & Seeds
- Fermented Foods
- Beet Root
- Cast Iron Pan

TESTING

CBC Blood Panel, Iron Panel, Iron, Total Iron Binding, **Ferritin

- Feeling cold when others feel fine (especially in your hands and feet)
- Dizziness
- Pale skin
- Headaches

FOODS TO REMOVE

- Decrease Dairy Intake
- Gluten
- Use Coffee and Tea Outside of Meals

FOCUS

- Methylated B Vitamins
- Chelated Minerals (Iron, Zinc Copper, Molybdenum)
- Vitamin C
- Liver Detoxification

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INCREASED FERRITIN (HEMOCHROMATOSIS)

SYMPTOMS

- Feeling very tired all the time (fatigue)
- Brain fog, mood swings
- Weight loss
- Weakness
- Joint discomfort, especially in the fingers
- Erectile dysfunction
- Irregular periods or stopped or missed periods

FOODS TO ADD

- Avocado
- Apples
- Apple Cider Vinegar
- Broccoli
- Olive Oil
- Eggs
- Fish
- Nuts & Seeds
- Coffee
- Tea
- Lemon Water Between Meals

TESTING

Ferritin, Liver Enzymes, Vitamin D, Platelets

FOODS TO REMOVE

- Limit Red Meat
- Vitamin C
- Alcohol
- Fructose
- Processed Foods
- Iron Enriched Foods
- Iron

FOCUS

- Give Blood (3 Times in 6 Months)
- Increase Electrolytes and Salt
- Magnesium
- 2-Week Liver Cleanse

YEARLY BLOOD WORK RECOMMENDATIONS



1 Blood Cells

CBC – Follow Normal Ranges of WBC and RBC

2 Cholesterol

Total – 200 -240 (Find Your Normal)
LDL Particle Size – Small Must Be Low
LDL – 100 – 130
HDL – 25% of Total Cholesterol
Trigs – 2x HDL or less

3 Sugar Levels

Fasting Insulin – 2 - 6
A1C – Below 5.7%
Glucose – Under 100

4 Kidneys

GFR – 90+ ideal, 60 or above with damage

5 Inflammation

ESR – 0-50 Below 15, 51 – 85 Below 20
Lactate Dehydrogenase – 140 -280
CRP – Below 3, Close to 0
Homocysteine – 5-15
Platelets ideal 250

6 Liver

AST – 10 – 40
ALT – 7 – 56
Ferritin – 11 – 100

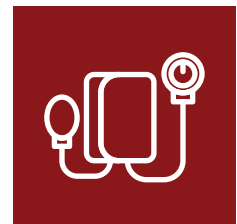
7 Thyroid Panel

TSH, T3, T4, Antibodies

8 Vitamin D3

Test D3 and D2 Ideally

9 B Vitamins



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.

Make it a LIFESTYLE

AS ALWAYS... BE

1%

BETTER EACH DAY.

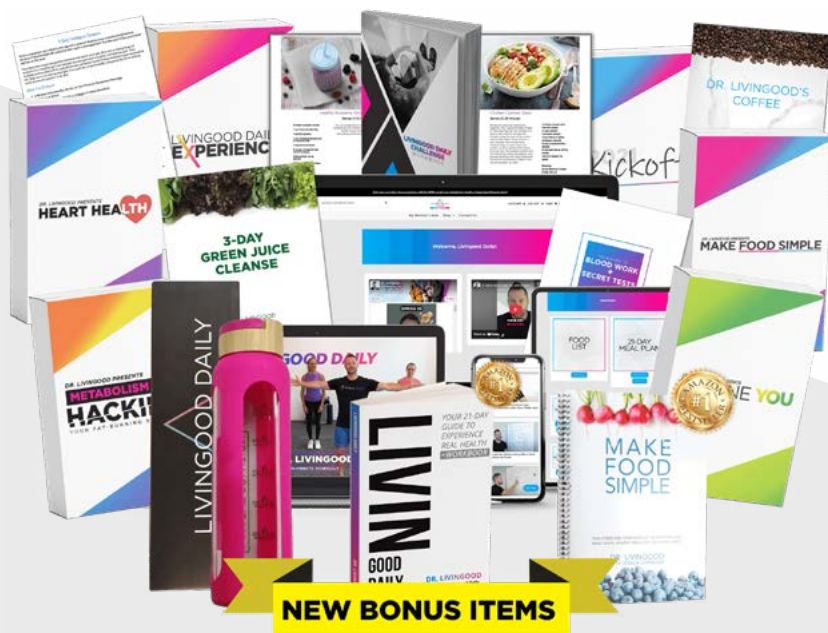
YOU ARE THE SOLUTION.

THE LIVINGGOOD DAILY LIFESTYLE

Join the Livinggood Daily Lifestyle today!

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 Livinggood 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 LIVINGGOOD 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 Livinggood 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!!

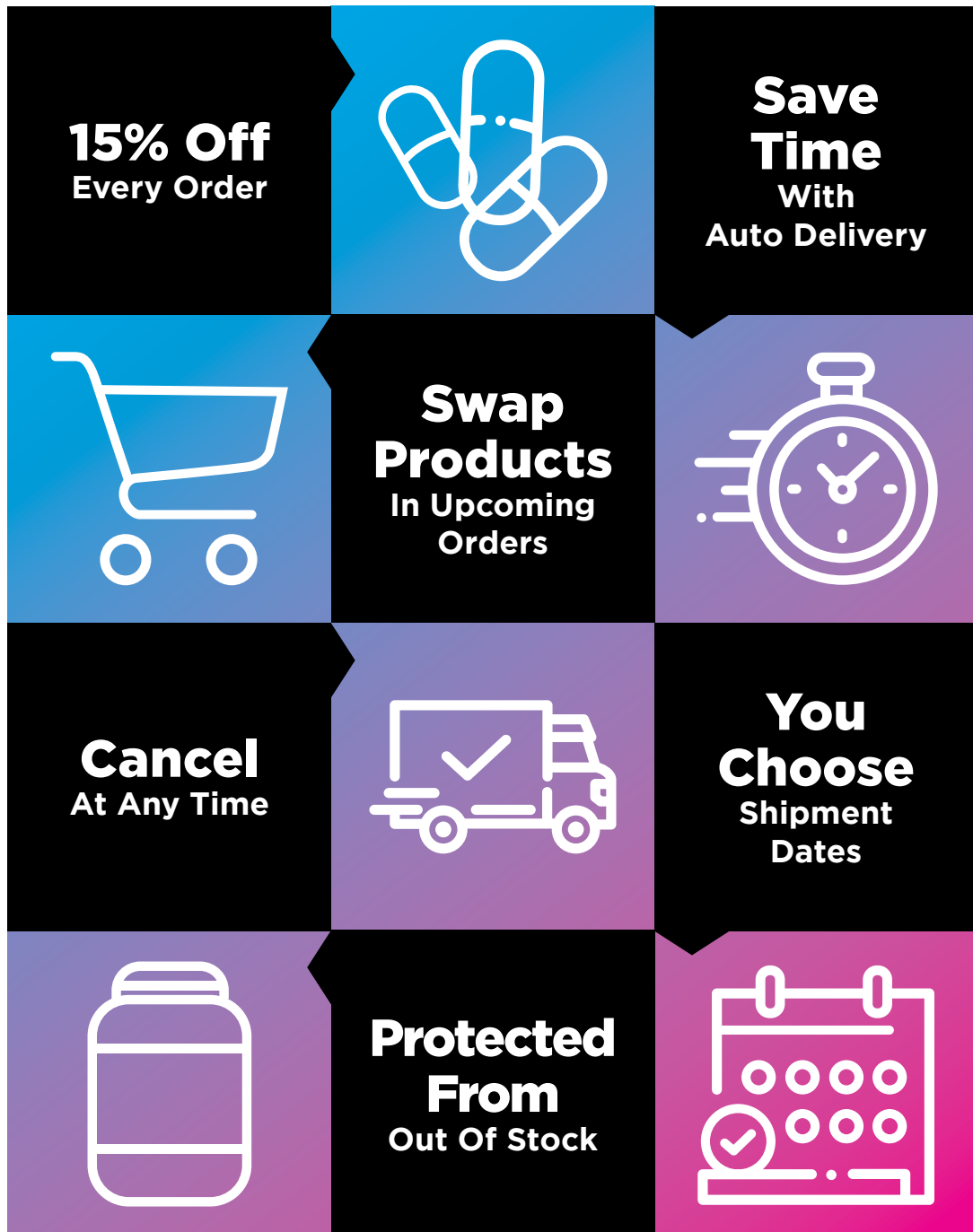
—Pamela H.,
Livinggood Daily Customer

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