

LIVINGGOOD DAILY

BRAIN HEALTH

BLUEPRINT



3 GOALS FOR SUPPORTING BRAIN HEALTH



**Supercharge
the Brain**

1

**Avoid
Brain Decline**

2

**Maximize
Performance**

3

YOU ARE THE SOLUTION.

LIVINGGOOD DAILY BRAIN SUPPORT[†]

6 IN 1 MEMORY + FOCUS FORMULA[†]

Get up to

20%
OFF

Livingood Daily Brain Support is a 6 in 1 formula designed to support memory, performance, and long-term health of the most important organ in your body.[†]

YES, I WANT IT!



NON-
GMO

VEGAN

KEY INGREDIENTS

- 1 Oat Straw**
Phytochemicals within oat straw extract can support brain health and occasional anxiety.[†]
- 2 Bacopa**
This ancient herbal plant has been shown to support brain function and cognitive health.[†]
- 3 L-Theanine**
This amino acid supports mood and sleep—both important functions of the brain.[†]
- 4 L-Tyrosine**
This is an amino acid that can support overall brain health.[†]
- 5 Phosphatidylserine**
Plays an important role in the health of nerve cell membranes, which are vital to brain health.[†]

10



SOLUTIONS

TO SUPPORT BRAIN HEALTH



BRAIN ON FIRE



**YOUR
HANDSHAKE**



**TYPE 3
DIABETES**



**LIFELONG
LEARNING**



NEUROTOXINS



BRAIN BATHS



**BLOOD
PRESSURE HIGH
AND LOW?**



**MENTAL MUSCLE
OR MENTAL
CHEWING GUM?**



**DRINKING
ALCOHOL OR
NOT DRINKING?**



**BEST BLOOD
TESTS**

1. BRAIN ON FIRE

BEST BRAIN FATS

Butter
Coconut Oil
Dairy Fat
Duck Fat
Eggs
Ghee
Lard
Macadamia Oil
Meat
Olive Oil
Palm Oil
Seafood
Tallow (Beef and Lamb)

OK BRAIN FATS

Almond Oil
Avocado Oil
Flaxseed Oil
Grapeseed Oil
Nuts and Seeds
Nut Butters
Pecan Oil
Sesame Oil
Walnut Oil

AVOID BRAIN FATS

Canola Oil
Corn Oil
Cottonseed Oil
Peanut Oil
Rice Bran Oil
Safflower Oil
Soybean Oil
Sunflower Oil
Wheat-germ Oil

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



2. TYPE 3 DIABETES

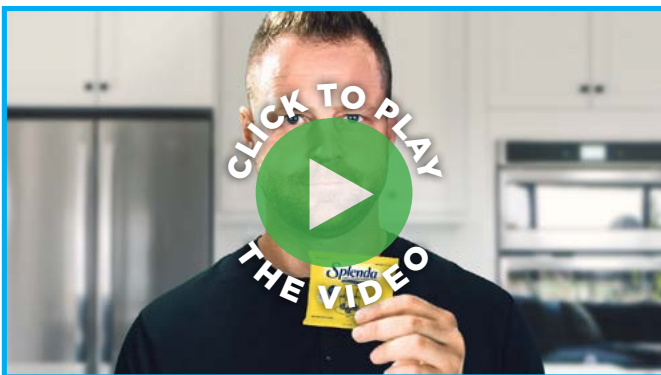
CLICK
to visit the
store page!



FOCUS

1. Sugar Fast
 - Follow the [Challenge Meal Plan](#)
2. [ACV](#)

3. NEUROTOXINS



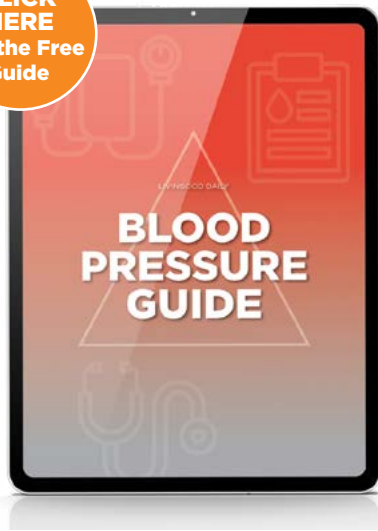
I breakdown 25 Natural and Artificial Sweeteners... the Health Effects are SHOCKING.

FOCUS

1. Aspartame & Sweeteners

4. BLOOD PRESSURE HIGH AND LOW?

**CLICK
HERE**
For the Free
Guide



CLICK
to visit the
store page!



9 FOOD SOLUTIONS

1. Magnesium
2. Potassium
3. Beets
4. NAC
5. Hawthorne
6. Pomegranate
7. Taurine
8. Alpha Lipoic Acid
9. [Breathing Exercises](#)

5. DRINKING ALCOHOL OR NOT DRINKING?

6. YOUR HANDSHAKE



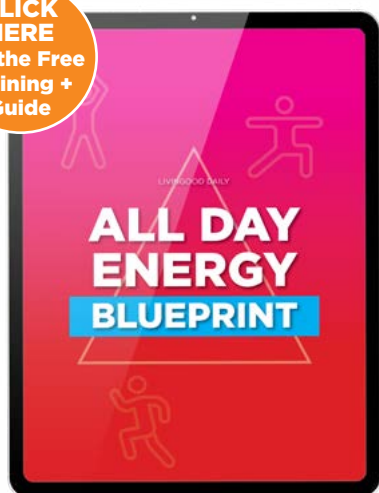
Free 10 Minute Workout 2



Free 10 Minute Workout 3

7. LIFELONG LEARNING

**CLICK
HERE**
For the Free
Training +
Guide



CLICK
to visit the
store page!



8. BRAIN BATHS

CLICK
HERE
For the Free
Training +
Guide

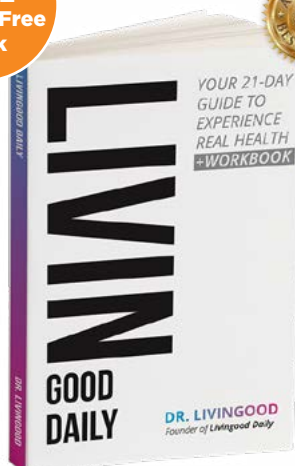


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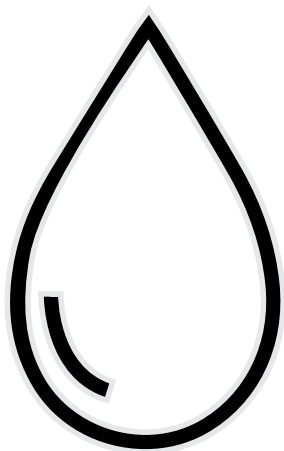


9. MENTAL MUSCLE OR MENTAL CHEWING GUM?

CLICK
HERE
For the Free
Book



10. BEST BLOOD TESTS



1. Cholesterol – Total, LDL, HDL, Trigs, LDL Particle Size
2. Fasting Insulin / A1C / Glucose
3. Vitamin D3
4. Inflammation
Regular CBC – WBCs / Platelets
C-Reactive Protein (CRP)
5. Liver - AST / ALT



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.

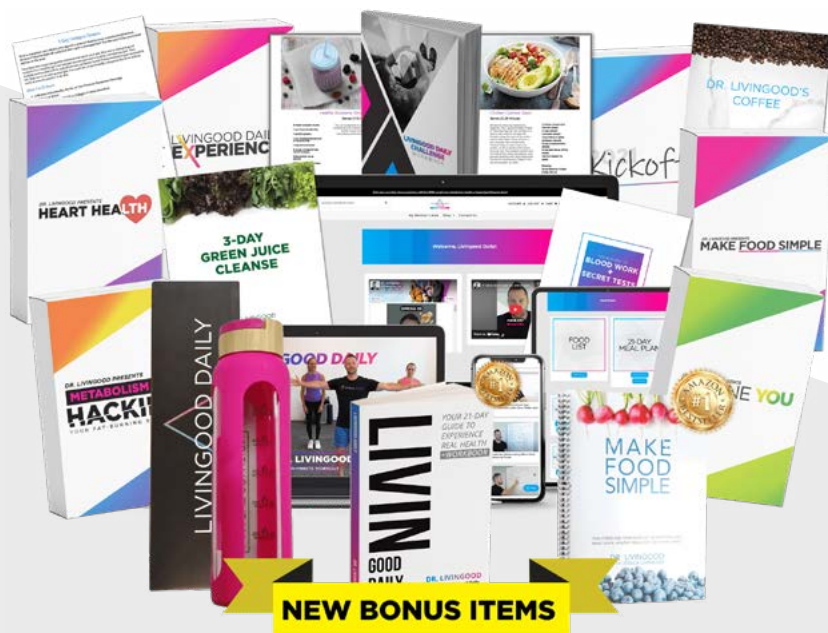
YOU ARE THE SOLUTION.

THE LIVINGGOOD DAILY LIFESTYLE

Join the Livingood 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 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

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

Subscribe & Save members enjoy many benefits.

Sign up today at store.drivingood.com





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