

A faint, stylized illustration of a pencil and a notepad. The pencil is on the left, pointing towards the center. The notepad is on the right, with several horizontal lines representing text. Both are rendered in a light pink color.

LIVINGOOD DAILY

DR. LIVINGOOD'S **GUIDED NOTES**

A faint, stylized illustration of a staple, rendered in a light yellow color, located at the bottom of the page.

IMMUNE YOU

Score yourself based on each question below. Total your score at the end.

Age

49 & Under..... [+0]
 50-64..... [+1]
 65 & Over..... [+2]

Weight

Ideal/Normal..... [+0]
 Overweight (25 lbs or less)..... [+1]
 Obese (25 lbs or more)..... [+2]

Blood Pressure

Normal (120/80 or less)..... [+0]
 Hypertension (above 120/80)..... [+2]

Do You Have Asthma?

No..... [+0]
 Yes..... [+2]

How often do you consume fast food?

Never..... [+0]
 Every other week to once a week..... [+1]
 2-4 times a week..... [+2]
 5 or more times a week..... [+4]

Vitamin D Levels:

50+..... [+0]
 30-49..... [+1]
 29 or less..... [+2]
 Never had checked..... [+1]

Direct exposure to sunlight for 20 minutes or more

5 or more days/week..... [+0]
 3-4 days/week..... [+1]
 2 or less days/week..... [+2]

Do you supplement with vitamin D3?

Yes..... [+0]
 No..... [+2]

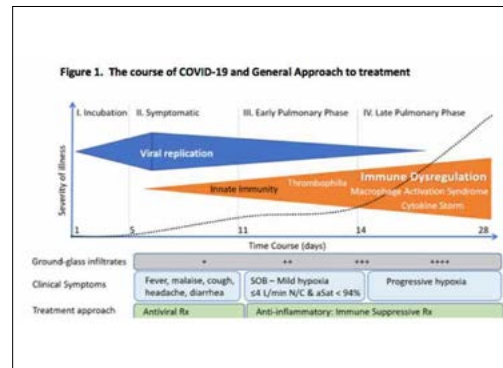
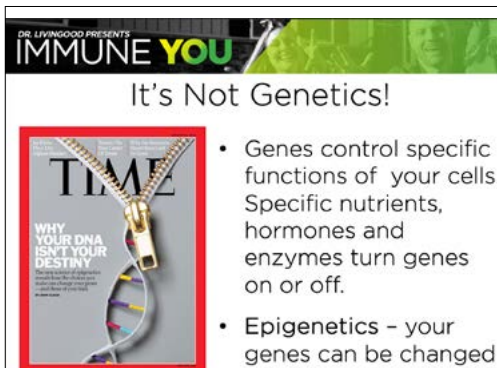
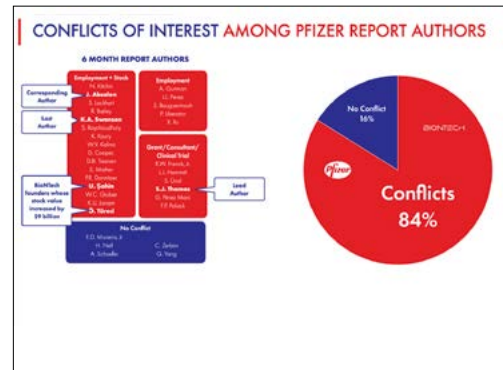
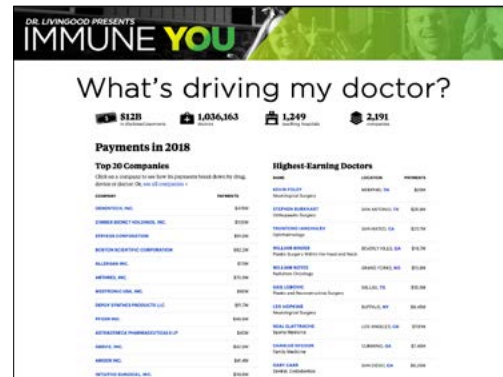
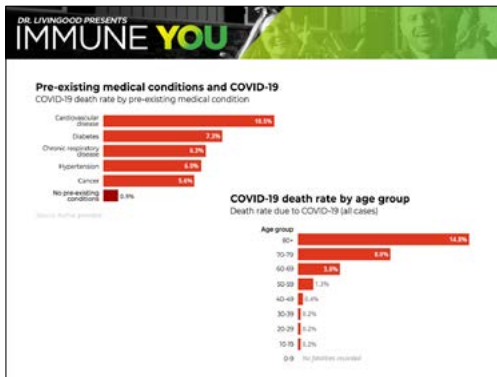
On average, how many hours of sleep do you get each night?

7-9..... [+0]
 6-7..... [+1]
 Less than 6..... [+2]

How often do you exercise?

5 or more days/week..... [+0]
 2-4 days/week..... [+1]
 Never..... [+2]

IMMUNE YOU GUIDED NOTES - DAY 1: LIFESTYLE PANDEMIC



My Notes

Score 1 point each if you’ve experienced any of the following symptoms since infection or injection:

Total your score at the end.

Fatigue	_____
Brain Fog	_____
Memory Issues	_____
Shortness of Breath	_____
Persistent Loss or Changes in Smell	_____
Persistent Cough	_____
Sweating	_____
Temperature Fluctuations	_____
Ringing in the Ears (Tinnitus)	_____
Increased or New Joint Pain	_____
Chest Pain	_____
Increased Blood Pressure	_____
Fast Beating or Pounding Heart	_____
Numbness	_____
Increased or New Depression or Anxiety	_____
Increased or New Muscle Pain	_____
Increased or New Headaches	_____
Shingles	_____
Heart Problems	_____
Blood Clots	_____
Swelling	_____
Increased Autoimmune or Inflammation Symptoms	_____
TOTAL	_____



DR. LIVINGOOD PRESENTS
IMMUNE YOU

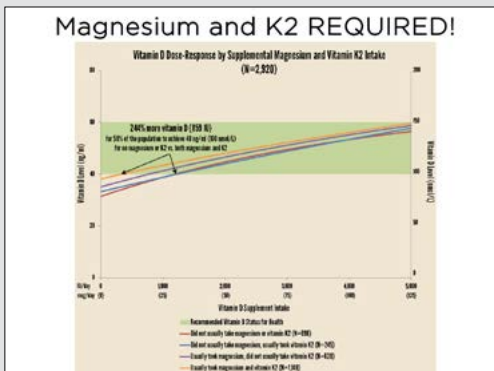
Top 10 Spike Protein Detox

1. Vitamin D
2. Vitamin C
3. NAC
4. Wormwood
5. Bioflavanoids
6. Quercetin
7. Zinc
8. Magnesium
9. Omega/Turmeric
10. Milk Thistle

140 STUDIES AFFIRM THAT GETTING THE VIRUS SUPPORTS NATURAL IMMUNITY

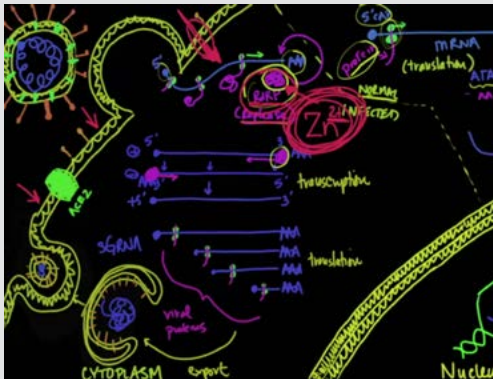
SEE CITATION #47

Magnesium and K2 REQUIRED!



Vitamin D3 and its Helpers

Proper levels of Vitamin D has been shown to reduce ICU visits and infections. Magnesium and Vitamin K2 are required to increase the absorption up to 244%.



Zinc Stops Viral Replication in the Cell

When zinc is able to be shuttled into the cell, it helps stop viral replication. In order to get into the cell, it needs a vehicle to carry it in. These are called zinc ionophores.

DR. L. L. WOOD PRESENTS **IMMUNE YOU**

Are there any other zinc ionophores that could work?

REVIEW article
Front. Immunol., 19 June 2020 |
<https://doi.org/10.3389/fimmu.2020.01451>

Quercetin and Vitamin C: An Experimental, Synergistic Therapy for the Prevention and Treatment of SARS-CoV-2 Related Disease (COVID-19)

The Power of Quercetin and Vitamin C

Quercetin is a non-drug zinc ionophore that helps shuttle zinc. Vitamin C helps fuel quercetin to make this happen. And that is why these two should be taken together.



OUR HEALTH HAS BEEN LIVING OFF CREDIT...AND THE MARKET JUST CRASHED.”



THE COST OF LOSING YOUR HEALTH

A couple retiring this year will need **\$250,000, on average, to cover medical expenses in retirement**, according to a study to be released by Fidelity Investments.

—*Huffington Post* (2010)

62% of bankruptcies are due to medical bills. 78% of those who filed for bankruptcy have insurance.

—*American Journal of Medicine* (2009)

—QUESTIONS TO CONSIDER—

1 Is it a Positive Test or an Actual Case?

2 Dying With a Virus vs From a Virus?

3 Do Inoculations Stop Transmissions?

4 What Are the Risks?

5 What Is In What I am Taking?

6 What About Virus Drugs? (Iver, Chloro, and Antibodies)

7 How Do I Support a Better Immune System and Reduce Hospitalization and Death Risk?

IMMUNE YOU GUIDED NOTES - DAY 2 / STRESS QUIZ

Answer the following questions by giving 0-2 points per response:
Never/No [0 points] Occasionally [1 point] Frequently/Yes [2 points]

Score yourself based on each question below. Total your score at the end.

How often do you experience stressful situations?	_____
How often do you feel tired or fatigued for no apparent reason?	_____
How often do you get less than eight hours of sleep?	_____
How often do you feel anxious/depressed?	_____
How often do you feel overwhelmed or confused?	_____
How often is your sex drive lower than you would like it to be?	_____
Do you tend to easily gain weight?	_____
Do you have high blood pressure?	_____
How often have you attempted to reduce your body weight?	_____
How often do you crave sweets and/or breads?	_____
How often do you experience memory or concentration issues?	_____
How often do you experience tension headaches or muscle tightness in your neck, shoulders, or jaw?	_____
How often do you experience digestive problems like gas, bloating, ulcers, heartburn, constipation, or diarrhea?	_____
How often do you get sick?	_____
Are you on medications for anxiety or depression?	_____

TOTAL _____



9 HACKS FOR BETTER SLEEP

1

TECHNOLOGY

This can be very detrimental, messing with the brain and the activity that it needs to do--getting you into a deep sleep where your body can heal.

2

ENVIRONMENT

Analyze the room that you actually sleep in. Look at the light and the temperature. It should be dark and cooler.

3

SLEEP SCHEDULE

Not going to bed and waking up at the same time each night and day will mess up the rhythm of your body.

4

DIET

Eating large or toxic, high sugar, not-so-good-for-you meals close to bedtime will interrupt your sleep pattern.

5

EXERCISE

The response and the impact that exercise has on your body can greatly impact how your body rests.

6

VALERIAN ROOT AND MELATONIN

Reduces the time it takes to fall asleep and improves the quality of sleep.

7

SPINAL EXERCISES

If the spine is in a bad position, the body can't rest the way it's designed to.

8

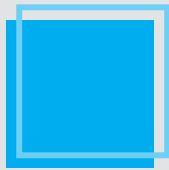
EPSOM SALT BATH

Dilates the blood vessels near the skin and flushes toxins out, your body will respond by being very relaxed, even drowsy.

9

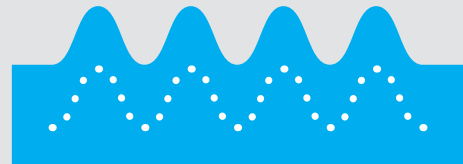
GO TO BED EARLIER

When you go to bed at a later time, you're interfering with your cortisol arch and the pattern that it's supposed to follow during the day.



BOXED BREATHING is a stress-reducing breathing technique in which you make a "box" with your breath. Here's how to do it:

- 1 Inhale through your nose for 4 seconds
- 2 At the top of the breath, hold for 4 seconds
- 3 Exhale through the nose or mouth for 4 seconds
- 4 Repeat steps 1-3 for a total time of 60 seconds



PACED BREATHING is a simple way to reduce stress. Here's how to do it:

- 1 Inhale through your nose for 5 seconds
- 2 Once the lungs are full, exhale through the nose or mouth for 5 seconds
- 3 Repeat steps 1 and 2 for a total time of 60 seconds

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IMMUNE YOU

IMMUNE YOU

1. Stress
2. Inflammation
3. Nutrition
4. Specific Microbes

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Inflammation




The diagram illustrates the process of inflammation in an artery. It shows a cross-section of an artery with a healthy lumen on the left and a narrowed lumen on the right. The narrowing is caused by plaque buildup, which is labeled as 'Vulnerable Plaque Formation/Rupture'. This leads to 'Heart Attack or Stroke'. The diagram also shows 'Damage' and 'Disarray' in the artery wall.

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Yearly Blood Work

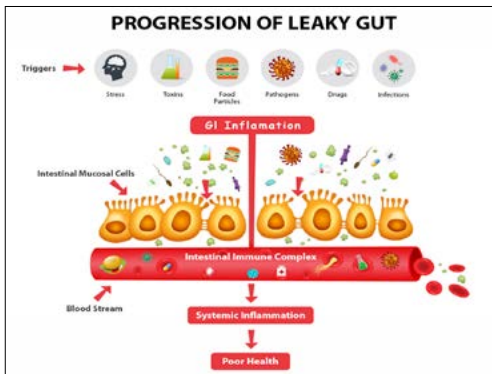
1. Regular CBC
2. BMI / VAT / Ab Fat
3. ESR
4. Platelets / Ferritin / D-Dimer
5. Fasting Insulin / A1C / Glucose
6. Vitamin D3
7. Antibodies (Thyroid, ANA)
8. LDH / CRP/Homocysteine
9. Check for underlying viruses - H-pylori, EBV, Hep B or C, CMV, HPV, HSV, HIV
10. Filters - AST / ALT / GFR



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2. Inflammation

- The gut has over 100 trillion micro-organisms.
- The gut flora provides protection from infection and regulates metabolism.
- Up to 80% of the immune system is in the GI tract.
- A healthy immune system depends upon gut flora and optimal digestion.

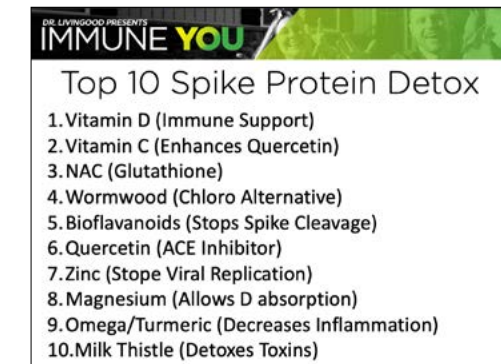
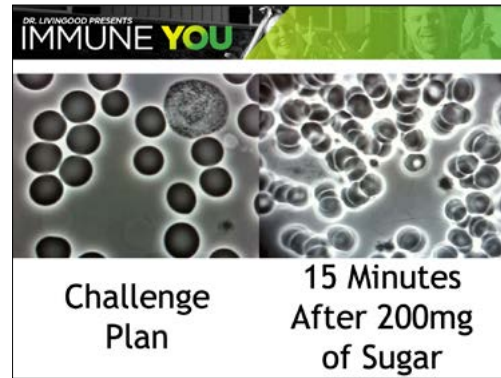
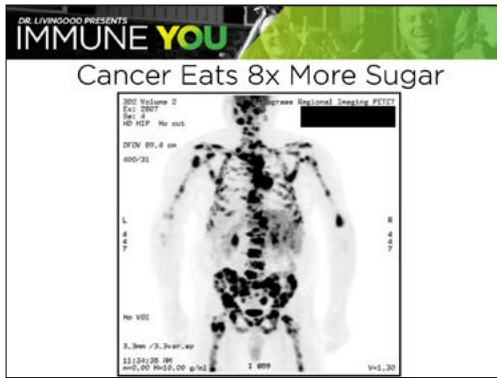



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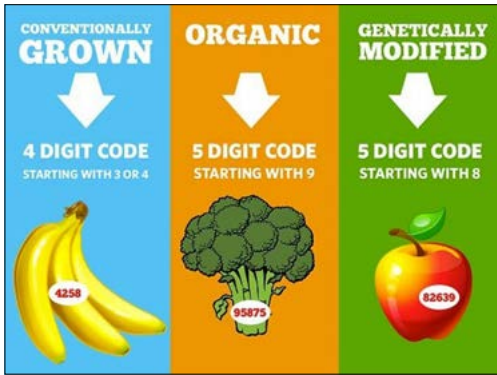
The 5 C's of Nutrition:

- Cut the Sugar*
- Crank Up Good Fat*
- Clean Up the Toxins*
- Care About Nutrients*
- Curb Your Consumption*

My Notes



My Notes



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Sick Six

1. Sugar (Grains and GMO's)
2. Artificial Sweeteners
3. Meat (Omega 6)
4. Commercial Dairy
5. Cooking Food
6. Water

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SCARY SEVEN: ARTIFICIAL SWEETENERS

CHEMICALS ARE USED TO REPLACE SUGAR

REPORTED SIDE EFFECTS INCLUDE: HEADACHES, MEMORY LOSS, DISORDERED COMPLEXION, MOOD SWINGS

ARTIFICIAL SWEETENERS ARE 200 TO 600,000 TIMES SWEETER THAN SUGAR

DID YOU KNOW? Chewing gum can contain 3 different types of artificial sweeteners

ALWAYS READ the LABEL

Artificial sweeteners include: SACCHARIN, ASPARTAME, NEOTAME, ACESULFAME POTASSIUM

Chemicals include: Saccharin, Aspartame, Acesulfame Potassium

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4. Commercial Dairy

- Loaded with antibiotics, growth hormones, vaccines, etc.
- Contains considerable amounts of pus.
- Processed with high heat denaturing proteins.

What to do:

- Stay away from conventional dairy!
- Organic at a bare minimum.
- Ideal is raw organic dairy. (if available in your area)
- Other options: almond milk & coconut milk

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5. Overcooked Foods

- Cooked foods contain the same number of calories but fewer nutrients
- Fiber is changed in cooked food (takes longer to pass through)
 - Raw foods - 24 to 36 hrs
 - Cooked foods - 40 to 100 hrs
- Amino acids are denatured with heat
- Less energy to digest (30% vs 60%)

Don't Make Good Foods Bad Foods!

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HEALTHY EATS AND HEALTHY

ITEM NAME	% FIBER	% NUTRITS	% VITAMINS	HEALTHY INDEX
Raw Food	100	100	100	100
Boiled Food	90	90	90	90
Baked Food	80	80	80	80
Roasted Food	70	70	70	70
Grilled Food	60	60	60	60
Fried Food	50	50	50	50
Smoked Food	40	40	40	40
Spiced Food	30	30	30	30
Salted Food	20	20	20	20
Sugared Food	10	10	10	10
Artificially Flavored Food	0	0	0	0

My Notes

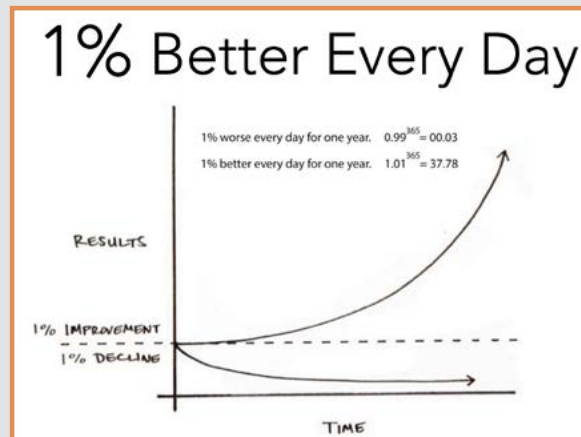
SUGAR

- is the primary dietary cause of obesity
- increases the acidity of the body
- causes inflammation
- is the primary reason for high cholesterol
- causes hormonal and metabolic imbalances
- is your fast track to diabetes
- is a known toxin
- leads to heart disease
- is an anti-nutrient
- promotes cancer

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Bad vs. Good Fats

Bad FATS Fat by man. Hydrogenated and Partially Hydrogenated Oils: Cottonseed oil, soybean oil, & vegetable oils. Trans Fats: Margarine and synthetic butters. Rancid Vegetable Oils: Corn oil, canola oil, or those labeled simply vegetable oil. Found in practically every bread, cracker, cookie, and boxed food.	Good FATS Not altered by man. <ul style="list-style-type: none">- Avocados and Avocado Oil- Coconut and Coconut Oil- Extra Virgin Olive Oil- Raw Nuts, Seeds and Oils- Real Butter (Raw Best)- Raw Cheese- Grass-Fed: Meats, Eggs, Dairy- Fatty Fish – Pacific or Wild Salmon, Small Fish, Sardines
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The Sick 6

1. Sugar (Grains and GMO's)
2. Artificial Sweeteners
3. Meat (Omega 6)
4. Commercial Dairy
5. Cooking Food
6. Water

The Sick 6 SOLUTIONS

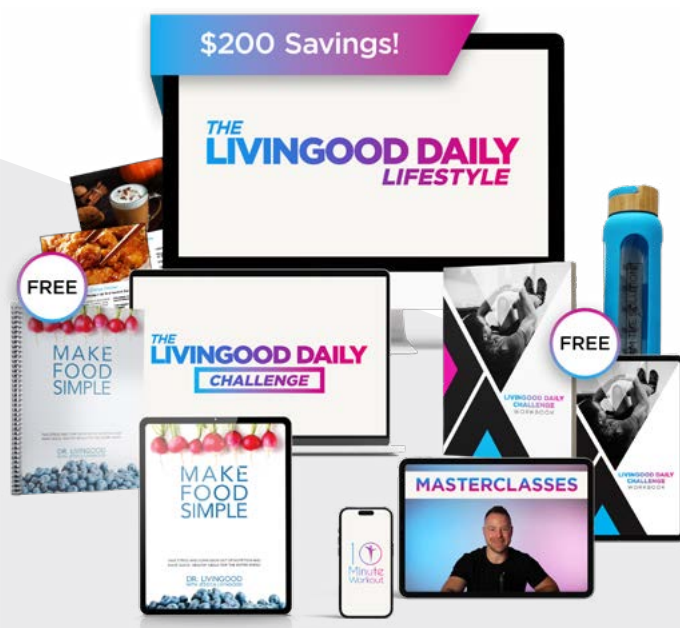
1. Cut the Sugar (Grains, GMOs, and Gluten)
2. Healthy Sweeteners (Monk Fruit, Stevia, Allulose, Erythritol, etc.)
3. Clean Up Meats and Oils
4. Organic Dairy and Alternatives (Nut milks, raw, etc.)
5. Minimize Cooking Food (Toaster Ovens, Lower Heat, Clean Pans, etc.)
6. Water – Filter it and use clean cleaners

THE LIVINGGOOD DAILY LIFESTYLE

Get the entire Immune You Course—all 4 days of recording—and 3 free immune guides when you join the Lifestyle!

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.



**GET THE ENTIRE RECORDING OF
THE IMMUNE YOU COURSE WHEN
YOU JOIN THE LIFESTYLE!**

JOIN TODAY!

**Included in
the Livingood
Daily Lifestyle
paid plan are:**

- ✓ Monthly Challenges
- ✓ Live Coaching
- ✓ 4+ Meal Plans
- ✓ 7+ Healthy Recipe Guides
- ✓ 50+ 10-Minute Workouts
- ✓ 27+ 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

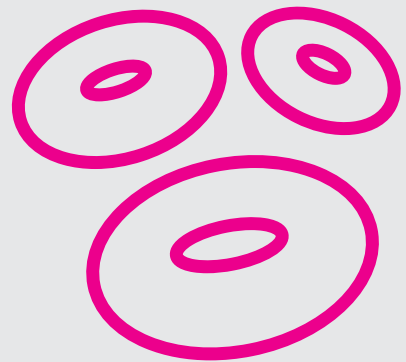


You are made up of nearly 75 trillion cells. You create more than 100 billion new cells every day of your life! (Millions per minute.)



Nutrients a Cell Needs to Replicate Normally:

- 1** Fatty Acids (Cells, Hormones, Brain, Detox)
- 2** Antioxidants (Prevent Cell Damage)
- 3** Amino Acids (Building Blocks of Protein)
- 4** Live Enzymes (Every Biochemical Reaction)
- 5** Vitamins (Cell Function)
- 6** Minerals & Trace Minerals (Cell Function)



Detox and Long Haul Nutrients

- | | |
|------------------------|-------------------------|
| 1 Vitamin D | 7 Zinc |
| 2 Vitamin C | 8 Magnesium |
| 3 NAC | 9 Omega/Turmeric |
| 4 Wormwood | 10 Milk Thistle |
| 5 Bioflavonoids | |
| 6 Quercetin | |

Score 1 point each if you’ve experienced any of the following symptoms within the last 6 months:

Total your score at the end.

Fatigue	_____
Headaches	_____
Neck pain or back pain	_____
Digestive disturbances	_____
Numbness in arms & hands and/or in feet & legs	_____
Rheumatoid Arthritis	_____
Hives	_____
Ulcerative Colitis	_____
Weight issues	_____
Eczema	_____
Heart palpitations	_____
Sinus congestion	_____
Mood swings	_____
Difficulty sleeping	_____
Depression/anxiety	_____
Asthma	_____
Coughing	_____
Sore throat	_____

TOTAL _____

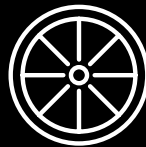


If you only do what is easy, you will always stay weak.



ALLERGY REMEDIES

- 1** High-Dose Quercetin, Nettle, and Vitamin C
- 2** Avoid Sugar, Alcohol, and Dairy
- 3** High Quality Probiotics and Vitamin D
- 4** Raw Local Honey
- 5** Silver serum
- 6** Tea Tree Oil
- 7** Oil of Oregano



INFECTION AND COUGH REMEDIES

- 1** Avoid Sugar, Alcohol, and Dairy
- 2** Rest!
- 3** Vitamin D / Zinc
- 4** Vitamin C
- 5** Oregano Oil
- 6** Silver Serum
- 7** Increase Temp / Hot Socks



YEARLY BLOOD WORK

- 1** Regular CBC
- 2** BMI / VAT / Ab Fat
- 3** ESR
- 4** Platelets / Ferritin / D-Dimer
- 5** Fasting Insulin / A1C / Glucose
- 6** Vitamin D3
- 7** Antibodies (Thyroid, ANA)
- 8** LDH / CRP/Homocysteine
- 9** Check for underlying viruses - H-pylori, EBV, Hep B or C, CMV, HPV, HSV, HIV
- 10** Filters - AST / ALT / GFR

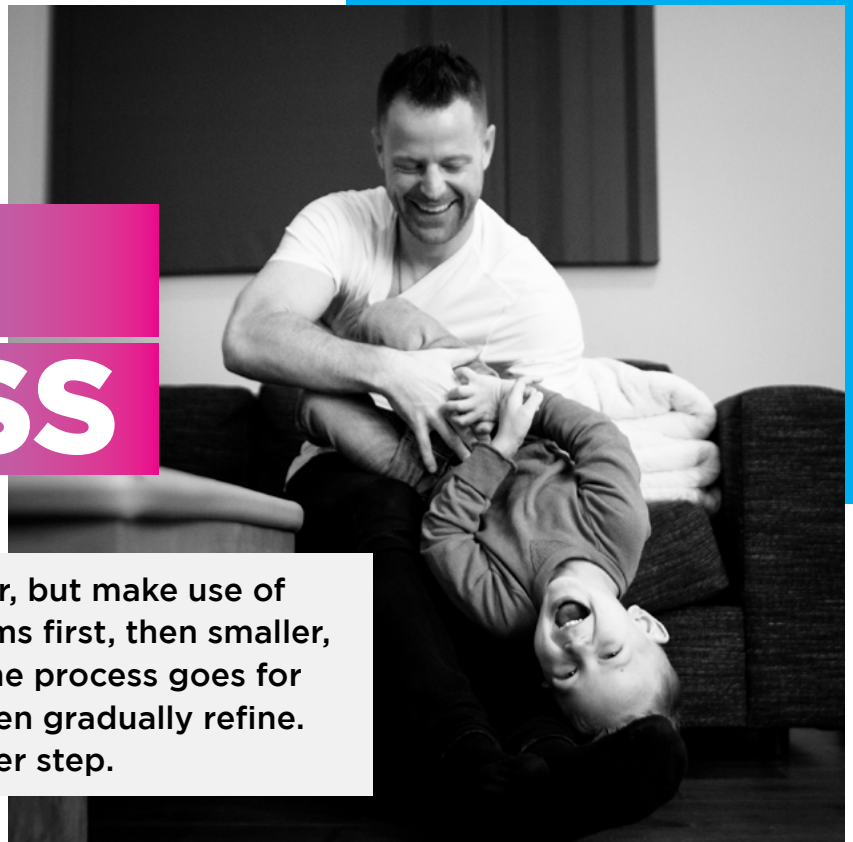


—IMMUNE YOU TOP 10—

- 1 Daily **breathing** and stress resistance training.
- 2 The body needs **9 hours** of sleep in total darkness to recharge and heal completely.
- 3 Increase the amount of live food to **50%** and follow the **5 C's** following the Challenge Healing Plan.
- 4 Start taking **Immune Strengthening Nutrients**
- 5 Half your body weight in ounces of **filtered water** each day with minerals.
- 6 Add alkalizing **greens** to your water and or juice daily.
- 7 Minimum of 10 minutes of **movement** daily. (Ideally HIIT)
- 8 **Reduce** the use of medication, microwaves, and toxic cookware.
- 9 Use **all-natural** personal hygiene products. (Sanitizers, soaps, and cleaners)
- 10 Implement daily and weekly **fasting**.

THE 1% PROCESS

Imagine you want to fill a glass jar, but make use of all the space. You'd add large items first, then smaller, then the smallest. Right? The same process goes for fixing your health: start broad, then gradually refine. Take as much time as you need per step.



STEP 1 (LARGE ROCKS)



THE FOUNDATION

Do at least 3 Livingood Daily Challenges and focus on the 5 F's

1. Fix Your **Focus**
2. Fix Your **Food**
3. Fix Your **Fitness**
4. Fix Your **Filters**
5. Fix Your **Frame**

STEP 3 (ADD SAND)



BRING IT ALL TOGETHER

Continue the Challenges, create one healthy habit per month, and turn Livingood Daily into a **LIFESTYLE!**

STEP 2 (ADD PEBBLES)

GO ADVANCED

Do one or multiple Livingood Daily Advanced Challenges

1. Basic or Advanced Gut Reset
2. Blood Pressure
3. Thyroid
4. Cholesterol
5. Metabolism
6. Inflammation



AS ALWAYS... BE

1%

BETTER EACH DAY.

YOU ARE THE SOLUTION.



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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