



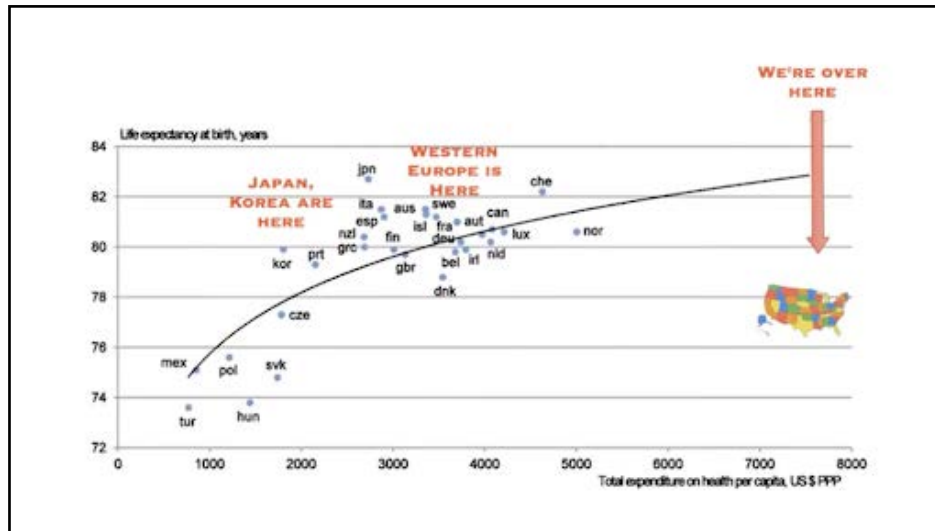
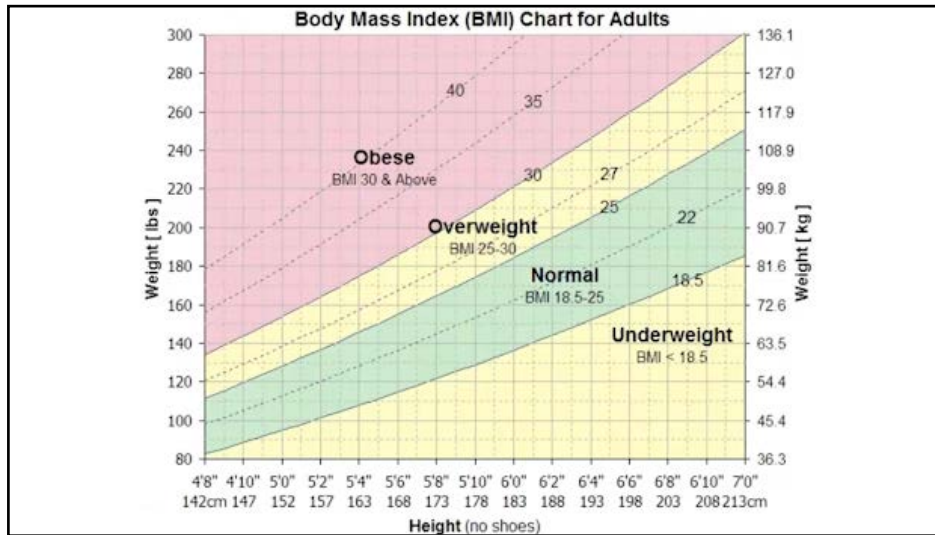
LIVINGOOD DAILY

DR. LIVINGOOD'S GUIDED NOTES



SLIMMING SUPERFOODS

SLIMMING SUPERFOODS GUIDED NOTES



BROKEN SYSTEM

- US ranks 30th out of 34 in the world in years of potential life lost
- 6 out of 10 American adults have a chronic disease
- As many as five out of six Americans will get heart disease or cancer
- 6.7 million have Alzheimer's—a number that has doubled in the last two decades.
- 225 million mental health drugs are prescribed each year for some 65 million people with mental disorders. 1 out of 5!
- In the past twenty years obesity has doubled and quadrupled for kids!
- Over 390 million worldwide are diagnosed as being overweight and at risk of serious cardiovascular disease.
- In 2022, 37 million children under the age of 5 were overweight.
- US 54th in the world in infant mortality rate
- John Hopkins University ranks US 37th out of 37 in overall health
- Autism, a severe neurodevelopment disorder impacts as many as 1 in 36 children, 1 in 25 if you're a boy
- The first time in history, this generation of children will experience shorter life expectancies than their parents.

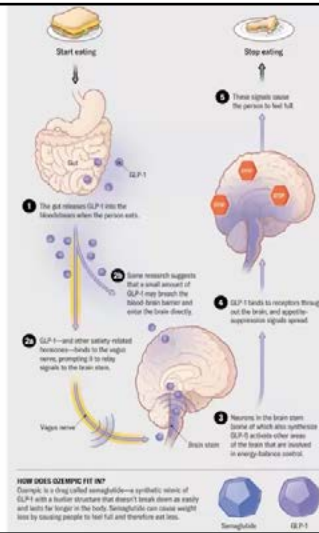
SLIMMING SUPERFOODS GUIDED NOTES

GLP-1s

Ozempic
Wegovy
Trulicity

GLP-1's Role in the Brain

GLP-1 is one of many important hormones produced in the gut in response to eating food. It has two well-established roles in the body: signaling to the pancreas to produce insulin and signaling to the brain to influence satiety and food intake. To communicate with the brain, GLP-1 released from the intestines binds to the vagus nerve—a long cranial nerve that shuttles signals from the gut and other organs to the brain stem. Once it arrives, neurons activate various brain regions, including those that cause people to feel full and stop eating. Researchers have found that neurons in the brain stem also produce GLP-1. Evidence suggests that GLP-1 performs similar roles in the gut and in the brain but in different ways.



GLP-1 Side Effects and Concerns

<p>Gastrointestinal</p> <ul style="list-style-type: none"> Nausea Diarrhea Vomiting Constipation Abdominal Pain Dyspepsia 	<p>Facial</p> <ul style="list-style-type: none"> Potential skin sagging Amplified visibility of wrinkles Depletion of facial fat, collagen, and elastin 	<p>Pancreas</p> <ul style="list-style-type: none"> Elevated pancreatic enzymes Possible pancreatitis Cholelithiasis with rapid weight loss 	<p>Cardiovascular</p> <ul style="list-style-type: none"> Increase in heart rate
<p>Oncological</p> <ul style="list-style-type: none"> Increased risk of thyroid cancer and medullary thyroid cancer 	<p>Renal</p> <ul style="list-style-type: none"> Possible correlation with acute kidney injury and other renal issues 	<p>Allergic & Immune Responses</p> <ul style="list-style-type: none"> Antibody formation Possible hypersensitivity Rare severe anaphylactic responses 	<p>Musculoskeletal</p> <ul style="list-style-type: none"> Variable impacts on bone fracture risks among different GLP-1RA
<p>Glycemic Considerations</p> <ul style="list-style-type: none"> Hypoglycemic events (often combined with certain other drugs) 	<p>Dermatological</p> <ul style="list-style-type: none"> Rash Erythema Itching Potential for transient bumps, papulopustules with certain formulations 		

The Purpose of the Livingood Lifestyle

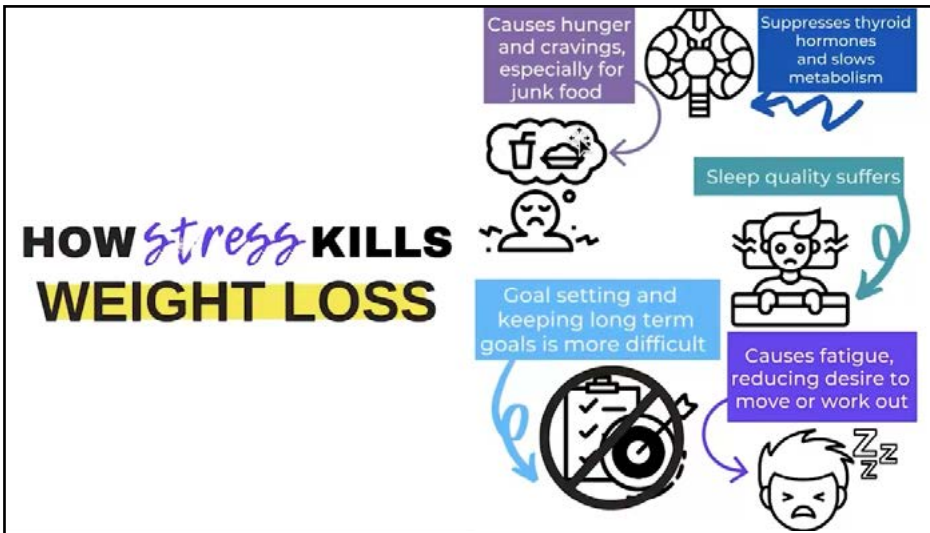
1. Detox the CRAP and Feel Good.
2. Burn Fat and Look Good.
3. Heal (Inflammation, Conditions, etc.)
4. Keep It and Live Good.

SLIMMING SUPERFOODS GUIDED NOTES

Dr. Livingood Presents
SLIMMING SUPERFOODS
EXPRESS MASTERCLASS

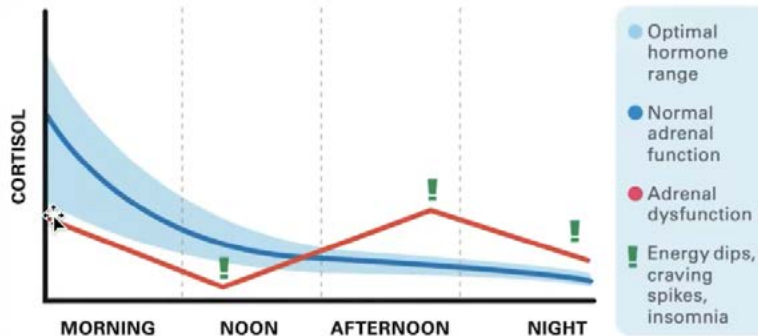
- 1. Protein Breakfast** (Grass Fed Collagen Protein, DLG Coffee, Eggs)
- 2. Fiber Focus Not Carb or Sugar Focus** (Seeds, Nuts, Beans, Prebiotics, Leafy Greens. Broccoli, Cucumber Berries)
- 3. Walk More**
- 4. Support the Liver** (Liver Cleanse, Lemon Water & ACV)

One Big Problem Remains...



How out-of-whack adrenals pack on pounds

Adrenal glands are meant to release cortisol in the morning to help us get moving. But when they malfunction, cortisol output is delayed. The result? Fat-packing cravings, fatigue and insomnia



SLIMMING SUPERFOODS GUIDED NOTES

GREEN ENERGY

7x
MORE VITAMIN C
THAN ORANGES


10x
MORE VITAMIN A
THAN CARROTS

17x
MORE CALCIUM
THAN MILK

9x
MORE PROTEIN
THAN YOGHURT

17x
MORE POTASSIUM
THAN BANANA

25x
MORE IRON
THAN SPINACH



Moringa Nutrient Chart			
Some antioxidants present in Moringa		Vitamins	Minerals
Alanine	Leucine	Vitamin A (Carotene)	Alpha-Carotene
Alpha-Carotene	Lutein	Vitamin B1 (Thiamin)	Arginine
Arginine	Methionine	Vitamin B2 (Riboflavin)	Beta-Carotene
Beta-Carotene	Myristic Acid	Vitamin B3 (Niacin)	Beta-Sitosterol
Beta-Sitosterol	Palmitic Acid	Vitamin B6 (Pyridoxine)	Caffeoylquinic Acid
Caffeoylquinic Acid	Prolamine	Vitamin B7 (Biotin)	Campesterol
Campesterol	Proline	Vitamin C	Glutathione
Catotenoids	Quercetin	Vitamin D	Histidine
Chlorophyll	Rutin	Vitamin E	Indole Acetic Acid
Chromium	Selenium	Vitamin K	Proline
Delta 5-Avenasterol	Threonine		Quercetin
Delta 7-Avenasterol	Tryptophan		Rutin
Glutathione	Xanthins		Selenium
Histidine	Xanthophyll		Threonine
Indole Acetic Acid	Zeatin		Tryptophan
Indoleacetonitrile	Zeaxanthin		Indoleacetonitrile
Kaempferal			Kaempferal
			Leucine
Essential Amino Acids		Non-essential Amino Acids	
Phenylalanine	Tryptophan	Alanine	Aspartic Acid
Threonine	Valine	Arginine	Cystine
Isoleucine	Leucine	Glutamine	Glucine
Lysine	Methionine	Histidine	Proline
		Serine	Tyrosine

Nutrient
Powerhouse

Natural
Energy
Boost



Supports
digestion,
gut health,
and natural
detoxification

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the Moringa
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THE LIVINGOOD 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.

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



JOIN THE LIVINGOOD DAILY LIFESTYLE TODAY!

NOT SURE IF THE LIFESTYLE IS RIGHT FOR YOU?

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

Simply sign up for the trial [here](#).

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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	Swap Products In Upcoming Orders	
Cancel At Any Time		You Choose Shipment Dates
	Protected From Out Of Stock	



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