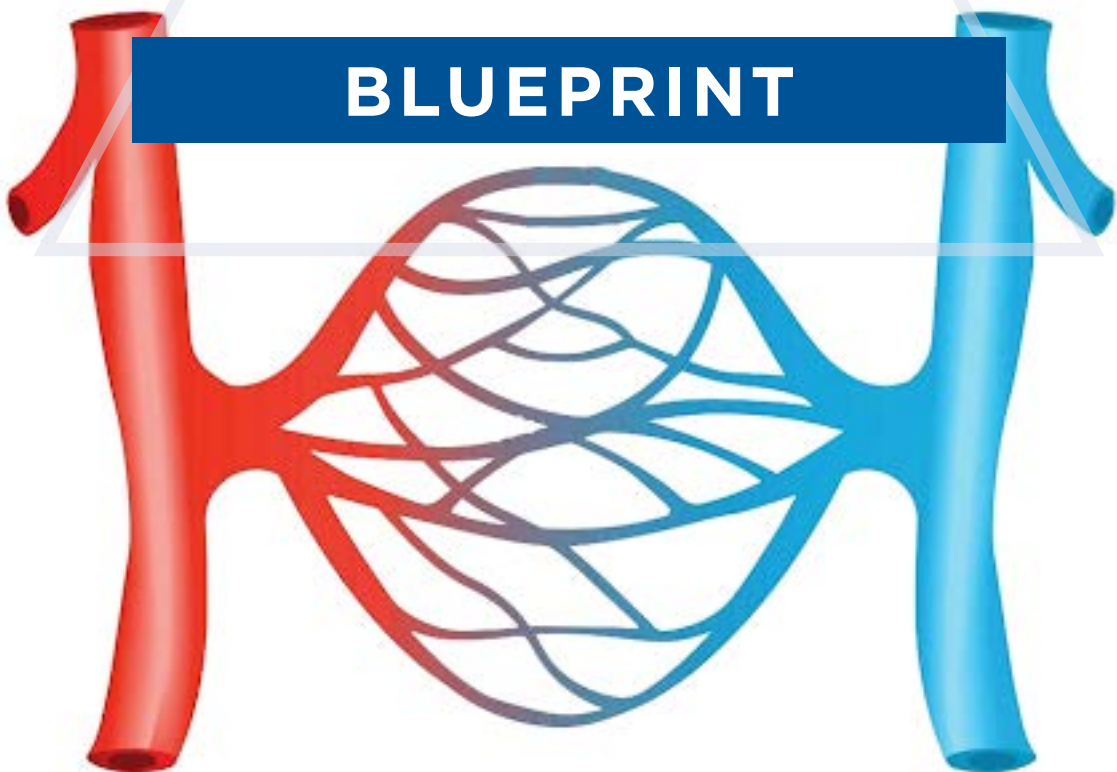


LIVINGOOD DAILY

VESSEL, VEIN, & NERVE HEALTH

BLUEPRINT



CALCIFIED ARTERIES & CALCIFIED PLAQUE

FOODS TO ADD

- Fermented Foods
- Greens
- Berries
- Superfoods
- Fiber
- Chia
- Flax
- Fish
- Turmeric
- Asparagus
- Garlic
- Avocado
- Organic Coffee

FOCUS

- [Challenge Meal Plan and Advanced Meal Plan](#) (Activate Autophagy)
- Nattokinase
- Menaquinone (K2)
- Diosmin

FOODS TO REMOVE

- Alcohol
- Fructose
- Processed Foods
- Rancid Fats and Seed Oils
- Calcium
- Calcium Rich Foods

TESTING

- Vitamin D
- Calcium Score
- CRP
- ESR
- Fibrinogen
- LDL Particle Size
- ApoB



PERIPHERAL ARTERY DISEASE

FOODS TO ADD

- Fermented Foods
- Greens
- Berries
- Onion
- Fiber
- Chia
- Flax
- Fish
- Turmeric
- Cassia Cinnamon
- Garlic

FOCUS

- [Challenge Meal Plan and Advanced Meal Plan](#) (Activate Autophagy)
- Nattokinase
- Menaquinone (K2)
- Diosmin

FOODS TO REMOVE

- Alcohol
- Smoking
- Fructose
- Processed Foods
- Rancid Fats and Seed Oils

TESTING

- Vitamin D
- Calcium Score
- CRP
- ESR
- Fibrinogen
- Platelets
- LDL Particle Size
- ApoB

BLOOD THINNING:

CLOTS, THROMBOSIS, DVT, EMBOLISMS

FOODS TO ADD

- Fish Oil
- Pineapple (Bromelain)
- Fiber
- Chia
- Flax
- Fish
- Turmeric
- Cassia Cinnamon
- Garlic
- Veggies

FOCUS

- [Challenge Meal Plan and Advanced Meal Plan](#)
- Rebounding
- [10 Minute Workouts](#)
- Avoid Leg Crossing, Elevate, and Dry Brushing
- Nattokinase
- Diosmin
- K2
- Vitamin C + Bioflavonoids

FOODS TO REMOVE

- Alcohol
- Smoking
- Fructose
- Processed Foods
- Rancid Fats & Seed Oils

TESTING

- PT / PTT / INR
- Ferritin
- CRP
- ESR
- Fibrinogen
- Platelets
- LDL Particle Size
- D-Dimer

VARICOSE VEINS & EDEMA

FOODS TO ADD

- Fish Oil
- Chia
- Flax
- Ginger
- Cayenne
- Turmeric
- Sea Salt
- Citrus Fruit
- Acerola

FOCUS

- Rebounding
- Leg Stretches and Strengthen
- Diosmin
- Gotu Kola
- Horse Chestnut
- Vitamin C + Bioflavonoids
- Omegas + Turmeric

FOODS TO REMOVE

- Alcohol
- Smoking
- Fructose
- Processed Foods
- Rancid Fats and Seed Oils

TESTING

- ESR
- CRP
- Platelets
- Ferritin
- Liver Enzymes

RAYNAUD'S PHENOMENON

FOODS TO ADD

- Fish Oil
- Chia
- Flax
- Ginger
- Turmeric
- Coconut Oil
- Garlic
- Spinach
- Pumpkin Seeds
- Citrus Fruit
- Acerola
- Unpeeled Apples
- Water

FOCUS

- [Challenge Meal Plan](#)
- [10 Minute Workouts](#)
- Dry Brushing
- Gotu Kola
- Diosmin
- Vitamin C + Bioflavonoids
- Omegas + Turmeric

FOODS TO REMOVE

- Alcohol
- Smoking
- Fructose
- Processed Foods
- Rancid Fats and Seed Oils
- Extended Fasting

TESTING

- Antinuclear Bodies
- ESR
- CRP
- Platelets

NEUROPATHY

FOODS TO ADD

- Chicken
- Beef
- Fish
- Collagen and Broth
- Legumes
- Eggs
- Ginger
- Turmeric
- Citrus Fruit
- Nuts and Seeds
- Fish Oil
- Water

FOCUS

- [Challenge Meal Plan and Advanced Meal Plan](#)
- Coconut Oil On Skin
- Saunas and Warm Baths
- Infrared and Light Therapy
- Benfotiamine
- Inositol, Methylated B12 and Folate, and Riboflavin
- Alpha Lipoic Acid
- Vitamin C + Bioflavonoids
- Omegas + Turmeric

FOODS TO REMOVE

- Alcohol
- Smoking
- Gluten
- Processed Foods
- GMO Foods
- Rancid Fats and Seed Oils

TESTING

- Nerve Conduction
- Heavy Metals
- CRP
- Platelets
- Blood Sugar and Insulin

RESTLESS LEG SYNDROME

FOODS TO ADD

- Fish Oil
- Chia
- Flax
- Black Beans
- Almonds
- Ginger
- Turmeric
- Sea Salt
- Citrus Fruit
- Acerola

FOCUS

- [Challenge Meal Plan and Advanced Meal Plan](#)
- Chiropractic
- Electrolytes
- B Vitamins
- Magnesium
- Benfotiamine
- Ginger
- Omegas + Turmeric

FOODS TO REMOVE

- Alcohol
- Smoking
- Processed Foods
- Rancid Fats and Seed Oils

TESTING

- X-rays
- Minerals
- CRP

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.

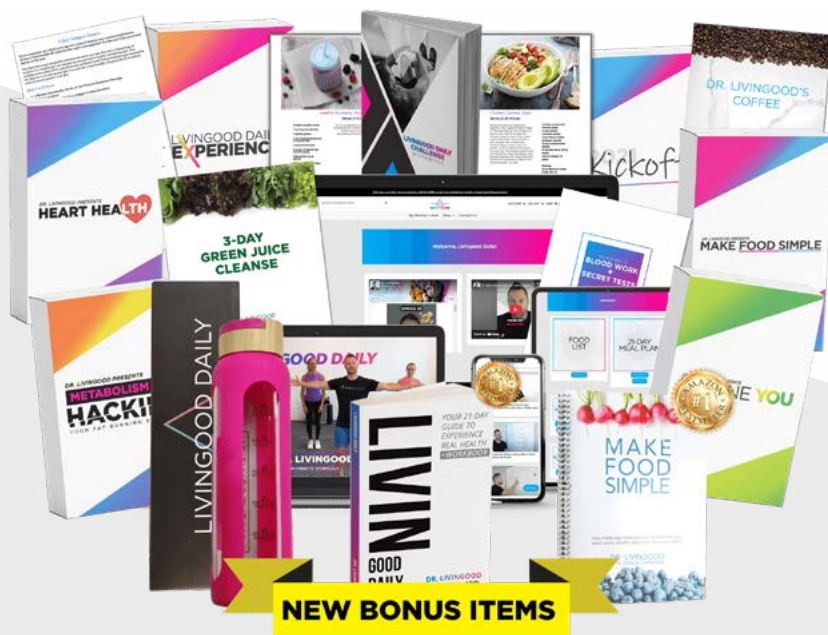
YOU ARE THE SOLUTION.

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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