

FDI YOUNGevity

“WHAT PRODUCTS DO I TAKE?”

- DIET ~ EXERCISE ~ LIFESTYLE
- DIGESTION
- GENERAL NUTRITION
- SPECIFIC NUTRITION
- AMAZING EXTRAS

DIET ~ EXERCISE ~ LIFESTYLE. Begin by improving your diet. Eat a rainbow diet – that is a diet with a variety of textures and colors. This increases your nutrient intake, improves digestion and, for some, will help by reducing the opportunity of specific food allergies or reactions. Seriously reduce or eliminate sugars, caffeine, carbonated beverages, high fructose corn syrup and deep fried foods. This alone will improve your health and mental state considerably! Next, you need to move your body! Daily! Work in the yard, go for a walk, do lunges from your bedroom to the kitchen, take the stairs, park farther away from the doors, ride a bike, go to the gym, swim, stretch...**MOVE** that body, sweat, increase your heart rate and your circulation! Laugh, love, pray, meditate, take care of your home, let others help you, be financially responsible, take care of each other and smile! By improving your diet, exercise and lifestyle you will greatly influence your body's health and your emotional well being!

DIGESTION. Have you ever heard that 'death begins in the colon'? Through all the education, clients and customers over these many years, this statement has been confirmed over and over again! It's imperative that you begin by addressing your digestive system. Enzymes, Fiber and Probiotics. In the FDI Youngevity product line, you can take the following products:

Enzymes: choose one

- Ultimate Enzymes #21211 (FDI Youngevity)
- eN-Zyme #HTG-113 (Healing America)
- Quadra-Zyme Plus #RG080 (R-Garden)
- Protease Plus #RG079 (R-Garden) (Primarily aids in the digestion of proteins)
- Enzyme Plus #82124 (Supralife) (if you have ulcers, this is an all plant based product.)
- Daily Essense #65001 Bio-Lumin Essence (Consider this for addressing inflammation as well)
- Digest Plus #67502 (Ancient Legacy)
- Gamma-Zyme #RG047 (R-Garden)
- Lipase Formula #RG067 (R-Garden) (Primarily aids in the digestion of fats)
- Maximizer #RG070 (R-Garden) (Again, if you have ulcers, this is a great choice: all plant based)
- Dymetazyme #3001 (Escape Int'l)

Fiber: Take this and eat more fiber

- Slender fx Food Fiber #21012

Probiotics: choose one

- Nightly Essence #65002 (Bio-Lumin Essence)
- Flora fx #20692 (FDI Youngevity)
- ALLiPRO #HTG-137 (Healing America)
- Inner Garden Flora #RG050 (R-Garden)
- Inner Garden Flora Chewables #RG052 (R-Garden)
- ProBacillus Plus #PJ435 (Projoba)
- Triple Treat Chocolate #24122 (FDI Youngevity)

GENERAL NUTRITION. This is where you will choose a combination of Multi Vitamin ~ Mineral supplement and Essential Fatty Acids to create your 90 Essential Nutrients daily protocol. There are a few to choose from. I encourage the addition of either the Plant Derived Minerals or the Cheri Mins to your final choice, for extra minerals. And also, add extra Calcium. The Calcium choices are listed below the Essential Fatty Acids.

- Ultimate Classic #13201 (FDI Youngevity)
- Ultimate Tangy Tangerine #13221 (FDI Youngevity)
- Total Toddy #81100 (Supra Life)
- Ultra Body Toddy #81099 (Supra Life)
- Beyond Tangy Tangerine #23221 (FDI Youngevity)
- Tropical Plus #13206 (FDI Youngevity)
- Super Daily #PJ220 (Projoba)
- Ultimate Daily #21831 (FDI Youngevity)
- Maxum Essentials #82110 (Supra Life)
- Vitamin Mineral Formula #RG093 (R-Garden)
- Daily Complete #RG017 (R-Garden)

Then add the Essential Fatty Acids:

- EFA Plus #20989 (FDI Youngevity)
- Projoba Omega #PJ290 (Projoba)
- S.M.A.R.T. fx #20970 (FDI Youngevity)
- Women's Multi EFA #82165 (Supralife)
- EFA #20641 (FDI Youngevity)
- Omega 9+ #HTG-1051 (Healing America)

Choose a Calcium supplement to add to your 90 Essential Nutrients:

- Osteo fx Plus #13210 (FDI Youngevity)
- Bio Calcium #82132 (Supralife)
- Calcium Citrate Chewable #RG010 (R-Garden)

SPECIFIC NUTRITION: This is a very personalized section of your nutritional regimen. What areas does your body demonstrate weaknesses? For example, are your joints aching? For joint support you would add one of our joint support formulas. Do you want to take more antioxidants to hold back free radical damage at the cellular level? (everyone should say yes to this!) For antioxidant support, add one of our many powerful antioxidant products, and rotate them every other month with another antioxidant. Blood sugar issues? Add one of our products to support more stable blood sugar levels. If you need help in this area, please call customer service: 1-800-982-3189 OR call your upline/sponsor for more support in choosing specific nutrition that is right for you!

AMAZING EXTRAS: We carry SO many other amazing products. It's not possible to do them justice in this overview and we encourage you to get on one of many company calls to learn more. Go to www.brilliantoffice.com for conference call times and numbers. Briefly, here are some amazing extras that you can now purchase at wholesale pricing!

- **Chocolate!** Need I say more? Triple Treat Chocolate with probiotics and over the top ORAC value (antioxidant)! And the Triple Truffle Chocolate with added Calcium and Vitamin D.
- **Java Fit Coffee** oh my! Fantastic flavors from Organic Arabica to Nutrient Infused Coffees.
- **Healing America, R-Garden,** two divisions of herbal products, tinctures, essences and wonderful blends! You will certainly find some favorite effective products in these lines!
- **Ancient Legacy Essential Oils** ~ one could build an entire business by representing this division of products alone! They are organic where possible and all of our essential oils are EOBD certified. (a must for quality assurance!)
- **Isola Luce** ~ Incredible clean burning palm oil candles of all sizes and scents, cradled in satin lined decorative boxes! Great gifts for yourself, friends and family.

- **Mineral Makeup Collection** ~You won't believe your eyes! A full line of clean, great for your skin, healthy for your body, mineral makeup! We were THE makeup for LA Fashion week! Designers from Paris to New York were calling for specific colors for their models. Any magazine photos you see from the LA Fashion week ~ those models are wearing our makeup!
- **Projoba Int'l** with our extremely popular Pollen Burst, and other Pollen and SOD products.
- **Suzanne Somers** ~ A fantastic line of clean meal additions like salt rubs and dip mixes, fun jewelry and accessories, and the famous Thigh Master and the Face Master System!
- **Soul Purpose** ~ A full line of exceptional balms, solid scents, gels, scrubs and polishes, custards, organic Happy Feet, therapeutic salves, bath & body gift sets and hair care products!
- Clean, chemical free, skin care products (**Botanical Spa Collection** with FDI Youngevity)~Outstanding Sports Drinks like the favored **Rebound**~ Alcohol free, anti bacterial products (**Pure Works**)~ Home and Garden and even **Pet products**.
- **360 Structured Water, Ovation, Tidal Wave, The Balance Company, Adaptogenix!**

Go check them all out on the corporate site: www.Youngevity.com and welcome to our FDI Youngevity family!

***Keep in mind ~ All bodies are different. These are general guidelines and recommendations. The statements on this site or in this writing are not intended to replace the advice of your treating medical care provider. They are meant to enhance. Brilliant Nutrition, Inc does not dispense medical advice or prescribe, treat or diagnose disease. The only claims we make are that our products and services will enhance, promote, protect and support the systems of your body. We design and recommend individual dietary, nutritional and lifestyle programs that allow the body to rebuild, repair and heal itself. The human body, if given the chance and the proper tools, has the capacity to heal. The views and nutritional advice expressed by Brilliant Nutrition, Inc are not intended to be a substitute for alternative or conventional medical services. If you have a severe medical condition or disease, consult a qualified practitioner. All health products should be used under the supervision of your individual health care provider.*