

This information is intended to help troubleshoot when someone isn't seeing the results you would expect and in the case of SEVERE digestion/absorption challenges. These are the steps that I personally needed to use. I would like to give special thanks to the knowledge of Dr. Wallach, the tremendous support and coaching of Blake Graham, and the entire Youngevity scientific advisory board. –Carolee Koehn

**** We do not treat or cure disease. We use science based, clinically verified, holistic nutrition to support and promote the structure and function of the body. All statements have not been evaluated by the FDA. The nutritional information that you may see on these pages are personal opinions only, and should not be taken as medical advice. ****

EDUCATION:

- A. Listen to the “Cerial Killers” CD—an interview with Dr. Wallach & Blake Graham on digestion and absorption. (For even more insights, consider watching the “Against the Grain” and “Understanding the 10 Bad Foods” videos by Dr. Glidden.)
- B. Fill out the 90+4 Self Evaluation Sheet to make sure that you have identified all of the problems that may be occurring.
- C. For detailed information on many of the digestive support products discussed below and how to get better results in ALL categories please make sure to listen to the “Youngevity Audio Catalog” 3 CD set and the 2 CD set called “Why Is America So Sick?” by RN Joanne Conaway.
- D. Listen to the Product Update Call on Digestion <http://tinyurl.com/p9mmkr9> for a short overview of advanced digestion/absorption steps.
- E. Gluten Free and Loving It! – a Dr. Wallach approved cookbook written by Valerie Nielsen.

Note The Cookbook and Self Evaluation Forms are available at www.yteamtools.com as well as the CDs which can be purchased individually or as part of a set called the Youngevity Product Media Library.

Level 1: BASIC PRODUCTS & DIET CHANGES:

- 1: The Healthy Digestion Pack 2.0 appropriate for body weight. If there are known severe food allergies or sensitivities, consider substituting Ultimate Classic (no fruits and veggies) for the Beyond Tangy Tangerine 2.0.
- 2: Follow the Good Food Bad Food List –www.thegoodfoodbadfoodlist.com. The basics are: (1.) 100% Gluten Free—this includes wheat, barley, rye, and oats (including oats labeled gluten free), (2.) Avoid all bad fats and oils as they further damage and dry out the villi, and (3.) Eat 4-6 eggs per day (if allergic to eggs, use butter—up to 1 stick a day)
3. Limit or avoid completely GMO foods and eat organic wherever possible.

Level 2: ADVANCED PRODUCTS & DIET CHANGES:

The next steps are for SEVERE digestive and absorption problems or for people who just aren't seeing results. The importance of diet change cannot be overemphasized here.

PRODUCTS:

- 1: More Probiotics. Consider adding the Nightly Essence and Root Beer Belly. If you suspect lots of probiotic damage (from antibiotics, allergies, gluten intolerance, etc) consider the Flora Program as recommended by Joanne Conaway. Download it here: <http://tinyurl.com/lb8mlsn>
- 2: Add the Saxi Powder. The SAXI is a NUTRIENT CARRIER/TRANSFER product and helps nutrients get across the villi better, even if the villi is damaged and can help to improve EFA absorption.
- 3: Beyond Organics Products:
--Amasai: <http://tinyurl.com/m5uv284> --a type of yogurt with up to 19 strains of probiotics

The Beyond Organic dairy products are loaded with probiotics, CASEIN FREE and also contain a very low level of lactose—allowing many people with dairy intolerances to tolerate them very well. If you are sensitive and nervous (I was!), try these products in small amounts and see how you react to them before going on to regular use or doing a Suero Cleanse.

--The SueroViv Cleanse is a very gentle way to do a type of fast/cellular detox that works for almost anyone—unlike some of the harsher cleanses that involve herbs or lots of fruit or vegetable juices, needing to stay close to the restroom, etc. *If you are diabetic, you should always consult with a qualified health professional before attempting this or any type of cleanse.* Personally speaking, I am insulin dependent and was able to do this cleanse with the following modifications: (1.) I increased my B-vitamin intake via the Ultimate Daily's and/or D-stress. Which resulted in better blood sugar regulation and energy for me. (2.) I increased probiotics as much as was needed to deal with any stomach upset via the Root Beer Belly and Nightly Essence. (3.) I took ALL of my nutrition throughout the cleanse. When I tried to cut back to make it more of a fast—I struggled and when I took all nutrition like normal, the cleanse was an easy thing and I felt really good. I also found that extra magnesium and magnesium bath flake foot soaks helped tremendously with any achiness or mild headaches. I was even able to go for much longer than the normal 3 days which resulted in a huge step forward for me with digestive issue and food allergies. Jordan Rubin explaining the SueroViv Cleanse: <http://tinyurl.com/louvfjq>.

4: Are you taking ENOUGH to see results? Consider taking twice the amount recommended for your body weight—this can be a very useful strategy when someone is dealing with a SEVERE hard tissue problem (extra Osteo FX), food cravings (extra Plant Derived Minerals or Cheri-Mins), blood sugar (extra Sweet-Eze or Sugar-Eze), or just not seeing the results they want to. Sometime our systems are so damaged that we are taking the appropriate dose for body weight but only absorbing ½ of it.

DIET CHANGES:

1: Get rid of fiber and raw veggies. For serious digestion issues, in addition to being gluten-free, Dr. Wallach suggests a fiber-free, oat-free, raw-vegetable free diet. The reason for this is because fiber is like a scrub to the intestines, and when the intestines are damaged, then using a "scrub" on already damaged and sensitive villi increases the damage. So instead of raw vegetables, Dr. Wallach suggests lots of stewed, steamed, or boiled vegetables and soups. This is frequently a VERY IMPORTANT step for severe challenges.

2: Avoid ALL genetically modified food (GMOs). Please be aware that genetically modified food (GMOs) has recently been shown to be a MAJOR contributor to digestive and hormonal problems because this GMO food has the pesticide/herbicide ROUND-UP added to it, and this destroys the good bacteria in our digestive track. To avoid this ROUND-UP in the food you are looking for CERTIFIED ORGANIC food. **Also** Avoid all BAD fats and oils as they can further damage and dry out the villi.

3: Try adding 1-3 teaspoons of Organic Apple Cider Vinegar before each meal to build stomach acid. This will help to improve the proper breakdown and absorption of your meal.

Level 3: MORE ADVANCED STEPS

Getting rid of capsules is the step that, in my opinion, saved my life by allowing me to begin absorbing my nutrition much better and helped me to break a SEVERE form of insulin resistance. I have also seen it work wonders in people who may be older or have been sick for many years or damaged by heavy prescription drug use.

1: Get rid of as many capsules as possible. Your body's digestion capability may be damaged to a point where you are unable to break open or break down the capsule itself—thus you may be getting little or none of the nutrition inside of the capsule.

-EFA's: cut them open and squeeze into your BTT, Saxi, or into protein shakes.

-Blood Sugar Support Products and Hormone Support Products—These can be surprisingly tasty in water with a bit of flavored liquid Stevia. You could also add Saxi, BTT, Zradical etc for flavor.

-Ultimate Dailys: Crush and stir into applesauce, yogurt, jello, smoothies, etc or simply chew 😊.

-D-stress, Fucoi Z, Cell Shield, Selenium etc: Add to BTT or other liquid products

-Gluco Gel, Selenium, Plant Derived Minerals or Cheri-Mins: Blends well with BTT or in soups or bone broths

-For tricky tastes (Ultimate Enzymes or Killer Biotics) you can soak the capsule briefly in plain water or even in water with a bit of Organic Apple Cider Vinegar. This will “pre-digest” the capsule and work to “activate” the nutrition inside. Take it just before the capsule begins to fall apart.

2: If certain meals seem to trigger your symptoms consider a 30 day food diary to identify what may be the triggers. Is it Eggs? Dairy? Sugar? Spices? Nuts? Fruit? Once your digestive tract is damaged ANY type of negative food response is possible. Some have found that they need to do a completely grain and/or dairy free diet until they are able to improve digestion.

3: Have you developed other food allergies as a “secondary infection” of your original problems? Some common suspects include things like eggs, nuts and dairy—but be aware that you can be allergic to ANYTHING! It can be that you have gotten better, but that your absorption was damaged from something in addition to gluten, and this damage has increased to the point where you may have developed new food allergies. The pulse test Dr. Wallach discusses in his book *Let’s Play Doctor* can be useful in identifying allergies.

Dairy Allergies Try using the Beyond Organic Amasai and Cheeses (CASEIN FREE, very low levels of lactose, cultured, organic, and 100% grass fed), or raw or organic dairy sources—sometimes people who cannot tolerate regular homogenized/pasteurized/antibiotic/drug laced milk and milk products do okay with raw or organic dairy products. If butter is a problem try ghee instead. However, TOTAL avoidance is sometime necessary while the body is healing.

Egg allergies: An egg allergy is typically a digestion issue. So, by focusing on digestion, for some people an egg allergy can be reversed. Before eating egg you can try the Ultimate Enzymes 15 minutes before and Apple cider vinegar. If this resolves the reaction--then it’s not really an allergy but rather that you needed the support of the Enzymes to break down the egg. Substitutions for chicken eggs include using duck, turkey or quail eggs if available. Also look to see if you are having a reaction to the yolk or the white by separating them. You may be able to eat one or the other. If eggs are just not an option --you can use 1 stick of butter a day to make up for the eggs.

Nuts—Be aware that nuts and seeds contain phytates that hinder mineral absorption. They should be eaten away from foods and supplements for this reason. Also be careful of quantity as they can be difficult to digest. Soaking and/or sprouting can help. Also make sure they are dry roasted with no added oils.

4: Experiment with how you take your BTT (or its equivalent) Some people get better results if they drink it with their meals—1/3 at each meal or dividing it in ½ and having some for two meals. Others do much better if they mix it up in the morning and sip it slowly all day long.

Troubleshooting and “First Aid”

1: Constipation: If you needs help with bowel movements, increase a MAGNESIUM rich product, such as the Cal Toddy (1 or 2 ounces a day usually do it, but sometimes it can take 3) or the BioCalcium capsules (usually 8 per day as starters), but for more serious constipation problems, the Cal Toddy will work better -- both of these products are in the SupraLife line. In actuality, people aren't supposed to get their bowel movements from FIBER -- they are supposed to get their bowel movements from MAGNESIUM.

2: Diarrhea: This can have many causes, but important steps can include (A.) Using BTT 2.0 or even Classic if there are allergies or sensitivities, (B.) making sure to use lots of probiotics like the Root Beer Belly, Flora FX or Nightly Essence, or doing the Flora Program.(C.) Adding Beyond Organic Amasai to your regimen—either just as a food or replacing some of the water in your nutritional smoothies with it. If the problem occurs specifically after starting 90 for life-- Cut back on the dosage by 1/2. After a couple weeks, slowly increase to full dose. If the problem continue, add more calcium via products like the Ultimate Cal or King Calcium to slow down transit time. Continue to work on improving digestion and absorption—Dr. Wallach explains that when someone is very deficient that at first they can struggle to absorb nutrition creating a loose bowel situation.

3: Listen to your body carefully. If after you take Beyond Tangy Tangerine--for example--you feel disgusting—get a stomach ache, diarrhea or something of that nature you may need to do some troubleshooting as this is likely a

clue to tell us what is going on. If you are experiencing something like this please check with an expert and we will see if we can figure something out for you.

Note: All of the oils mentioned below are in our Ancient Legacy Line. The use of these powerful oils is safer and more effective after receiving some education on how to use them. For more information listen to the CD called **Essentials on Aromatherapy**. Also get the book **From the Still Room** by Alexandria Brighton and Dr. Wallach's **Passport to Aromatherapy**. For ongoing education, join the conference calls every Tuesday night with Brenda Wright and Dr. Judy Wright discussing the oils and answering questions on how to use them. Dial: 212-990-8000 PIN: 75555 TIME: 5:30 PM PST/8:30 EST Several Facebook groups offer additional support.

Heartburn— Heat a cup of hot water and add 1 drop of Peppermint Oil - sip before, during and after meals.

Stomach pain/bloating---Use a hot water bottle over the area that hurts on your stomach. Rub CM cream and mix 5 drops of GI Purify or 1-2 drops of Lavender Mailette or Sweet Marjoram to the CM cream before applying. There are a couple of possibilities with bloating. (a.) It's from undigested food. (b.) It's from bad bacteria build-up. (c.) It's from a lack of movement in your digestive track. (d.) It's from a combination of these 3. Carbohydrates are the food for the bad bacteria and they can lead to gas and to stretching of the intestinal track which leads to intense pain—so it can be very good to eliminate as many carbohydrates as possible—especially grains. With bloating, if it's from the bad bacteria buildup, cutting back on carbohydrates and increasing the probiotics (Joanne's Flora Program is a great idea for this) you take can help. A hot water bottle right after you eat and increasing magnesium could help increase movement in your digestive track. More enzymes, longer cooking times (it's OK if vegetables actually turn into a broth) and fermented foods can help with decreasing undigested food.

Indigestion—make a tea with hot water and 1-2 drops of Ginger, Peppermint, or Spearmint Essential Oils--- very soothing to an upset stomach

Swelling/inflammation—Maqui Plus, GlucoGel Plus or Original, CM Capsules or CM Soft gels.

Depression—use Bergamot Oil and/or Myrrh Oil on your throat several times a day. Also may need to add Sweet-Eze and/or Ocean's Gold if there are thyroid or blood sugar challenges.

Raw skin—Raw or chapped skin from chronic diarrhea or bleeding/tearing from constipation-- mixing Plant Derived Minerals and 20 drops of Lavender Mailette in a 2 oz mister bottle sprayed wherever there is sensitive skin can be a life saver!!

If you need more troubleshooting support, or have questions on these steps join us on the Tuesday night webinars. Log on to www.90forlifewebinars.com every Tuesday night at 8:15 CST, 9:15 CST; and 10:15 CST.

Food Allergies and Sensitivities (to almost EVERYTHING!)

Here are some ideas on things to try when you find yourself re-acting in some way to almost everything or every food and there are no "safe foods" left. The basic principle here is doing anything we can to pre-digest food OUTSIDE of the body so the digestive tract has less work to do.

So here are some ideas -- pre-digested or broken down foods. These can include the SueroViv, Amasai, and Beyond Organic Cheese, but also look at fermented foods including pickles, natto beans (sold in Asian stores), possibly miso soup (a fermented bean soup, again in Asian stores) and possibly mild versions of Kimchi (a Korean cabbage and red pepper fermentation). Try a very very small portion, perhaps even a small bite, to see how you feel. Slowly stewed vegetables that are so broken down they actually turn into a broth, or possibly a vegetable juice that you heat up like a soup. Even some meats can be cooked in a crock pot or simmered for so long (overnight or even several days) that the bonds in the protein break down. This

concept is like "fall-off-the-bone" ribs. The more we break the food down on the outside, the less it has to be broken down inside your body. If Asian stores are not available—these foods can also be ordered online. Some of my favorite sources are www.meguminatto.com for ORGANIC non-GMO natto (or you can even make your own—www.culturesforhealth.com has a great recipe!) and <https://www.great-eastern-sun.com/> for ORGANIC, non-GMO and gluten free Miso. Other health food stores carry some of these things as well. It is very important with these foods to read labels and make sure you are getting clean sources and that they are GLUTEN FREE. Fermented vegetables are lower in carbohydrates and much easier to digest. You can add a boost to fermented veggies by using the Suero Gold. The directions for that are here: <http://tinyurl.com/osv9f4n>. For me, I did better when I added Himalyan Salt (Salt, Dr. Wallach explains is an essential component to produce stomach acid) and when I just fermented one vegetable instead of a mix—this way if I had a reaction I could isolate which vegetable was the problem. One of my favorite resources for recipes and information is www.culturesforhealth.com. If the SueroViv works for you, it can serve as a meal replacement for whatever meal is the most difficult for you to digest. Another idea is the Slender FX meal replacement shakes.

So eat what makes you feel good. And vary it up. For example, you could do a full liquid diet with SueroViv for a couple of days and then do a couple of days with some soft "solid" vegetables. Vegetables aren't as necessarily for you as amino acids in protein -- but having some from time to time can help you get the trace nutrients in them that may not be in the supplements. Ideally you have a little of the protein and the vegetables together so that your body has some easier to break down food (soft vegetables) in between the harder to breakdown food (protein). The ratio to this you have to figure out. Experiment with increasing your enzymes both with meals (usually the Ultimate Enzymes) and Digest Plus between meals to help with undigested food in the blood stream.

There are multiple types of allergies. One type is the inability to break down the food and yes, this type of food allergy will lessen or possibly even go away if you cook the vegetables until they are a broth and/or use enzyme supplements that help break down the food. A second type is a blood allergy and this will lessen as your intestinal walls rebuild and leaky gut goes away. But until this happens there can be some strong reactions -- and for some foods even with no leaky gut the allergy stays -- like a peanut allergy. Sometimes as the body heals it appears that there is an INCREASE in sensitiveness and reactions. If the villi are damaged, if there is build up on them, or if there is scar tissue then all of these things reduce sensitivity. You might have had allergies before -- but you just didn't feel them. When you began to rebuild and possibly do a cleanse, you allow the body to reset -- to rebuild -- and the new tissue is tender and sensitive. Now your body tells you right away what it does or doesn't want. So you have to be sensitive to what your body is telling you. Increased sensitivity is often heightened awareness -- not an increase in allergic reactions.

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My Story:

I struggled with debilitating migraines, allergies, and chronic fatigue for all of my childhood and into teen years. I was drugged out and never sure if I really wanted to live or not. At age 10 I was told that the pain drugs had to go or I needed to be on the liver transplant list. This was the turning point and we started to look for other options. I learned a lot about natural health from a Naturopathic Doctor and many of my issues completely disappeared following her advice. I started to

love life, had a lot of fun, and became an elementary school teacher. Then abruptly I was diagnosed with Type 1 diabetes. A few months later I was introduced to YGY, started the product, cleaned up my diet and saw amazing results in 3 weeks—things like having more energy and strength than I had ever had, slashing my insulin use by 75%, and reversing neuropathy etc. Several months later, something went wrong and at Christmas time my parents were thinking about funeral plan. It was finally discovered that I was severely allergic to my insulin. It had created a situation where multiple organs were beginning to fail, and extremely severe leaky gut syndrome. At this point, I was in extreme pain throughout my body, I would swell every time I ate anything, and I had almost no energy. I was pretty much laying around and very depressed—at times it got to be suicidal depression. I switched to a different kind of insulin and with the help of some of the anti-inflammatory products in our line started to do a lot better. Dr. Wallach gave me a protocol to start rebuilding the damage and I saw small improvements but couldn't seem to really get to the next level in improvement. I felt inspired to attend a Youngevity convention and while there in answer to my prayers—I was able to talk to Blake Graham. He gave me some ideas to work on immediately, and most importantly, began teaching and educating me on how to troubleshoot, and adjust things to find which of our products would work for me. Other members of the scientific board stepped up and offered their expertise as well. I have been able to overcome extreme chronic fatigue, insomnia, so much pain I dreaded getting up out of chair and walking—I can now jog pain free☺ My memory and cognitive function were so bad that I would sit down to reply to an email—and nothing would come to my mind—I couldn't form a sentence. Now, I can do this all day long. Without any warning I wouldn't be able to breathe—this no longer happens. The pain and stomach issues are on the road to improvement. The recovery process has had bumps. There was a time where we had to work on keeping my kidneys functioning, another time my liver and gallbladder were in serious trouble. There have been times where I have been on a protocol that is working, then something changed and we had to switch up products and find a different way. Some of the time, the things that the experts were telling me—I thought they had to have gone over the edge at least little; my ND and chiropractor thought so too. But what I learned—is that the more I trusted and followed their “crazy” advice—the better I felt and the more results I got. With the knowledge of Dr. Wallach and Youngevity—if you are above room temperature—then you can improve the quality of your life and in many cases—improve it beyond recognition. It may be that one of our products doesn't work for you—but we have enough options that we can find something that will work for you. The only things that you need to do is to be patient, consistent and continue your education to find what works for you!

Wishing you the BEST of health!

Carolee Koehn