

Dr. Wallach's **Healthy Body Challenge**

Nutrients 90+4 Categories

If you could change anything about your health, what would you change?



A biomedical research pioneer, Dr. Joel Wallach, spent more than 40 years in the field of Veterinary Medicine, observing and researching the effects of essential nutrients on animal health, before becoming a Naturopathic Physician in 1982. Today, Dr. Wallach is renowned for his groundbreaking research on the health benefits of selenium and other minerals. He currently dedicates his time to lecturing throughout the world on the therapeutic benefits of vitamins and minerals, and on lobbying the U.S. Food and Drug Administration on behalf of the dietary supplement industry. He's fighting for our rights!



Name				Sponsor /Coach			
Start Date		30days		90days		6months	
Phone				Email			

What I would most like to improve about my health is:



Our goal is to help you see RESULTS! The key to improving your health is giving your body what it needs to heal itself. Dr. Wallach focuses on the **90 Essential Nutrients** - the vitamins, minerals, amino acids, and fatty acids that our bodies need on a daily basis - as the foundation, and to these there are **4 Basic Categories** of health challenges.

After completing your self evaluation we invite you to bring it to the next MeetUp to learn more about Dr. Wallach's story and the nutrition he recommends for each category.

The next MeetUp is: _____
 Location Day & Time

SELF EVALUATION

Rate Yourself: The higher the score, the more likely you have a problem in this category.

Category 1

Hard Tissue – Do you have:

	Start Date:	30 days	90 days	6 months
A Knee, Shoulder, Joint Pain				
B Back Pain, Neck Pain				
C Stiff shoulders, Headaches				
D Numbness, foot/arm fall asleep				
E Trouble getting to sleep				
F Bleeding gums, cavities				
G Kidney stones, bone spurs				
H High or low blood pressure	:	:	:	:
Totals ▶				

▶ If you take medication for any of the following, how much do you take?

	Start Time	30 days	90 days	6 months
I Pain Killers for any of the above				
J Blood Pressure Medication				

Category 3

Blood Sugar Issues – Do you have:

	Start Date:	30 days	90 days	6 months
A Cravings for sugar, sweets				
B Get sleepy after meals				
C Excessive thirst or sweating				
D Wake up during the night				
Totals ▶				

▶ If you take medication for any of the following, how much do you take?

	Start Date:	30 days	90 days	6 months
E Blood Sugar medication				
F Mood swing/depression medication				
G ADD, ADHD, Autism medication				

Is there anything else you would like to improve about your health?

- | | |
|--|---|
| <input type="checkbox"/> More energy | <input type="checkbox"/> Heart disease prevention |
| <input type="checkbox"/> Lose weight - If so how much _____ | <input type="checkbox"/> Anti-Aging/Cancer prevention |
| <input type="checkbox"/> More energy and/or endurance while exercising or play sports | |
| <input type="checkbox"/> Yes, I would like more information about how to prevent or reverse the above conditions. | |

0 Never 1 Rarely 2 Occasionally 3 Often 4 Almost always 5 Severe →

Category 2

Soft Tissue – Do you have:

	Start Date	30 days	90 days	6 months
A Dry Skin, dry cuticles				
B Skin allergies				
C Cracks on your heels				
D Forget things you go to get				
E Can't remember a specific word				
F Trouble breathing				
G Cough, dry throat				
H Tiredness, Kidney problems				
I Eye or eyesight problems (Cataracts, Macular Degeneration, Glaucoma, etc)				
J Age spots, blemishes				
K Grey hair, wrinkles, hemorrhoids, varicose veins				
Totals ▶				

▶ If you take medication for any of the following, how much do you take?

	Start Date	30 days	90 days	6 months
L Pain Killers for any of the above				
M Cholesterol* medication				
N Blood Thinners				
O Medication for hormones				
P Fibromyalgia, MS medication				
Q Alzheimer, ALS, Parkinson meds				
R Diuretics				

Essential
Nutrients

Category 4

Digestion – Do you have:

	Start Date:	30 days	90 days	6 months
A Heart burn/ acid reflux				
B Stomach/intestinal pain				
C Bloating/ gas				
D Feel better when you don't eat				
E Food Allergies				
F Seasonal Allergies				
G Constipation or Diarrhea				
H Immune system problems				
Totals ▶				

▶ If you take medication for any of the following, how much do you take?

	Start Date:	30 days	90 days	6 months
I Ant-acids, stomach acid meds*				
J Fiber/medication for constipation				
K Medication for Crohn's Disease				
L Immune system medication				

* Dr.Wallach recommends never using these two types of medications.

As you take the nutrition that Dr. Wallach recommends for your particular category, work with your personal Health Coach to keep track of the improvements you see in the first 30 days, 90 days, 6 months.

Nutritional Deficiency Categories

Here are just a few examples of over 900 diseases that can result from nutritional deficiencies:

Deficiency Category	Disease Resulting
Hard Tissue Calcium Deficiencies <i>(Calcium, Magnesium, Glucosamine & Chondroitin)</i>	Ankylosing Spondylitis, Arthritis , Back Pain, Bell's Palsy, Bone Spurs, Bone Fractures, Brittle Nails, Calcium Deposits, Cartilage Damage, Cognitive Impairment, Depression, Dowager's Hump, PMS, Elevated Blood Calcium, High/Low Blood Pressure , Hyperparathyroidism, Insomnia , Irritability, Joint Pain, Kidney Stones , Ligament Damage, Muscle Cramps/Spasms/Twitches, Nervousness, Osteofibrosis, Osteoporosis, Panic Attacks, Prolonged Clotting Time, Receding Gums , Restless Legs, Retarded Growth, Sciatica, Spinal Stenosis, Tetany, Tinnitus, Tooth Decay, Trigeminal Neuralgia, Vertigo
Soft Tissue Essential Fats & Cholesterol Deficiencies <i>(Omega 3, 6, 9 & Selenium)</i>	Acne, ALS, Alopecia, Alzheimers, Asthma , Blood Clots, Brittle Hair, Cardiovascular Disease , Cracked Heels, Dementia , Dermatitis, Menopause, Eczema , Fibromyalgia, Fried Food Cravings, Gallstones, Growth Retardation, Infertility , Low Libido, Low Sperm Count, PMS , Miscarriage, Multiple Sclerosis , Muscular Dystrophy, Psoriasis, Kidney Dysfunction, Split Cuticles/Heals, Macular Degeneration
Blood Sugar Blood Sugar Imbalances <i>(Chromium & Vanadium)</i>	ADD/ADHD , Adrenal Failure, Anxiety, Autism , Bed Wetting, Bipolar Disorder, Cardiovascular Disease, Depression , Diabetes , Elevated Cholesterol & Triglycerides, Fainting Spells, Fatigue, Hyperactivity, Hypoglycemia , Infertility, Learning Disabilities, Migraine Headaches, Moodiness, Narcolepsy, Night Sweats , Obesity (difficulty losing weight), Peripheral Neuropathy
Digestion Digestive Disorders <i>(HCL, Enzymes & Flora)</i>	Allergies , Athletes Foot, Bloating, Bowel Gas, Burping, Celiac, Constipation , Crohn's Disease, Dermatitis, Diarrhea , Diverticulitis, Food Sensitivities, Heartburn , Hiatal Hernia, Immune Disorders , Indigestion , Irritable Bowel, Jock Itch, Leaky Gut , Reflux, Stomach/Intestinal Pain, Thrush, Ulcerative Colitis, Yeast Infections

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Products Used

Start Date	
30days	
90days	
6months	

We are expanding and need your help! Would you like to find out more information on how you can participate in Dr. Wallach's Health Crusade?

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YES, I WOULD LIKE TO LEARN MORE ABOUT PARTICIPATING IN DR. WALLACH'S CRUSADE!