



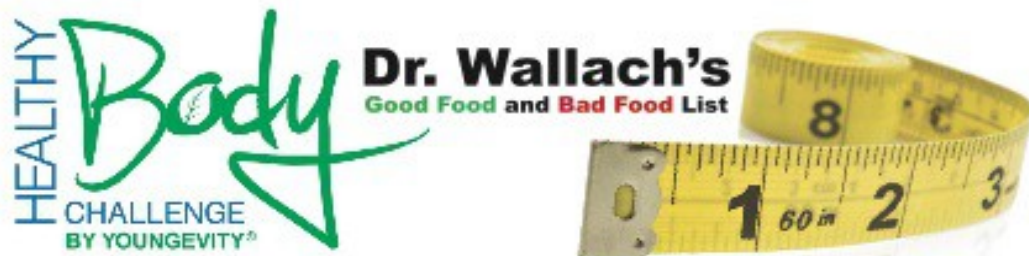
# Health On A Budget With Youngevity

Budgeting is a part of reality for most of us. When we've decided that looking after ourselves needs to be a priority in our budget, it's good to know how best to do that.

I've based this on Dr Peter Glidden's talk **Health On A Budget** and adapted it for the products that are available in the New Zealand and Australian market.

## Step 1: Eliminate the 10 Bad Foods and eat only from the Good Food List

Hopefully you have already been introduced to **Dr Joel Wallach** and his mission.



*"It's not what you eat that kills you; it's what you don't eat!"*

### GOOD FOODS:

- Eggs—Soft scrambled in butter, soft boiled or poached.
- 4-8, 8 oz. glasses of filtered water each day.  
Avoid soft, plastic bottles.
- Mixed, Salted Nuts—No peanuts.
- Nut Butters—No extra sugar.
- Pure Buckwheat (Isn't wheat).
- Couscous (Made from pearl millet only).
- Beef—Rare/medium-rare.

- Butter
- Salt
- Dairy
- Fish
- Chicken
- Pork
- Lamb
- Rice
- Millet
- Beans
- Quinoa
- Corn
- Vegetables
- Fruit
- Coffee
- Tea
- Green Tea
- Red Wine



### BAD FOODS:

- Oats
- Fried Food—Nothing fried! You should boil, broil or bake and never more well done than medium rare.
- Oils—Cooking or salad. Yes, this includes Olive Oil!!! NO OIL OF ANY KIND!
- Well Done Meat (Rare or medium-rare is ok).
- Deli Meats... No nitrates or nitrites – Read labels. Tell your butcher NO NITRATES or NITRITES!
- NO Carbonated Drinks within 1 hour before, during or 1 hour after meals.
- Baked Potato Skins
- Wheat
- Barley
- Rye





Dr Wallach's Good Food – Bad Food list doesn't necessarily fit a LCHF (Low Carb High Fat) lifestyle, which is my preference, so I'd personally recommend also letting go of potatoes, rice, beans, gluten free flour & other grains like quinoa, honey and most fruits. For more information on my thoughts, go to [www.lchfdietmentor.com](http://www.lchfdietmentor.com)

## Step 2: Supplementation In Ascending Order

In an ideal world you would have all the money you needed to support your body-mind to do their best. You'd be able to buy the best food and the best supplements. Absolutely all that you needed.

When it's not so ideal we have to make the best choices we can according to our situation. Rather than traumatizing about that, learning to be happy where we are, so we can be eager for more, is a subtle and important life lesson to apply here.

In an ideal world you'd start with the appropriate **Healthy Body Start Pack** for your body's conditions plus all the recommended extra supplements appropriate for your body weight. Each is designed for 100lbs/45kgs of body weight.

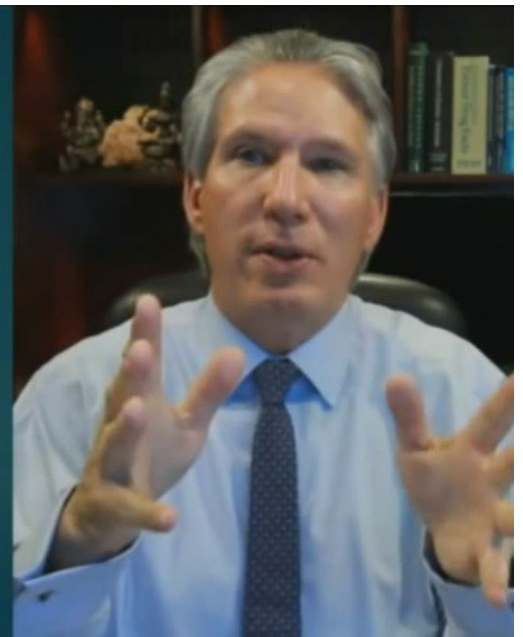
It's good to also know that no matter how tight your budget is, you do have options to choose from, which depend on what country you are ordering from.

### For the US and Canada

Here is Dr Glidden's list in USD.

#### Cost – Effective Supplement Run Down

1. Plant Derived Minerals (13203) - \$20
2. Ultimate Classic (13201)- \$42
3. Basic Mighty 90 (KT0001)- \$60.80
4. Classic 90 Pak (10215) - \$82.20
5. Basic Mighty 90 + Cal Toddy (81200) - \$98.30
6. Classic 90 Pak + Cal Toddy – 119.70
7. Healthy Body Start Pak 2.0 Liquid - \$168.57



Not all those products are available in NZ so I have adapted this list for NZ and Australia on the next page.



## For New Zealand and Australia

Australia is supplied through the NZ office so their price is similar because of no GST.

### 1. Plant Derived Minerals \$30NZD or \$1 a day.

(60 essential minerals plus others. 60 of the 90 essential nutrients.)

As it says on the bottle this has a strong taste.

You can mix it with whatever you like. I find it's fine in water.

If you'd like something that tastes better you could have the **NZ Herbal Rainforest** for \$38.50 or **Cheri-Mins** for \$30.50. If you're watching carbs, Rainforest has only 4gms per serve. Cheri-Mins has 9gms. Plant Derived Minerals has 0gms.

If your budget can only handle 1 bottle of either of those that's definitely better than none at all.

If your budget can stretch a little more, then 1 bottle for every 100lbs/45kgs of body weight per month is good.



### 2. NZ Beyond Tangy Tangerine 2.0 (BTT 2.0) is \$76.96 inc GST. \$2.60 a day

88 of the essential nutrients plus a lot more.

### 3. Lower cost versions of 90 For Life

We have 3 options:

**Essential 90 Starter Pack (Tangy Tangerine liquid & EFA Plus - higher dosage of 3,6 &9) \$85.22NZD \$2.85 a day.** Tangy Tangerine liquid has less in it than BTT 2.0 but this pack has the EFA's for only 25c more than BTT 2.0.

**NZ version Basic 90 Pack (1xBTT2.0 & 1xEFA 60) \$99NZD or \$3.30 per day**



**NZ of the On The Go Healthy Body Start Pack (Daily, Mineral Caps, Cal, EFA Plus) \$94.92NZD or \$3.20 a day.** This one is all pills & capsules in daily packs. Great for travelling but you miss out on taste.



You can see more on these here: <http://youngevity.co.nz/products/health-packs>

**Supralife Cal Toddy \$55.09** (7.5 gms CHO per serve) or **Beyond Osteo FX \$61.54** (0.3 gms of CHO per serve. This also comes **as a liquid**) could be added to 1, 2 & 3 above and adds around \$2 a day.

You wouldn't need either of these with the On the Go Healthy Start Pak.



## 7. **Healthy Body Start Pak** \$172.69 inc GST. Approx \$6 a day.

The best 90 For Life option is the Healthy Body Start Pak according to body weight, one pack is designed for 100lb/45kg of body weight per month. It's better to have more than less, so a 175lb/80kg person would be best to have 2 Healthy Body Start Pak's per month.

If your budget can't stretch to having weight appropriate amounts, then 1 Healthy Start Pak will be better than none.

One option, as the minerals are a big part of the 90 for Life (60 of the essential 90 nutrients), is that you can add a bottle of Plant Derived Minerals, for extra minerals. You can have it separately or add a dash of the minerals to a serving of BTT 2.0.



## What About The Different Healthy Body Start Pak's?

Youngevity has several different Healthy Body Start Pak's to support the structure and function of the various parts of the body and the conditions that concern you.

The simplest way to do these on a budget would be to do what we did above. Have as much of the 90 as you can afford and add in the additional 'petals' as you can.

There are also alternatives to the **Healthy Body Bone & Joint Pak** available in NZ, called the PigPacks (the name comes from the original pig arthritis formula).



## More Specific Support

The folk at the office can be very helpful in offering suggestions for a programme that is specifically tailored for you and your wallet. The person who introduced you can connect you with them to help you clarify what would work best for you.

No matter what your budget, I hope you can see we have a good variety of options available and that we can help you find something that will work for you, so you can experience the benefits of getting as many of those missing nutrients into your body.

***It's not just what we're eating that's killing us.  
It's what we're not eating.***

Dr Joel Wallach