

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?

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

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	_____	_____	_____	_____	<p>▶ If you take medication for any of the following, how much do you take?</p> <table border="1"> <thead> <tr> <th></th> <th>Start Date</th> <th>30 days</th> <th>90 days</th> <th>6 months</th> </tr> </thead> <tbody> <tr> <td>(L) Pain Killers for any of the above</td> <td>_____</td> <td>_____</td> <td>_____</td> <td>_____</td> </tr> <tr> <td>(M) Cholesterol* medication</td> <td>_____</td> <td>_____</td> <td>_____</td> <td>_____</td> </tr> <tr> <td>(N) Blood Thinners</td> <td>_____</td> <td>_____</td> <td>_____</td> <td>_____</td> </tr> <tr> <td>(O) Medication for hormones</td> <td>_____</td> <td>_____</td> <td>_____</td> <td>_____</td> </tr> <tr> <td>(P) Fibromyalgia, MS medication</td> <td>_____</td> <td>_____</td> <td>_____</td> <td>_____</td> </tr> <tr> <td>(Q) Alzheimer, ALS, Parkinson meds</td> <td>_____</td> <td>_____</td> <td>_____</td> <td>_____</td> </tr> <tr> <td>(R) Diuretics</td> <td>_____</td> <td>_____</td> <td>_____</td> <td>_____</td> </tr> </tbody> </table>		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	_____	_____	_____	_____
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(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 ▶	_____	_____	_____	_____																																									

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

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?

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