

Dr. Wallach's 3 Steps to Health



Hard Tissue



Soft Tissue



Blood Sugar



Digestion



Your Name	Your Phone#
	Your Email

Body Weight	kg/lbs
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step
1

SELF EVALUATION FORM Identify the category

Rate yourself with the numbers 0 - 5 with 0 being 'never' and 5 being 'severe'; the higher the number, the more likely you have a problem in this category.

Start identifying category

Never **0** • Rarely **1** • Occasionally **2** • Often **3** • Almost always **4** • Severe **5** ➔



Hard Tissue Category

Fill in the date

Today's Date	30 days	90 days	6 months
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

- a) Knee, shoulder, joint, back, neck stiffness
- b) Knee, shoulder, joint, back, neck pain
- c) Headaches
- d) Numbness, foot/arm fall asleep
- e) Trouble getting to sleep even when tired
- f) Bleeding gums, cavities, dental issues, kidney stones, bone spurs
- g) Blood pressure problems
- h) Pain killers/medication for any of the above

Totals ▶



Blood Sugar Category

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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- a) Cravings for sugar, sweets
- b) Get sleepy after meals
- c) Excessive thirst or sweating
- d) Wake up during the night
- e) Blood sugar medication
- f) Trouble concentrating
- g) Feeling sad or hopeless
- h) Difficulty losing weight

Totals ▶

Support person	Support Email
Support Phone#	Support Website



Soft Tissue Category

Today's Date 30 days 90 days 6 months

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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- a) Dry or itchy skin, dry cuticles
- b) Thyroid or hormonal issues
- c) Cracks on your heels
- d) Forget things you go to get, can't remember a specific word
- e) Trouble breathing, cough, dry throat
- f) Tiredness, kidney problems, diuretics
- g) Eye or eyesight problems
- h) Age spots, blemishes, grey hair, wrinkles hemorrhoids, varicose veins

Totals ▶



Digestion Category

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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- a) Multiple Issues in previous categories
- b) Heartburn/acid reflux, antacid*
- c) Bloating, gas, smelly gas
- d) Constipation, use fiber/laxatives
- e) Diarrhea
- f) Seasonal allergies
- g) Food allergies, stomach/intestinal pain
- h) Immune system problems, get sick easily

Totals ▶

You should see a reduction in these numbers in your first month of fully using the products. Get the support you need to see significant improvement in the first 90 days.

step 2 Use the Appropriate Nutrient Pak

1. Try our Basic Paks first!

Check the box for the pack that most corresponds to your answers.

Hard Tissue **Healthy Body Bone & Joint Pak 2.0**
HSP2.0+Gluco Gel & CM Cream

Healthy Body Brain & Heart Pak 2.0 **Soft Tissue**
HSP2.0+Ultimate EFA & Selenium

Blood Sugar **Healthy Body Blood Sugar Pak 2.0**
HSP2.0+Sweet Eze

Healthy Body Digestion Pak 2.0 **Digestion**
HSP2.0+Enzymes & Flora fx

As a rule Dr. Wallach recommends 1 pack per 45kg/100lbs of body weight, but for cost savings, some people start with 1 pack and simply add one bottle of Plant Derived Minerals per extra 45kg/100lbs body weight.

If you have symptoms in multiple categories, Dr. Wallach recommends focusing on the category that you're most concerned about, strict adherence to his dietary guidelines and (budget permitting) adding digestive support (i.e. Ultimate Enzymes & Root Beer Belly).

For a package with products from all categories we recommend the CEO Combo Pack, but be aware that with severe digestive issues, you may need to start with 1/2 amounts.

2. Try our Add-ons!

Category		my favorite add-ons
Hard Tissue	Liquid Gluco Gel For relaxation: Osteo-Mag	
Blood Sugar	Energy support: Pollen Burst, BodyTrim	
Soft Tissue	Liver Support: Pollen Burst Plus, Selenium Thyroid support: Ocean's Gold Heart Support: Cardio Stx, Selenium, BodyTrim Hormonal Support: Cardio Stx, XeraFem, XeraTest	
Digestion	Probiotic: Root Beer Belly, Nightly Essence, Saxi, Ultimate Enzymes Immune Support: Killer Biotic, Oxybody, BodyTrim	

3. Continuing education

The more you educate yourself, the more you become a participant in your own health. Please refer to your support person to clarify which material to read, listen to or look at.

step 3 Clean Up Your Diet

Dr. Wallach's Dietary Recommendations

- **Gluten-free (no wheat, barley, rye)**
- **Oat-free (including "gluten-free" oats)**
- **Low carbohydrate ***
- **No high fiber ****

* Some 'Gluten free' foods and grains can be high in carbohydrates. Read the labels. Carbohydrates create blood sugar imbalances & feed bad bacteria, which leads to bloating & gas.

** Stewed + steamed vegetables are easier to digest; use magnesium to help with bowel movements.

Dr. Wallach's Good food / Bad food list

"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 recommends to NEVER use these 2 medications:

- 1) **Cholesterol lowering drugs**
- 2) **Medication to lower stomach acid**