

Q & A for the Muscular Dystrophy Lifestyle and Supplement Protocol

Q. Is this MDLSP just for muscular dystrophy?

- A. The MDLSP protocol is for anyone whatever the health challenge wanting to see real change for the better in the lives of their children and their own lives.

Q. Who is the MDLPS not for?

- A. The MDLPS isn't for anyone wanting a quick fix. Healing the body takes time and 100% commitment on your part. You can't just dip your toe in and expect to see to much of a marketable change.

Q. Do I have to eat gluten free?

- A. This is a big fat YES! To see and feel real change one must embrace what I call a clean eating lifestyle by staying away from the 10 worst foods. Including...Wheat, Barley, Rye and Oats.

Q. Should I take this MDLSP to my doctor?

- A. By all means, but realize the majority of our medical doctors know very little about Nutrition. They just weren't trained in it. In fact many of them suffer from their own health problems. Medical doctors also worry about any supplements you are taking as they can mess with effects of the drugs they prescribe you.

Q. Can I just purchase supplements from the store or my local health food store?

- A. You can but you run the risk of low absorption and the manufactures often put fillers into them and often contain wheat/gluten and oils not recommended for human consumption. Also when it comes to supplements you need to think about absorption.

Q. Is the MDLSP a cure for Muscular Dystrophy?

- A. We do not cure. We support and promote the bodies ability to fix itself using science based clinically proven information by a licensed Naturopathic Doctors.

Q. My concern is I've heard selenium can be toxic in high doses.

A. This is a case of the medical system telling us Selenium is Toxic. If you have to understand you need a colloidal forms of minerals. When you have condition brought on by lack of Selenium you need a lot more than the RDA. Toxicity is easy to spot, cause brittle hair and nails, stomach upset, skin rashes and bad breath. If this happens cut back. A video to check out is. "Learn why Dr. Wallach likes Selenium."

Q. If I can't afford the supplements at this time would it be beneficial to start with the gluten free eating?

A. Absolutely, gluten creates an environment in your body where it can't absorb nutrition from the foods we eat that are already depleted. To get started Google gluten free eating. And refer to the good food bad food list.

Q. Everything I've read and have been told about Muscular Dystrophy says is genetic.

A. The medical system would have us believe it's our fault, it's in our genes. Well there is nothing wrong with your genes. What we do not have is enough minerals, enough vitamins, amino acids or Essential fatty acids including not enough anti oxidants to keep the genetic code structure intact. This is now called within the science community; epigenetics....
Again Google it ;)

Q. Is Dr. Wallach's company, Youngevity a Network Marketing Company?

A. It sure is. Dr. Wallach is only one person with great medical nutrition knowledge that needs to be shared with the world. We are talking time management. Not enough time in a day for one person to help heal and repair every person's medical needs. Now, there is over a million physician assistants educating that healing is easy when given nutritionally what it needs. Including myself. ***Want to know more? Give me a call at 907-232-4580.***

**"I know a doctor that can help you with that,
I'll show you how with Selenium & 90 now"**