

X39 Overview

Documented benefits of elevating GHK-Cu

X39 Overview

- Use light to elevate GHK-Cu
- Reset genes to a more youthful state
- Mobilize stem cells
- Supports energy metabolism
- Manage inflammation
- Supports recovery
- Supports overall well being



NOTES

How would you help someone that is in pain?

What is pain?

- Western Definition: Damage to tissue resulting in a change in tissue conductivity and blocked signaling
- Eastern Definition: Damage to tissue resulting in a blockage to the flow of chi or living energy



Solution to pain

- Normalize tissue conductivity
- Restore the flow of energy
- Manage inflammation
- Improve immune response (chronic)
- Improve hydration

Pain relief recommendations

- X39 + Aeon
- X39 + Glutathione
- X39 + IceWave
- Hydration
- Magnesium, Potassium
- Copper
- NAC
- Curcumin
- Olive Oil
- Nitric Oxide

NOTES

How would you help someone with low energy?

Why does someone have low energy?

- Age; reduced mitochondrial function
- Lack of Hydration (too much coffee, not enough water)
- Poor Diet (too much processed food)
- Vitamin / Mineral deficiencies
- Too many stimulants (coffee)
- Poor Sleep
- Overweight
- Hormones



Solution to low energy

- Restore Mitochondrial function
- Improve Hydration
- Improve Diet
- Exercise
- Supplement as needed
- Reduce stimulants
- Restore Sleep

Restoring energy recommendations

- X39 + Energy patches
- X39 + Glutathione
- X39 + Silent Nights
- X39 + Shine and Dream
- Lipoic Acid + Acetyl :-Carnitine
- Hydration
- Reduce Sugar and refined carbs
- Exercise
- Magnesium, Potassium
- Reduce or eliminate coffee
- Sleep in a room that is dark; and warm feet

NOTES

How would you help someone who is having trouble sleeping?

Why does someone have trouble sleeping?

- Age; lower hormone production
- Medical condition or on medication
- Poor Diet / Eating late at night
- Vitamin / Mineral deficiencies
- Too many stimulants (coffee)
- Poor Sleeping conditions



Solution to restoring sleep

- Restore Hormones
- Improve Diet and eating habits
- Supplement as needed
- Exercise
- Reduce or eliminate stimulants
- Sleep in the proper environment

Restoring sleep recommendations

- X39 + Silent Nights
- X39 + Alavida
- X39 + Aeon
- X39 + Shine and Dream
- Magnesium Threonate
- Calcium (algae)
- Taurine
- Reduce sugar and caffeine intake at dinner
- Turn off cell phone, computer 1 hour before bed
- Dark room, warm feet

NOTES

How would you help someone who has a loss of cartilage?

Why does someone have a loss of cartilage?

- Normal Age-related wear and tear
- Sports injury
- Medical condition

Solution to restoring cartilage

- Speak with your doctor
- Improve Stem Cell Activity
- Manage Inflammation
- Provide protein needed
- Provide essential fatty acids
- Supplement as needed
- Sleep



Restoring cartilage recommendations

- X39 + Glutathione
- X39 + Glutathione + Aeon
- Collagen Supplementation
- Protein - Master Amino Acid Pattern
- Vitamin C (oral, IV)
- Copper
- NAC
- Olive Oil
- Curcumin

NOTES

How would you help someone who has acne?

Why does someone have acne?

- Medical Condition
- Hormonal changes
- Poor Diet
- Poor Nutrition
- Bacterial infection



Improving acne recommendations

- X39 + Glutathione
- X39 + Alavida topicals (if tolerated)
- NAC
- Vitamin A
- Vitamin C
- Zinc
- Copper
- Iodine
- Oregano Oil (internally)
- Prebiotics (soluble fiber)
- Probiotics
- Hydration

Solution to relieving acne

- Speak with your doctor
- Manage Inflammation
- Improve Diet; reduce sugar
- Proper Nutrition (Diet and Supplementation)
- Natural Anti-bacterials

NOTES

How would you help someone with wrinkles?

Why does someone have wrinkles?

- Age-related loss of collagen
- Difficulty making collagen
- Poor diet
- Habits that cause wrinkles (smoking, drinking)
- Too much sun exposure
- Lack of skincare routine



Solution to reducing wrinkles

- Improve Mitochondrial function
- Improve Collagen production
- Supplement with Collagen
- Improve Diet and supplement
- Daily Skincare regimen
- Reduce or eliminate habits damaging skin
- Proper Hydration
- Proper Sleep

Reducing wrinkles recommendations

- X39 + Alavida System
- X39 + Glutathione
- X39 + Carnosine
- X39 + Shine and Dream
- Collagen Supplementation
- Vitamin C
- NAC
- Alpha Lipoic Acid
- Copper
- Exercise (growth Hormone, detox)
- Hydration

NOTES

How would you help someone with cognitive decline?

Why does someone have cognitive decline?

- Age
- Medical Condition
- Poor diet
- Lack of exercise
- Lack of mental stimulation

Solution: Improved age-related brain function

- Improve Mitochondrial function
- Improve Stem Cell Activity
- Improve Diet
- Supplement as needed
- Exercise
- Stay mentally active
- Proper Sleep

Improved cognition recommendations

- X39 + X49
- X39 + Carnosine
- X39 + Shine and Dream
- Beta Alanine
- Creatine
- DHA (fish oil or algae oil)
- Phosphoryl Serine
- Cognizen
- Olive Oil
- Exercise (gene activation)
- Sleep (7 hours +)

NOTES

How would you help someone with age-related muscle loss?

Why does someone lose muscle?

- Age (sarcopenia)
- Lack of exercise
- Low Protein Diet
- Poor nutrition
- Poor sleep
- Hormonal changes / Low Testosterone



Solution for improving body composition

- Improve mitochondrial function
- Improve stem cell activity
- Improve diet
- Improve hormones (men and women)
- Supplement as needed
- Exercise
- Proper sleep

Improving body composition

- X39 + X49
- X39 + Carnosine
- X39 + Energy Enhancer
- X39 + Shine and Dream
- X39 + Silent Nights / Aeon / Alavida
- Exercise; resistance training
- Increase protein intake
(1 gram protein x (body weight (lbs) x 80%)
(1 x (200 lbs x 80%)) = 160 grams per day
- Protein; MAP, Whey (BCAA, Leucine)
- Beta Alanine
- Creatine

NOTES

How would you help someone with arthritis?

Why does someone have arthritis?

- Age
- Medical Condition
- Poor immune function
- Poor mitochondrial function
- Chronic inflammation
- Poor nutrition
- Poor sleep



Solution for improving arthritis

- Improve Mitochondrial function
- Improve Stem Cell Function
- Improve Immune Function
- Manage Inflammation
- Improve Diet (blood type)
- Improve Circulation (NO)
- Proper sleep

Improving arthritis

- X39 + Glutathione
- X39 + Aeon
- X39 + IceWave
- X39 + Shine and Dream
- Diet (blood type)
- NAC
- Curcumin
- Olive Oil
- Nitric Oxide (Garlic Extract + Vitamin C)
- Broccoli Sprouts (sulphoraphane)
- Copper

NOTES

How would you help someone with erectile dysfunction?

Why does someone have erectile dysfunction?

- Age
- Poor circulation (heart disease)
- Medical condition
- Low testosterone / high estrogen
- Poor nutrition
- Poor sleep
- Lack of exercise / overweight



Solution for erectile dysfunction

- Improve circulation
- Improve hormone profile
- Exercise / reduce body fat
- Improve diet
- Improve sleep (melatonin)

Improving erectile function

- X39 + X49
- X39 + Glutathione
- X39 + Silent Nights
- X39 + Energy patches (kidneys)
- X39 + Shine and Dream
- Nitric Oxide
- Garlic Extract + Vitamin C
- Pycnogenol
- Black Ginger
- Tong Kat Ali
- Taurine
- Resistance Training
- Reduce Sugar
- Diet (Tim Ferris; 4 Hour Body)
 - Grass Fed Beef
 - Eggs
 - Grass-Fed Butter
 - Almonds / Almond Butter

NOTES

How would you help someone with heart problems?

Why does someone have a heart condition?

- Age
- Poor Circulation (heart disease)
- Medical Condition (heart disease, high blood pressure)
- Low testosterone
- Low Nitric Oxide levels
- Poor nutrition / poor sleep
- Lack of exercise / overweight



Solutions for heart conditions

Improving heart health

- X39 + X49
- X39 + Carnosine
- X39 + Silent Nights / Aeon
- X39 + Shine and Dream
- Supplements
 - Cyruta (buckwheat seed extract); reduce arterial blockage
 - Vitamin D (improve arterial elasticity)
 - Pomegranate extract (reduce arterial plaque)
 - Niacin; strengthens arteries
 - Potassium
 - Beta alanine
 - NAC
 - Nitric Oxide
 - Magnesium Threonate; helps to manage blood pressure
 - Calcium (algae)
 - Taurine (1 gram, 3-times per day)
- Speak with your doctor; medical condition
- Improve circulation
- Improve hormone profile
- Supplement / improve Nitric Oxide levels
- Exercise / reduce body fat
- Improve diet
- Improve sleep

NOTES

How would you help someone with a viral infection?

Why would someone have a viral infection?

- Medical condition
- Poor immune system
- Aggressive virus
- Virus such as herpes (cold sore, genital, shingles, etc.)
- Poor diet

Solutions for treating viruses

- Vitamin D; improves immune response and slows down virus
 - Copper; strong anti-viral
 - Zinc; effective against some viruses
 - Iodine; very powerful anti-viral
 - NAC; elevates glutathione which is a powerful anti-viral
 - BHT (herpes treatment)
 - Melatonin (powerful anti-viral)
 - Ozone therapy
 - Dr. Mathias Rath
 - L-Lysine
 - L-Proline
 - Vitamin C
 - EGCG
- Completely blocks the ability of cancer cells and viruses to spread by neutralizing an enzyme that dissolves collagen

NOTES

How would you help someone with a chronic wound?

Why would someone have a chronic wound?

- Medical condition (diabetic ulceration; high sugar)
- Chronic inflammation
- Poor stem cell activity
- Low protein diet
- Diet low in fatty acids
- Poor circulation



Solutions for chronic wounds

- Speak with your doctor; medical condition
- Improve stem cell activity
- Get inflammation under control
- Improve circulation
- Improve diet
- Supplement as needed
- Hydration
- Increase protein in diet
- Supplement with collagen
- Olive oil
- NAC
- Copper
- Magnesium
- Vitamin C
- Colostrum
- PEMF
- Proper sleep
- Resistance training
- Fasting

Patches associated with chronic injuries

- X39 + Aeon
- X39 + Glutathione
- X39 + Silent Nights
- X39 + Shine and Dream (proper rest)

NOTES

How would you help someone who is aging?

Why would someone age?

- Nature / created this way
- Chronic inflammation
- Poor stem cell activity
- Poor mitochondrial function
- Telomeres
- Accumulation of dead cells
- Poor diet
- Lack of exercise
- Poor habits (too much alcohol / drugs / smoking)
- Poor sleep



Solutions for improving the way we age

- Improve mitochondrial function
- Improve stem cell activity
- Get inflammation under control
- Exercise
- Intermittent fasting
- Improve diet
- Hydration
- Supplement with protein / collagen
- Olive oil (sirtuin activator)
- Nac
- Copper
- Magnesium
- Niacin (supports NAD levels)
- Beta alanine
- Alpha lipoic acid + acetyl L Carnitine
- Taurine
- Diet and Exercise
- X39 + X49
- X39 + Aeon
- X39 + Glutathione
- X39 + Carnosine
- X39 + Silent Nights / Alavida
- X39 + Energy patches
- X39 + Shine and Dream

NOTES

How would you help someone with a blood sugar issue?

Why would someone have a blood sugar issue?

- Medical condition
- Poor diet, high in sugar
- Lack of antioxidants
- Low protein diet
- Diet low in fatty acids
- Overweight

Solutions for blood sugar issues

- Speak with your doctor; medical condition
- Reduce body fat
- Improve diet
- Exercise
- Increase antioxidants
- Manage inflammation
- Eliminate stimulants
- Improve sleep
- Sustained release Alpha Lipoic Acid (300mg, 4X per day)
- Acetyl L-Carnitine
- High protein, moderate fat diet
- Olive oil
- NAC
- Chromium
- Intermittent fasting
- Exercise

Patch Solutions for blood sugar issues

- X39 + Glutathione
- X39 + Aeon
- X39 + Energy patches
- X39 + Silent Nights
- X39 + Shine and Dream (proper rest)

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Solutions for improving the way we age

LOVE others the way you wished to be loved.

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