

# Dr. Wallach's Deficiency Chart

Dr. Joel Wallach, author of "Dead Doctors Don't Lie", is famous for connecting over 900 different health problems to deficiencies of the 90 Essential Nutrients that the body does not make. During the past 40 years, Dr. Wallach has discovered that most health problems fall into 1 of 4 categories as illustrated below. Please complete the self-evaluation questionnaire on the next page to determine which category you have the most deficiencies.

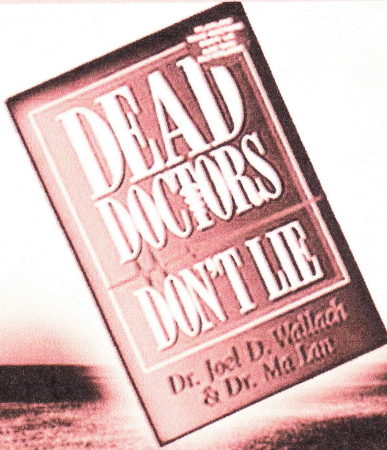


Category	Deficiency	Health Problems Resulting
<b>1 Hard Tissue Problems</b>	Lack of the 90 Essential Nutrients. Severe Deficiencies of Calcium & Magnesium	Arthritis, Back Pain, Bell's Palsy, Bone Spurs, Bone Fractures, Brittle Nails, Calcium Deposits, Cartilage Damage, Cognitive Impairment, Depression, High/Low Blood Pressure, Insomnia, Irritability, Joint Pain, Kidney Stones, Ligament Damage, Muscle Cramps, Nervousness, Osteofibrosis, Osteoporosis, Panic Attacks, PMS, Prolonged Blood Clotting Time, Receding Gums, Restless Legs, Tooth Decay, Vertigo
<b>2 Soft Tissue Problems</b>	Lack of the 90 Essential Nutrients. Severe Deficiencies of Essential Fatty Acids & Selenium	Acne, ALS, Alzheimers, Asthma, Blood Clots, Brittle Hair, Cracked Heels, Dementia, Extended Menopause, Eczema, Fibromyalgia, Fried Food Cravings, Gallstones, Growth Retardation, Infertility, Low Libido, Low Sperm Count, Multiple Sclerosis, Muscular Dystrophy, Psoriasis, Kidney Dysfunction
<b>3 Blood Sugar Problems</b>	Lack of the 90 Essential Nutrients. Severe Deficiencies of Chromium & Vanadium	ADD/ADHD, Adrenal Failure, Anxiety, Bed Wetting, Bipolar Disorder, Cardio-vascular Disease, Depression, Diabetes, Elevated Cholesterol and Triglycerides, Fainting Spells, Fatigue, Hyperactivity, Hypoglycemia, Infertility, Learning Disabilities, Migraine Headaches, Moodiness, Narcolepsy, Night Sweats, Peripheral Neuropathy
<b>4 Digestion Problems</b>	Lack of the 90 Essential Nutrients. Severe Deficiencies of Enzymes & Flora	Allergies, Athletes Foot, Belching, Bloating, Gas, Burping, Celiac, Crohn's Disease, Dermatitis, Diarrhea, Diverticulitis, Food Sensitivities, Heartburn, Hiatal Hernia, Indigestion, Irritable Bowel, Leaky Gut, Acid Reflux, Stomach or Intestinal Pain, Yeast Infections

## Dr. Wallach's 90 For Life Overview

[www.90ForLifeOverview.com](http://www.90ForLifeOverview.com)

**90**  
FOR **LIFE**  
YOUNGevity®



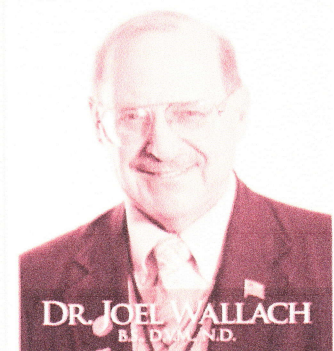
**"IT'S ALL ABOUT RESULTS. GIVE  
YOUR BODY WHAT IT NEEDS AND IT  
WILL DO AMAZING THINGS!"**

**- DR. JOEL WALLACH**



### 1. Dr. Joel Wallach

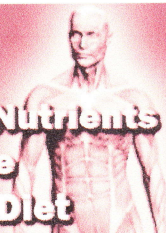
- Author of "Dead Doctors Don't Lie" over 200,000,000 Million Copies Sold
- World Famous Veterinarian and Physician
- Nobel Prize Nominee
- Author of 9 Books & 70 Scientific Published Articles
- Authored "Diseases of Exotic Animals" now in Smithsonian Institute
- Internationally Recognized Speaker - Over 300 Lectures Per Year
- Does 2 Live Radio Shows Per Day For Over 30 Years
- Agricultural Expert In Mineral Content In Soil
- Has Linked 900 Diseases To A Deficiency In The 90 Essential Nutrients
- Has Been Educating People On The 90 For Life Message For 40 Years
- Started The 90 For Life Crusade To End Suffering
- Grass Roots Movement To Educate People On These 90 Nutrients
- Learn More About Dr. Wallach At [www.DrWallachBio.com](http://www.DrWallachBio.com)



### 2. The 90 Essential Nutrients

- 60 Minerals
- 16 Vitamins
- 12 Amino Acids
- 2-3 Fatty Acids
- Essential Means Your Body Needs Them To Function Properly
- Your Body Does Not Make These 90 Essential Nutrients

**There Are  
90 Essential Nutrients  
Needed In The  
Daily Human Diet**

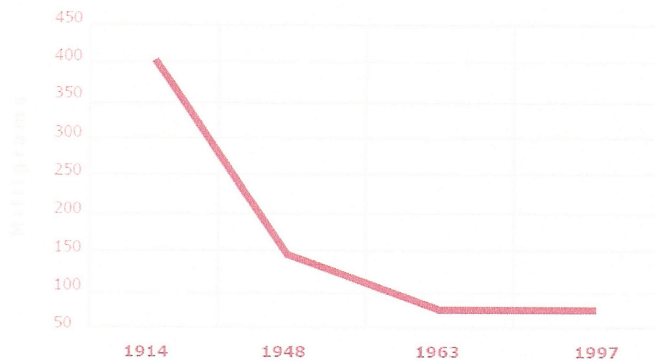


### 3. The Problem

- USA Spends More Than All The 204 United Nations Combined On Health Care.
- USA Is The Sickest Nation In The World
- 60th In Longevity
- 41st In Infant Survivability
- 1 Out Of 3 Americans Are Diabetic
- Most Obese Nation In The World
- 85% Mineral Depletion In Our Soil Over Last 100 Years

*"You Can Trace Every Sickness, Every Disease, And Every Ailment To A Vitamin or Mineral Deficiency" - Dr. Linus Pauling*

Average Mineral Content in Selected Vegetables, 1914 -1997  
Sums of averages of calcium, magnesium and iron in cabbage, lettuce, tomatoes and spinach



### 4. The Solution

- Dr. Wallach Created The 90 For Life Healthy Body Pack
- Beyond Tangy Tangerine
- Osteo-FX
- EFA Plus
- All 90 Essential Nutrients In One Convenient Pack
- 2 Scoops BTT + 1 Scoop Osteo-FX + 3 EFAs Every Morning
- 1 Healthy Body Pack Is Needed Per 100 lbs Of Body Weight
- This Is By Far The Most Complete Nutrition Program On The Planet



### 5. Dr. Wallach's 4 Deficiency Categories

- Hard Tissue
- Soft Tissue
- Blood Sugar
- Digestion

***Some People Need Additional Nutrients To Fix Specific Health Problems***

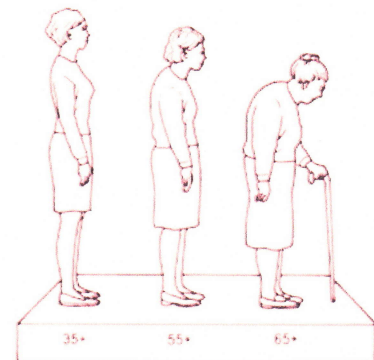


### 6. Category #1- Hard Tissue Problems

Includes Bones, Joints, Cartilage, Tendons, and Nerves

Arthritis, Back Pain, Bell's Palsy, Bone Spurs, Bone Fractures, Brittle Nails, Calcium Deposits, Cartilage Damage, Cognitive Impairment, Depression, High/Low Blood Pressure, Insomnia, Irritability, Joint Pain, Kidney Stones, Ligament Damage, Muscle Cramps, Nervousness, Osteofibrosis, Osteoporosis, Panic Attacks, PMS, Prolonged Blood Clotting Time, Receding Gums, Restless Legs, Tooth Decay, Vertigo

Root Cause: Extreme Calcium Deficiency

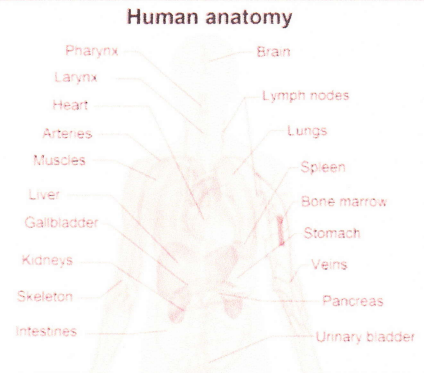


### 7. Category #2- Soft Tissue Problems

Includes Skin, Arteries, Heart, Lungs, and Brain

Acne, ALS, Alzheimers, Asthma, Blood Clots, Brittle Hair, Cracked Heels, Dementia, Extended Menopause, Eczema, Fibromyalgia, Fried Food Cravings, Gallstones, Growth Retardation, Infertility, Low Libido, Low Sperm Count, Multiple Sclerosis, Muscular Dystrophy, Psoriasis, Kidney Dysfunction

Root Cause: Extreme Essential Fatty Acid and Selenium Deficiencies

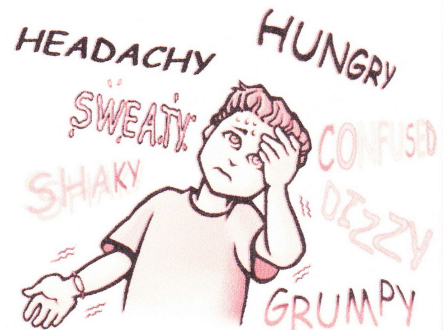


### 8. Category #3- Blood Sugar Problems

Insulin Has A Difficult Time Carrying Sugar Into The Cells

ADD/ADHD, Adrenal Failure, Anxiety, Bed Wetting, Bipolar Disorder, Cardio-vascular Disease, Depression, Diabetes, Elevated Cholesterol and Triglycerides, Fainting Spells, Fatigue, Hyperactivity, Hypoglycemia, Infertility, Learning Disabilities, Migraine Headaches, Moodiness, Narcolepsy, Night Sweats, Peripheral Neuropathy

Root Cause: Extreme Chromium and Vanadium Deficiencies

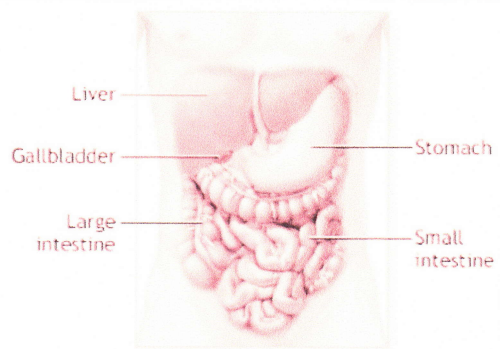


### 9. Category #4- Digestive Problems

Your Digestive System Is Unable To Absorb Nutrients Efficiently

Allergies, Athletes Foot, Belching, Bloating, Gas, Burping, Celiac, Crohn's Disease, Dermatitis, Diarrhea, Diverticulitis, Food Sensitivities, Heartburn, Hiatal Hernia, Indigestion, Irritable Bowel, Leaky Gut, Acid Reflux, Stomach or Intestinal Pain, Yeast Infections

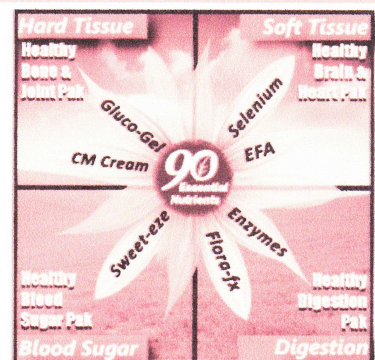
Root Cause: Extreme Enzyme, & Flora Deficiencies



### 10. How Do I Fix The Root Cause Of My Health Problem?

- Category 1 = Healthy Bone & Joint Pack
- Category 2 = Healthy Brain & Heart Pack
- Category 3 = Healthy Blood Sugar Pack
- Category 4 = Healthy Digestion Pack
- If You Have Points In All 4 Categories Dr. Wallach Recommends That You Take The Combo Mega Pack

Please Fill Out The Self Evaluation Questionnaire On The Next Page And Then Pick The Pack That Is Right For You On The Order Form



# Dr. Wallach's Self Evaluation Health Questionnaire

Rate Yourself: The Higher The Score In A Category, The More Likely You Have A Nutritional Deficiency In That Category.

0= Never 1= Rarely 2= Occasionally 3= Often 4=Almost Always 5= Always Today's Date \_\_\_\_\_

Category 1 - Hard Tissue Problems					Category 2 - Soft Tissue Problems				
Do you have...	Today	30 Days	90 Days	6 Months	Do you have...	Today	30 Days	90 Days	6 Months
High Blood Pressure					Cardiovascular Disease, Eczema, or PMS				
Back Pain, Neck Pain, Arthritis					Are You Forgetful				
Stiff Shoulders, Headaches					Trouble Breathing				
Numbness, Foot/Arm Fall Asleep					Eye or Evesite Problems				
Trouble Falling Asleep					Age Spots, Blemishes				
Bleeding Gums, Cavities					Gray Hair, Wrinkles, Hemorrhoids				
Kidney Stones, Bone Spurs					Do You Take Cholesterol Medication				
Knee, Shoulder, Joint Pain					Do You Take Blood Thinners or Diuretics				
Do You Take Pain Killer Medication					Do You Take Fibromyalgia or MS Medication				
Do You Take Blood Pressure Medication					Do You Take Alzheimer or Parkinson Meds				
Total					Total				
Category 3 - Blood Sugar Problems					Category 4 - Digestion Problems				
Do you have...	Today	30 Days	90 Days	6 Months	Do you have...	Today	30 Days	90 Days	6 Months
ADD/ADHD, Depression, or Diabetes					Food Sensitivities, Heartburn, or indigestion				
Get Sleepy After Meals					Stomach or Intestinal Pain				
Cravings For Sugar or Sweets					Bloating or Gas				
Sweat Excessively or Have Excessive Thirst					Any Type of Allergies				
Wake Up During The Night					Constipation or Diarrhea				
Trouble Losing Weight					Immune System Problems/Get Sick				
Trouble Controlling Your Blood Sugar Levels					Do You Take Anti-Acids or Stomach Meds				
Do You Take Blood Sugar Medication					Fiber or Medication For Constipation				
Do You Take Mood Swing Medication					Medication For Chrones Disease				
Do You Take ADD, ADHD, Autism Medication					Immune System Medication				
Total					Total				

Do you have any other health problems that were not covered in the above questionnaire? \_\_\_\_\_

Is There Anything Else You Would Like To Improve About Your Health?

More Energy    Lose Weight    Heart Disease Prevention    Cancer Prevention    Anti-Aging Prevention

If you could change anything about your health, what would you change?  
\_\_\_\_\_

**For more Information or help.**

**Call (562) 833-8581**

**E-mail contact@5starnutrients.com**