



Health Made Easy!

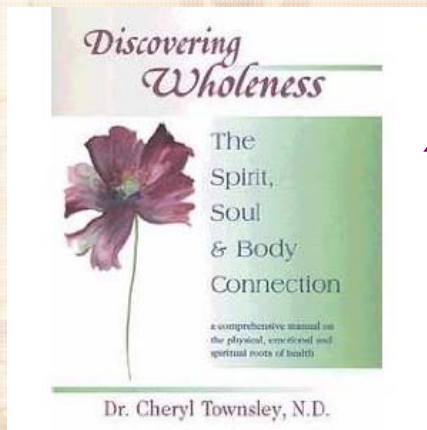


**Adapted from live presentations by
Dr. Cheryl Townsley
Created by Mikki Davis**



Cheryl's Story

- Corporate stress
- Difficult pregnancy and suicide attempts
- Health breakthrough
- Clinic and working with others
- Menopause and breakthroughs



"Discovering Wholeness"
- a great resource book
by Dr. Cheryl



Top 4 Reasons to Seek Help

1. Need Better Sleep

2. Need More Energy

3. Need Mental Clarity

4. Want Less Pain





A Car and Your Body



Your Car Requires

- Key

Your Body Requires

- Good Food & Water

**The More of God-made foods
& the Less of man-made foods**

The Better for YOU!!

**Thought: God didn't put food in
cardboard boxes or tin cans!!**



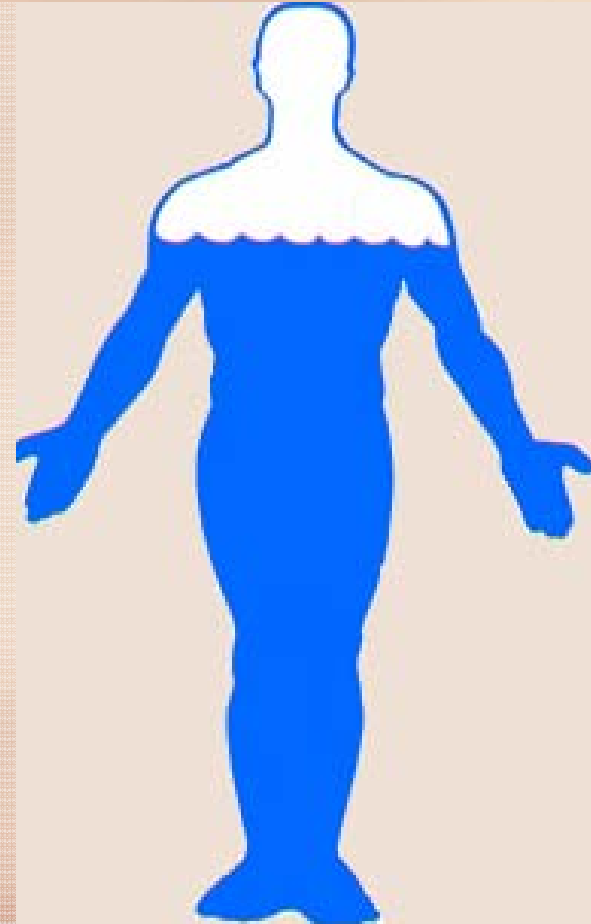


Water and You



Staying hydrated.....

**Drink at least
half of your
body weight in
ounces of
water daily**



Weight = 130 lbs

Drink = 65 oz per day or about 1 gallon



A Car and Your Body



Your Car Requires

- Key
- Gas
- Electrical System
- Oil

Your Body Requires

- Good Food & Water
- ATP- Cellular Energy
- Brain & Nerve Function
- Good Fatty Acids=
Good Digestion





A Car and Your Body



Your Car Requires

- Key
- Gas
- Electrical System
- Oil

Your Body Requires

- Good Food & Water
- MaxGXL®
- (Minerals) NFuze
- Omega 3's





When everything works together...



It's wonderful!!!!!!!!!!!!



STRESS-----

The Biggest Hit to Our Health

➤ **Used wisely = Good purpose**



➤ **Used inappropriately
= Deeper in Debt or Bankruptcy**

Stress on Your Body

Adrenaline: Natural Hormone

Purpose: Handle Stress in Emergency Situations

**Used Daily for survival-----
EXPENSIVE!!!**



Adrenal Bankruptcy---Disease

Adrenal Stress

Indicators of using too much adrenaline:

Fatigue

Weight Gain



Insomnia



Sore Muscles

****Headaches****

****Headaches****



Premature Aging

Integrity

Beauty & Health from the Inside Out!



Frown lines

Spots

Facial Indicators

Wrinkles

Pimples



Smile lines



Laugh lines

Bags



Pimples & Spots



**Dark Spots, Age Spots
or Rosacea =
Stressed Liver**

MaxGXL®

**Red Pimples, Pimples around
jaw, "Monthly" Pimples
= Hormonal Imbalance**

**Omega 3's- Barleans Swirl
(Lemon or Orange Flavor)**





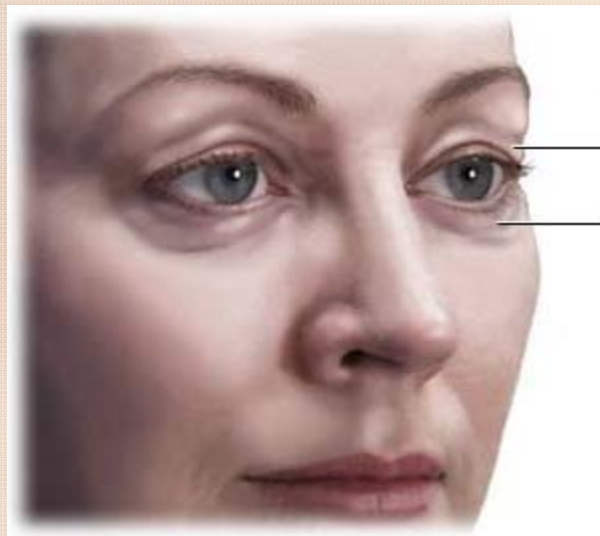
Eyes



Hoods Above:

Stressed Liver

MaxGXL®



Hoods Above
Bags under



Bags under:

Digestive Problems (or allergies)

Good Enzyme or Good Greens-

Barleans Greens (Berry Flavor)



Wrinkles & Lines



**Horizontal Lines on forehead =
Colon Problems or Poor Digestion**
**Good Enzyme or Good Greens-
Barleans Greens (Berry Flavor)**

**Two Lines Between Eyebrows =
Stressed Liver**



MaxGXL®

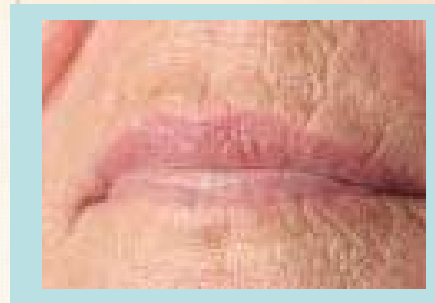


**One Line Between Eyebrows =
Heart Stress or Lack of Minerals**

Minerals- NFuze®



Lips



**Lines around/in the lips
= Poor Digestion
and/or Stomach Problems**

**Good Enzyme or Good Greens-
Barleans Greens (Berry Flavor)**

**Hair on Upper Lip
= Stressed Liver
or Lack of Hormones**



MaxGXL®

www.facercise.com





Fingernails

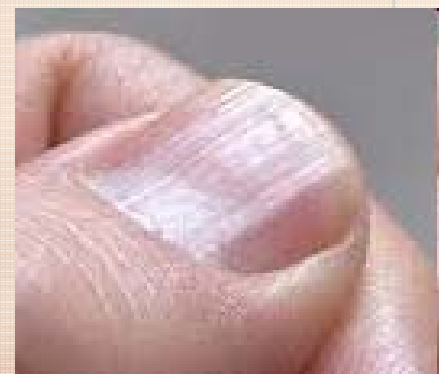


**Pale Nail Beds =
Lack of Minerals**

Minerals- N Fuze®

**Ridges in Nail Bed = Poor Digestion
of Protein & Minerals**

**Good Enzyme or Good Greens-
Barleans Greens (Berry Flavor)**



**Yellow-Colored Nails =
Stressed Liver**

MaxGXL®

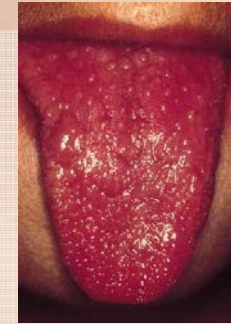




Tongue



**Dark Red or Curled Tongue =
Lack of B12 and Folic Acid**



NFuze®



**Yellow Coated Tongue =
Stressed Liver**

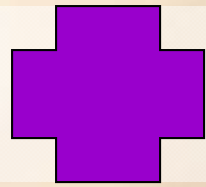
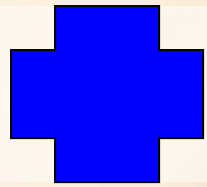
MaxGXL®

**Bad Breath = Poor Dental Hygiene,
Toxic Bowel and/or Poor Digestion**

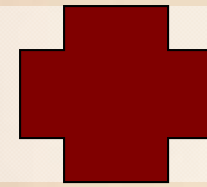
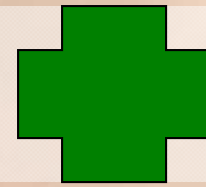
**Tongue Scraper, Good Digestive
Enzyme or Good Greens-**

Barleans Greens (Berry Flavor)





Totals



Add up your totals:

Digestion:

Liver:

Hormones:

Minerals:



Which area do you need to work on most?
Which area comes in second?

Healthy Strategies

Liver Support:



MaxGXL®

Mineral Support:



NFuze®

Hormone Support:



Barlean's Swirl

Anti-Aging Support:



MaxGXL®

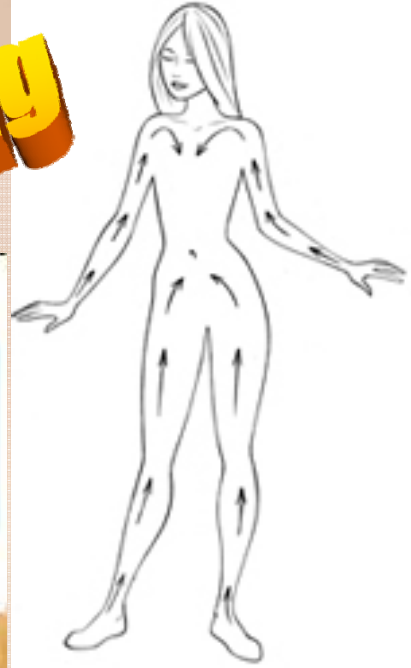
Digestion Support:



Barlean's Greens

Lymphatic Drainage

Body Brushing



Cravings & What to Do



- **Crunchy and Salty**



Adrenals

- **Chocolate**



**Minerals
pH off
Emotions**

- **Fatty Foods**



**Essential
Fatty Acids**



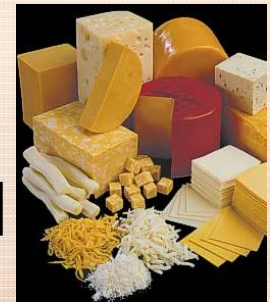
Sleep Issues



- Waking up before 3 AM = Liver Stress
- Waking up after 3 AM = Lung Stress



- Balance Blood Sugar
by Eating Protein Before Bed



- Take MaxGXL® daily before 3 PM
(6 capsules) for a better night's sleep



Healing your Body

Heals by priorities and at its own pace:

- **Most recent stressor or problem to the oldest stressor or problem**
- **From the inside to the outside**
- **From the top to the bottom**



**Food, Water, Exercise & Supplements
are the resources to use to help your body
do its healing work.**



Top 4 Reasons to Seek Help

1. Need Better Sleep

2. Need More Energy

3. Need Mental Clarity

4. Want Less Pain



Top 4 Reasons to take MaxGXL®

1. Improves Sleep

2. Increases Energy

3. Improves Mental Clarity

4. Decreases Pain & Inflammation





*max*INTERNATIONAL™

Improving
Health
and Prosperity to the

Max!!



Feel Well, Live Well