

Nutrition and Personal Development



In this presentation you'll find the latest information on nutrition and personal development we collaborated from USANA Health Sciences 2012 International Convention.

Presentation created by: Dr. James & Rita LeFever, 2012

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Nutrition and Personal Development

~If you wish to view notes for some of the slides, minimize the presentation and click on the link entitled "Page Notes"~

Enjoy!!!

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Nutrition and Personal Development



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USANA Health Sciences International Convention Notes

John C. Maxwell



- ✓ What are you doing to better yourself?
 - ❖ Develop DAILY!!
- ✓ 5 Steps of Leadership
 1. Position
 - Don't want to stay here
 - People follow you cause they have to
 - You are the boss
 2. Permission
 - People follow cause they want to
 - Everyone communicates, few connect
 3. Production
 - Results!!
 - Credibility of leadership is your success
 - People follow you because of what you have done for the organization
 4. People Development
 - You compound success!
 - People follow you because of what you have done for them
 - I DO IT, I DO IT & YOU ARE WITH ME, YOU DO IT & YOU ARE WITH ME, YOU DO IT, YOU DO IT & SOMEONE IS WITH YOU!
 5. Pinnacle
 - RESPECT!

<http://www.johnmaxwell.com/products-resources/free-resources/>

Laws of Leadership:

<http://www.youtube.com/watch?v=70skQqbGtPs>

Priorities:

<http://www.youtube.com/watch?v=cPsSqR7ehww>

USANA Health Sciences International Convention Notes

~ Igniting the Compound Effect ~

- One thing determines Success
 - ✓ Choices!!
 - Success small to insignificant choices
 - Small choices add up - BIG Results!
- Keys to Success:
 - ✓ Do fewer things, more often, & get better at them
- Websites:
 - ✓ <http://www.thecompoundeffect.com/>
 - ✓ FREE Resources to enhance the compound effect
 - <http://www.thecompoundeffect.com/resources.php>

Darren Hardy



Similar to presentation at
USANA Convention:

<http://www.youtube.com/watch?v=aDr3p9YJ4bl>

USANA Health Sciences International Convention Notes

~ *Branding Yourself* ~

- ✓ Articulate your Brand
 - Consistently & Consciously
- ✓ Practice your pitch!
 - Who you are & what you are about
- ✓ Your Website
 - Should have a picture of YOU
 - Should have a Mission Statement
 - Should be on first main page!
- ✓ Traditional networking
 - Deeper relationships
 - Help Others NOT Yourself
- ✓ Energy Space
 - Mental preparation before prospecting, etc.
 - “No such thing as a Bad Day”
- ✓ Happiness: **Living *with Purpose***

Jen Groover



<http://www.jengroover.com/>

USANA Health Sciences International Convention Notes

- ✓ More community involvement
 - Gain credibility for yourself
 - Wellness awareness for others
- ✓ Nutritional Recommendations for children
 - BiOmega Jr.
 - Probiotics
 - Usanimals
- ✓ Websites:
 - <http://www.kidseatgreat.com/>
 - <http://www.youtube.com/watch?v=y7AF5fwvhjk>
- ✓ See website for various articles relating to nutrition
 - <http://www.kidseatgreat.com/category/healthy-eating-topics/>
 - Especially useful for - speaking to other medical professionals

Dr. Christine Wood



USANA Health Sciences International Convention Notes

~ Digestion & Detox ~

- ✓ Eat more real and whole food
- ✓ Zinc deficiency common in kids
 - Sunflower/Pumpkin Seed are sources
- ✓ Nutrition info constantly changing
 - Cycles every 30 years
- ✓ “Diets” not the answer
 - Lifestyle change is necessary
- ✓ Stress increases:
 - Leaky gut, cortisol, inflammation, fat, etc.
 - 9 out of 10 ppl have Gastrointestinal problems
 - Apple Cider Vinegar, Fresh Lemon Juice w/ Water, & Digestive Enzyme all good to stimulate digestion

Dr. Libby Weaver



USANA Health Sciences International Convention Notes

~ Digestion & Detox ~

✓ Liver detox necessary

- Every 3-6 months, especially:
 - Wake consistently between 2-4am, usually hot and sweaty
 - Not hungry for breakfast/Coffee needed
 - Constipation/IBS/Short temper
 - Increase in Body Fat/Decrease in Energy

✓ Hepasil DTX necessary for detox

- Liver loves greens, nuts, and omega 3's
- Liver hates excessive alcohol, drugs, pesticides, caffeine, artificial sugars, etc.

✓ Website:

- <http://www.drlibby.com/>

Dr. Libby Weaver



USANA Health Sciences International Convention Notes

- ✓ Easy Ways to Wellness
 - Listen before fixing problems
 - Can't fix an emotion before you know it
 - Feel what you are telling them
- ✓ Calcium & Vitamin D deficiencies
 - Healthy Bones!
- ✓ 5 Biggest LIFE Adjustments
 1. Blood Pressure (ideal 115/75)
 2. No Cigs or Toxins
 3. Exercise daily (30min)
 4. Healthy diet - EASY to LOVE
 - Ideal waist - must be ½ of weight
 5. Stress Control!
- ✓ Obesity
 - Battle to be won in our homes
- ✓ Biology always beats Will Power
- ✓ Website:
 - <http://www.doctoroz.com/>

Dr. Mehmet Oz



USANA Health Sciences International Convention Notes

- ✓ Fiber slows transit of food – into intestines
- ✓ Spicy Foods increase metabolism
- ✓ Fructose – beverages block fat messages to brain
- ✓ Eat nuts 30min. before you eat a meal
- ✓ Secret to automation
 - Train your autopilot in 2 weeks
- ✓ Give your Heart reason to keep beating
- ✓ Additional links & info
 - <http://www.youtube.com/watch?v=D3FSVZOo9JE>
 - http://www.youtube.com/watch?v=CS8WYo3jzbE&playnext=1&list=PL57E0902723174E66&feature=results_main



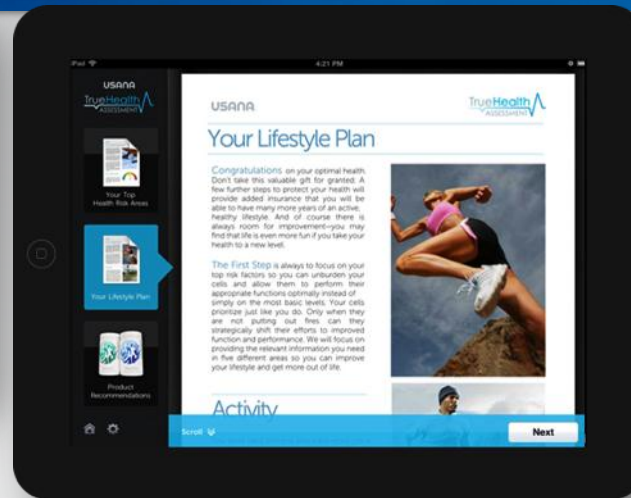
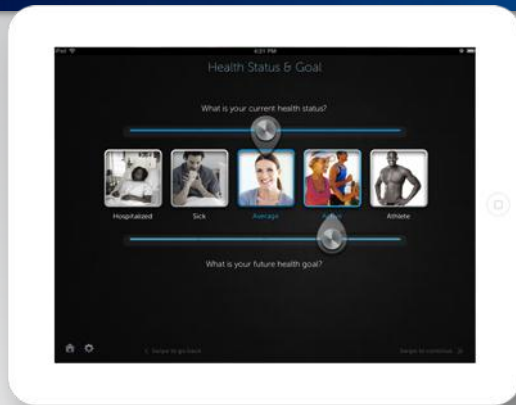
IF YOU DIDN'T KNOW NOW YOU KNOW!

- **New Health & Freedom**
- **True Health Assessment**
 - See next page!
- **True Health Companion**
 - THC will have workouts, grocery lists, food logs, etc.
- **New USANA Logo**
- **New Products**
 - **BiOmega Jr.**
http://www.usana.com/media/Shop/P/IB/ANZ/en_ANZ_BiOmegaJr.pdf
- **Ask Dr. L about any of these if you have questions 😊**



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True Health Assessment - Ask Dr. L about this!



The True Health Assessment makes it simple to find out which products are right for your body and lifestyle.

- Answer questions about your diet, exercise, and lifestyle choices
- Get a complete personalized nutrition and lifestyle plan
- Identify what you're doing right and areas where you can make changes to improve your health

Nutrition and Personal Development

~The next few slides are supplements I recommend the most for each age group with a comprehensive array of antioxidants & minerals~

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HealthPak™



- **Containing the USANA® Essentials™, Active Calcium™, and USANA's exclusive AO Booster™,**
- **HealthPak delivers superior defense against oxidative stress throughout the day in convenient AM and PM packs.***
- **USANA's AO Booster provides consumers with advanced levels of resveratrol, alpha-lipoic acid, and grape seed extract, powerful antioxidants that help protect against the aging effects of free radicals and oxidative stress.**
- **Provides excellent antioxidant protection with a unique blend of powerful antioxidants, including USANA's patented Olivol® olive-fruit extract.***
- **Supplies nutrients important for many aspects of health, including healthy sleep, beautiful skin, healthy heart, and strong bones and teeth.**

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Body Rox[®] - Nutrition for Teens



your health. your life. your way.™

- Provides essential vitamins and minerals during a critical stage of growth and development*



- Offers a comprehensive range of antioxidants for protection against oxidative stress*
- Supports healthy immune function*
- Helps compensate for teens' erratic eating habits

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Usanimals[®] - Nutrition for Children



your health. your life. your way.™

- Two out of three kids prefer the great new natural wild berry flavor of Usanimals
- Provides excellent nutritional support for growing children*



- Supports healthy immune function with vitamins A, C, E, and zinc*
- Includes vitamins B6, B12, folate, and choline for healthy brain function*
- Includes calcium, magnesium, and vitamin D for strong bones and teeth*
- Includes iron, thiamin, and B12 for energy*
- Easy-to-eat chewables stamped with fun animal shapes

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

BiOmega™



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- Omega-3 fatty acids support cardiovascular and joint health and neurological development.*
- Ultra-pure fish oil supplement formulated with added vitamin D.
- Added lemon oil helps eliminate fishy aftertaste.
- Supports healthy inflammatory response.*
- Important for maintaining structure and function of the body's cells.*



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

More Information



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For more information about
USANA's Nutritional Supplements,
Diet & Energy, or Personal Care
Products, call our office at

702-362-0336 or visit:

www.USANA.com

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EVERYTHING

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LOVE LIFE

AND LIVE IT.

