

# HEALTH 24/7

Your Connection to Better Living

MAGAZINE

## New Year's Weight Loss Resolution? Rebuild Your Health and Shed Those Pounds with The Resolve Solution

**Jamie and Gary Garthee** of Greenup, Ky., have lost 39 and 34 lbs. each. They started in July of this year. Not only do they have more energy and bounce, but they have no more arthritis pain, or acid reflux. Gary is off his blood pressure and cholesterol medications, per his doctor's orders. Gary and Jamie teach Resolve classes in the Ashland area and help other people get healthy.

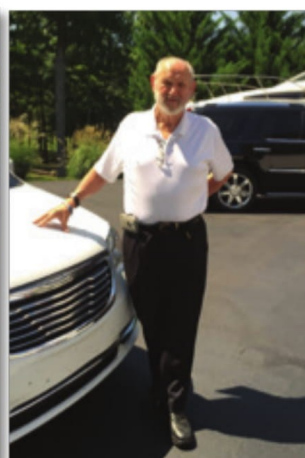
The Resolve Solution provides free classes teaching how to grocery shop, cook and eat in a deeply healthy way. The classes teach special dietary supplements that help the body recover from the toxic load by our junk food diets.

Class participants receive a free 7-Day Challenge Kit to help them get started.



### ARE THEY STARVING THEMSELVES?

No! The program teaches the dangers of the Standard American Diet (SAD) of junk food, fast food and processed food. Most Americans eat 92% SAD and 8% fruits and vegetables. However, fruits and vegetables are the main source of nutrition. Resolve teaches how to flip your eating habits to fruits, vegetables and lean meats. The program discourages sugar, dairy and gluten grains.



**Jimmie Gates** of Salt Lick, Ky., has lost 92 lbs. in 8 months. He has been a Resolve instructor for 2½ years. Jimmie recovered from diabetes and improved his Parkinson's disease very dramatically. As an insurance agent he was unable to fill out forms until he began the Resolve Solution Program. Now his hands are so much steadier he can take care of paperwork with his former zest. Jim has helped countless friends and clients recover from many illnesses by following the Resolve Solution plan. Jimmy has done so well that he supervises other Resolve instructors.

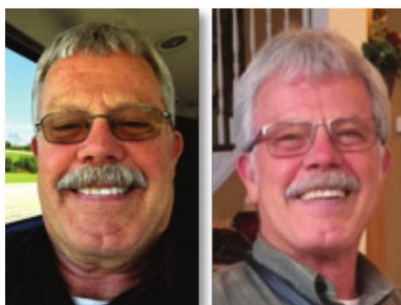
## The Resolve Solution

# New Year's Weight Loss Resolution?

## Rebuild Your Health and Shed Those Pounds with The Resolve Solution

**Charles Glover**, Campton, Ky., is a minister and retired postman. Charles has lost 30 lbs. since May of this year. His wife Joanie has lost 15 lbs. Charles is off most of his meds for high blood pressure. He had a heart valve that was deteriorating. To the surprise of his physician, that valve has now improved to the point of not needing valve replacement surgery.

Charles teaches a Resolve class in Campton.



**Elaine and Eddie Wiler**, a retired teacher's aide and a minister from Grayson, Ky., wanted to get healthy and lose weight. Eddie lost 72 lbs. in six months. He came off all his diabetes and high blood pressure medicine. Elaine lost 24 lbs. and recovered from convulsive acid reflux. They both have zest and vitality



that they thought was long gone from their lives. They feel more flexible and generally glow with health. As Eddie said, "I was really thrilled when I could cross my legs!" He went from a size 48 pant to a size 40. Elaine is often mistaken for someone 20 years younger. And she feels that way too.

**Leah Gillum** of Morehead, Ky., a retired postal worker, lost 38 lbs. two years ago. Not only has she maintained that weight loss, but she has gotten off acid reflux and IBS meds



too. Leah has more energy for fun things, like visiting her grandchildren and church activities. Leah learned to eat and cook healthy food at Resolve classes.

She still attends class regularly to help stay on course with healthy eating. She helped three generations of her family get healthy.

### Resolve Solution Health Seminars

All Health Seminars begin  
at 7 PM

#### MONDAY EVENINGS

West Liberty – Index Community Church  
Grayson – Super 8 Motel  
Greenup – Call for Location

#### TUESDAY EVENINGS

Olive Hill – Globe Christian Church  
Frankfort – Call for Location  
South Shore – McKell Library

#### THURSDAY EVENINGS

Morehead – Carl Perkins Center  
Mt. Sterling – Comfort Inn

#### FRIDAY EVENINGS

Louisa – Best Western Hotel



#### Facebook

Resolve2XL Weight Loss Club  
My Resolve Kitchen

#### For More Information

www.r2xl.com  
(606) 780-2521

#### Email

the.resolve.solution.usa@gmail.com

#### All Seminars are Free to the Public



- Join a class near you.
- Get a free 7-Day Challenge Kit at your first Class.
- Get step by step instructions so you can lose weight & get healthy!

# HEALTH 24/7

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## The RESOLVE Solution

### Lose Weight, Rebuild Your Health

**T**hese days, who doesn't want to lose weight? Nancy Dove started The Resolve Solution program in January of 2018. By September's end she had lost 65 lbs. The best part was the health improvements of reducing most medications and no longer requiring a C-Pap machine. Her arthritic pain from degenerative disc disease has also been greatly reduced.

Nancy was able to get such remarkable results by taking part in Resolve classes, which provide unique nutritional supplements and a very healthy eating program. Hundreds of people in the region have become part of the program and have the weight loss to prove it. Even better than weight loss, they have stunning health recovery that has rejuvenated their lives. For example:

- Joyce Blevins, West Liberty, lost 42 lbs. since May and has greatly reduced her blood pressure and cholesterol medicine.
- Joy Rayburn, Olive Hill, KY, lost 10 lbs. and reduced extreme migraines from over 18 per month to 5.
- Wendell Fraley, Mt. Sterling, lost 38 lbs. and no longer needs blood pressure or cholesterol meds.
- Daymond Mollete lost 43 lbs., is off all diabetes and blood pressure medicine. Daymond teaches the Grayson, KY class.
- Vernon Mollette, Wabash, IN, brother of Daymond, lost 31 lbs. since August. His doctor said he just avoided starting diabetic meds with his health improvement!
- These results are not unusual. They are typical.



*Nancy Dove of Olive Hill, KY lost 65 lbs. in 9 months. Her health improved so much she was able to come off nine meds and the C-Pap machine. She has had degenerative disc disease but now has had much pain relief and needs much less pain medication. She sleeps much better and has much more energy.*

#### What? How did they do this?

Let's back up a little. We all think our weight is the problem. But weight is the symptom, not the cause of our health problems. Although many Americans believe their chronic conditions and weight problems are caused by family genetics, that is rarely the reality. While genetic factors can be the cause of chronic diseases, only about 5% of all chronic conditions are directly caused by genetics.

The reality is, most chronic diseases are totally attributed to what we eat and lifestyle habits. Therefore, what we actually inherit within our family are similar lifestyle, cooking and dietary habits that can lead to similar family diseases and weight gain.

#### But didn't they have to starve to do this?

No. Participants didn't count calories, they didn't go on a starvation diet and they didn't take dangerous diet pills! They simply followed a simple set of recommendations they received during their FREE Resolve Solution 7 Day Challenge.

Just like thousands of other people who have attended a Free Resolve Solution Health, Wellness and Weight Loss Seminar, they were introduced to a step-by-step educational eating program. The Program explains in detail how to achieve wellness and permanent weight loss by eliminating certain foods from their diet and adding specific other foods to their daily diet.

# The RESOLVE Solution

## Lose Weight, Rebuild Your Health

The average person participating in the FREE 7 Day Challenge will lose between 7 and 15 pounds and experience amazing results in blood pressure, diabetes, chronic digestive problems and energy.



*Chris Welch of Somerset, KY has lost 55 lbs. in two months and he is just getting started! He no longer needs his diabetes and blood pressure medication and doesn't need daily naps. He has lots more energy. Chris teaches the Resolve Class in Somerset.*

When participants learn that all diseases began at the cellular level and can only be reversed or prevented by giving their cells the opportunity to heal, fantastic changes begin to occur in their bodies. This healing is the bodies' response to the removal of toxic diet and the presence of deep nutrition.

Cells cannot function and survive in a toxic environment. Therefore, when Americans eat 90% or more toxic filled, processed and fast foods, their cells become so toxic they can no longer function and protect the body from chronic diseases. Fat forms to hold these toxins. Participants learn that by adding The Resolve Solution dietary supplements to their daily diet, they are guaranteeing their cells the essential vitamins, minerals and nutrients necessary to maintain cellular health and a strong immune system.

Your doctor will also tell you that consuming the Standard American Diet (SAD) of processed and junk foods is a leading cause of most chronic diseases they diagnose every day. They will also tell you that medications alone will not cure most diseases. Therefore, if you ever hope to reverse or prevent chronic diseases, you must understand what causes them.

The Resolve Solution members learn how to detox their cells and then how to provide them with the nutrients necessary to perform their essential functions and enhance immunity to diseases.

You will learn why avoiding Dairy, Gluten Grains, Sugar, Non-Organic Meats, Processed and Junk Foods are the only way to reach your health goals.

Free classes are held weekly to teach health solutions and provide support and discussion for members. Members are also taught how to create healthy and tasty morning and evening smoothies, loaded with Resolve nutritional supplements to supercharge the healing process.

**The Resolve Solution provides its Members:**

- Weekly Free Health Classes
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In a very short time, members find their cells which were starved for nutrients and assaulted for decades by a toxic, acidic diet, begin to recover and heal. Very quickly fat is shed as toxins are released and the body begins to return to a healthy state of homeostasis (balance).

Again, Resolve Solution members don't count calories or starve. They are encouraged to eat as much as they want of nourishing, vitalizing food, fruits, vegetables and clean meats. Organic food is recommended when available and eating out less is encouraged. The Resolve



*Greg Bowman, Morehead, KY, lost 32 lbs. in one month. He is already down to 234 lbs. Greg says he feels better already! Greg attends the Morehead class with his friends.*

Solution supplements UltraVita and UltraSlim provide 92 vitamins and minerals and 42 antioxidants with organic super nutrients, in a single Ultra-Nutra smoothie. The Resolve Solution has created one of, if not the most powerful natural, vegan formulas available. Completely chemical, toxin and sugar free, the amazing formula promotes cellular detoxification and recovery.

Resolve Classes are led each week by trained instructors. Weekly classes are held in Frankfort, Mt. Sterling, Morehead, West Liberty, Grayson, Olive Hill, Greenup and Ashland (Cannonsburg). In addition, special classes can be arranged for churches, clubs and other group venues by special arrangement.

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## The RESOLVE Solution

**Lose weight, Lower Blood Sugar, Blood Pressure, Reduce Psoriasis, Arthritis, Relieve Autoimmune Conditions, Balance Hormones**

### Morehead Couple Starts Health Program with Astounding Results

**W**hen business man Keith Johnston's brother had a diabetes related stroke and surgery, Keith went into overdrive, researching what would help his brother's health. He was shocked to learn how much could be done to reverse and prevent certain diseases. He discovered that most chronic diseases were related to diet and lifestyle. Over the course of a year, his exhaustive research resulted in a program for his family that gave very surprising results.

Although he had never used his college background in health studies, having prepared to be a basketball coach, things started falling into place. Early on Keith put himself, his wife Coral and his brother on a diet of fresh fruits and vegetables and organic meats. He created a unique dietary supplement of exotic and organic plants, designed to eliminate toxins from the body, while offering the essential vitamins, minerals, amino acids, antioxidants and nutrients necessary for cellular health and natural healing.



Tom Gabbard of Mt. Sterling, KY has lost 87 lbs. in 8 months. He has reversed his diabetes and blood pressure to the normal range.



Keith & Coral Johnston started The Resolve Solution to help family. It has now grown into a stunning health & weight loss program.

His formula also eliminated sugar, gluten grains, dairy and trans fats completely. In addition, support, motivation and health education became an integral part of the health plan, now known as "The Resolve Solution".

Seven years later, what started as a way to help his family reverse their poor health, has now turned into one of the most amazing health, wellness and weight loss programs ever created, and has helped thousands get relief from chronic diseases and obesity.

After incorporating Resolve and registering with the FDA in 2012, Keith and his wife Coral started teaching classes. Keith thought he had retired, having sold the phone company he had started and built 16 years previously. However, his health program filled such a critical need,

he felt compelled to share it with others. Coral, a retired psychotherapist, advocated the group approach to the program, knowing the power of group cohesion would help people make the difficult changes necessary.

The result was a three-point program of free educational classes, intense nutritional supplements and the elimination of processed and junk foods. People didn't just lose weight, they had startling health recoveries. Here are just a few of the many examples locally:

- Jimmie Gates, age 72, Salt Lick, KY lost 91 lbs., in less than a year, got off all his diabetes medicine, while seeing improvement in his Parkinson's disease, so much he can now write again and keep doing his insurance business.
- Clyde Dorton, West Liberty, KY, lost 30 lbs. and his thyroid corrected and he was taken off thyroid medication.
- Lawrence Conn, age 18, Morehead, KY, lost 45 lbs. in two months and now teaches Resolve Classes.
- William Smith, West Liberty, KY lost 30 lbs., and is already off insulin and most of his diabetic meds.
- Trina Crouch, Salt Lick, KY, lost 35 lbs. and is off her blood pressure medication.
- Debbie Nesselhauf, Salt Lick, KY, gospel singer, lost 32 lbs. and reduced her arthritis so she can play guitar more easily.

**What? How did they do this?** Let's back up a little. Keith discovered that we all think our weight is the problem. But weight is the symptom, not the cause of our health problems. Although many Americans believe their chronic conditions and weight problems are caused by family genetics, that is rarely the reality. While genetic factors can be the cause of chronic diseases, only about 5% of all chronic conditions are directly caused by genetics.

The reality is, most chronic diseases are totally attributed to what we eat and lifestyle habits. Therefore, what we actually inherit within our family are similar lifestyle, cooking and dietary habits that can lead to similar family diseases and weight gain.

# The RESOLVE Solution

## Lose weight, Lower Blood Sugar, Blood Pressure, Reduce Psoriasis, Arthritis, Relieve Autoimmune Conditions, Balance Hormones

October 2018 | Lexington Health 24·7

**But didn't they have to starve to do this?** No. Participants didn't count calories, they didn't go on a starvation diet and they didn't take dangerous diet pills! They simply followed a simple set of recommendations they received during their FREE Resolve Solution 7 Day Challenge.

Just like thousands of other people who have attended a Free Resolve Solution Health, Wellness and Weight Loss Seminar, they were introduced to a step-by-step educational eating program. The Program explains in detail how to achieve wellness and permanent weight loss by eliminating certain foods from their diet and adding specific other foods to their daily diet.



Donna Tapp, Carlisle, KY, lost 36 lbs and has much more energy to do her job as a CNA.

The average person participating in the FREE 7 Day Challenge will lose between 7 and 15 pounds and experience amazing results in blood pressure, diabetes, chronic digestive problems and energy.

When participants learn that all diseases began at the cellular level and can only be reversed or prevented by giving their cells the opportunity to heal, fantastic changes began to occur in their bodies. This healing is the bodies' response to the removal of toxic diet and the presence of deep nutrition.

Cells cannot function and survive in a toxic environment. Therefore, when Americans eat 90% or more toxic filled, processed and junk foods, their cells become so toxic they can no longer function and protect the body from chronic diseases. Fat forms to hold these toxins. Participants learn that by adding The Resolve Solution dietary supplements to their daily diet, they are guaranteeing their cells the essential vitamins,

minerals and nutrients necessary to maintain cellular health and a strong immune system. Your doctor will also tell you that consuming the Standard American Diet (SAD) of processed and junk foods is a leading cause of most chronic diseases they diagnose every day. They will also tell you that medications alone will not cure most diseases. Therefore, if you ever hope to reverse or prevent chronic diseases, you must understand what causes them.

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In a very short time, members find their cells which were starved for nutrients and assaulted for decades by a toxic, acidic diet, begin to recover and heal. Very quickly fat is shed as toxins are released and the body begins to return to a healthy state of homeostasis (balance).

Again, Resolve Solution members don't count calories or starve. They are encouraged to eat as much as they want of nourishing, vitalizing food, fruits, vegetables and clean meats. Organic food is recommended when available and eating out less is encouraged. The Resolve

Solution supplements UltraVita and UltraSlim provide 92 vitamins and minerals and 42 antioxidants with organic super nutrients, in a single UltraNutra smoothie. The Resolve Solution has created one of, if not the most powerful natural, vegan formulas available. Completely chemical, toxin and sugar free, the amazing formula promotes cellular detoxification and recovery.

Resolve Classes are led each week by trained instructors. Weekly classes are held in Frankfort, Mt. Sterling, Morehead, West Liberty, Grayson, Olive Hill and Ashland (Cannonsburg). In addition, special classes can be arranged for churches, clubs and other group venues by special arrangement.

The Resolve Solution is not intended to replace medical care, but to work hand in hand with medical treatment. The program is so much more than weight loss. For more information call (606)780-2521, visit [www.r2xl.com](http://www.r2xl.com) or Facebook Resolve2XL Weight Loss Club. The Resolve Solution is a program of Resolve2XL, Inc., a Kentucky corporation based in Morehead, KY and owned by its founder and CEO Keith Johnston.

### RESOLVE Solution

#### Health Seminars

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## The RESOLVE Solution

**Lose weight, Lower Blood sugar, Blood Pressure, Reduce Migraines, Arthritis, Relieve Autoimmune Conditions, Balance Hormones**

### Gospel Singing Family Recaptures Health

**T**he McKinney family of West Liberty, KY are known for their beautiful gospel singing group, aptly called The McKinney's. They tour churches and camp meetings, spreading their beautiful music. A few months ago they were all in much poorer health and were unhealthily overweight. They started The Resolve Solution as a family to lose weight together, and to bring many serious health conditions back into normal range.

Robert McKinney is now down 75 lbs. but was also on several medications for acid reflux, high blood pressure, hyperthyroidism, allergies and diabetes. However, in a few short weeks he was no longer taking any medications.

Diana Owsley lost 17 lbs. and had a long-term skin irritation completely disappear. Her high blood pressure and acid reflux has also returned to their normal range.



Robert McKinney before and after losing 75 lbs.



Left to Right: Andrew McKinney lost 24 lbs., Diana Owsley lost 17 lbs., Dana McKinney lost 47 lbs., Robert McKinney lost 76 lbs., Norma McKinney lost 32 lbs., Trish McKinney lost 30 lbs., Doug McKinney lost 38 lbs., Caleb McKinney lost 15 lbs.

It wasn't long before the good news spread to other family members such as Robert's brother Burnel McKinney, not pictured, of Campton KY. Burnel has now lost 60 lbs. and has seen his severe psoriasis disappear on his arm after suffering for many years with this chronic condition. In addition, Robert's wife Norma has lost 32 lbs. and no longer suffers from severe IBS, a has regained the strength of her singing voice, lost from a chronic thyroid condition.

The McKinney's have now shared the amazing success of The Resolve Solution with many other family members and friends in West Liberty, KY, and the good news has now spread to other towns and to many friends in other states as well.

How did they do this? Let's back up a little. We all think our weight is the problem. But weight is the symptom, not the cause of our health problems. Although many Americans believe their chronic conditions and weight problems are caused by family genetics, that is rarely the reality. While genetic factors can be the cause of chronic diseases, only about 5% of all chronic conditions are caused by genetics.

The reality is, most chronic diseases are totally attributed to what we eat and lifestyle habits. Therefore, what we actually inherit within our family are similar lifestyle, cooking and dietary habits that can lead to similar family diseases and weight gain. This family is living proof that how they eat, what they eat, where they eat and what supplements they take can create amazing health results. And have little to do with their actual genetics!

But didn't they have to starve to do this? No. They didn't count calories, they didn't go on a starvation diet and they didn't take dangerous diet pills! They simply followed a simple set of recommendations they received during their FREE Resolve Solution 7 Day Challenge.

Just like thousands of other people who have attended a Free Resolve Solution Health, Wellness and Weight Loss Seminar, they were introduced to a step-by-step educational eating program. The Program explains in detail how to achieve wellness and permanent weight loss by eliminating certain foods from their diet and adding specific other foods to their daily diet.

# The RESOLVE Solution

**Lose weight, Lower Blood sugar, Blood Pressure, Reduce Migraines, Arthritis. Relieve Autoimmune Conditions. Balance Hormones**



Dana McKinney before and after losing 47 lbs.

The average person participating in the FREE 7 Day Challenge will lose between 7 and 15 pounds and experience amazing results in blood pressure, diabetes, chronic digestive problems and energy.

Once the McKinney family members learned that all diseases began at the cellular level and can only be reversed or prevented by giving their cells the opportunity to heal, fantastic changes began to occur in their bodies.

Cells cannot function and survive in a toxic environment. Therefore, when Americans eat 90% or more toxic filled, processed and fast junk foods, their cells become so toxic they can no longer function and protect the body from chronic diseases. Fat forms to hold these toxins.

This family has also learned that by adding The Resolve Solution dietary supplements to their daily diet, they are guaranteeing their cells the essential vitamins, minerals and nutrients necessary to maintain cellular health and a strong immune system.

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Your doctor will also tell you that consuming the Standard American Diet (SAD) of processed and junk foods is a leading cause of most chronic diseases they diagnose every day. They will also tell you that medications alone will not cure most diseases. Therefore, if you ever hope to reverse or prevent chronic diseases, you must understand what causes them.

The Resolve Solution members learn how to detox their cells and then how to provide them with the nutrients necessary to perform their essential functions and enhance immunity to diseases. The Program promotes a diet of fresh fruits, vegetables, clean meats and gluten free grains.

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Cousin Eugene Blevins, West Liberty, lost 50 lbs. and is off blood pressure and acid reflux medication.

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food, fruits, vegetables and clean meats. Organic food is recommended when available and eating out less is encouraged. The Resolve Solution supplements UltraVita and UltraSlim provide 92 vitamins and minerals and 42 antioxidants with organic super nutrients, in a single UltraNutra smoothie. The Resolve Solution has created one of, if not the most powerful natural, vegan formulas available. Completely chemical, toxin and sugar free, the amazing formula promotes cellular detoxification and recovery.

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24 Lexington Health 24-7 | August 2018

## The RESOLVE Solution

### Lose Weight, Lower Blood Pressure, Correct Acid Reflux

**A**re you tired of being tired and discouraged at your many failed weight loss attempts? Do you struggle with health issues like high blood pressure, digestive disorders or diabetes? If your answer is yes, you are like most Americans.

Over 75% of American adults are overweight or obese; 75 million have high blood pressure; 110 million are diabetic or pre-diabetic; 50 million suffer from an autoimmune disease; and 60 million have cardiovascular disease.

#### Acid Reflux and Digestive Disorders

Over 90% of every bite Americans consume daily is from processed or junk foods, which is the leading cause of chronic conditions, including Acid Reflux, IBS, Candida Bacteria Overgrowth, and many other digestive conditions.

**A special family story:** Meet the Hamilton sisters from Carter County, Kentucky. From left to right are Connie Hicks of Olive Hill, KY, Rhonda Riley of Port Orange, Florida, Donna Salyers of Georgetown, KY and Debbie Salyers of Globe, KY.

Although these four sisters have only been doing The Resolve Solution less than a year, they have all seen amazing transformations in their health and weight, as the pictures shown above can attest.

- Connie started The Resolve Solution in February 1 of 2018 and has lost 40 lbs. and no longer takes Acid Reflux meds.
- Rhonda started January 2 of 2018 and has lost 38 lbs. and is also off half of her acid reflux medications.
- Donna started December 3rd of 2017 and has lost 44 lbs. and is also off blood pressure and Acid Reflux prescriptions.
- Debbie started October 15th of 2017 and has lost 55 lbs. and is off high blood pressure meds.



**Before:** Connie Hicks, Rhonda Riley, Donna Salyers, Debbie Salyers



**After:** Rhonda Riley, Debbie Salyers, Donna Salyers, Connie Hicks.

**How did they do this?** Let's back up a little. We all think our weight is the problem. But weight is the symptom, not a cause. What we eat to get obese is what destroys our health. We really are what we eat. Although many Americans believe their chronic conditions and weight problems are caused by family genetics, this is rarely the reality. While genetic factors can be the cause of chronic diseases, only about 5% of all chronic conditions are caused by genetics.

The reality is, most chronic diseases are totally attributed to what we eat and lifestyle habits. Therefore, what we actually share with our family members are similar lifestyle and dietary habits that can lead to similar family diseases and weight gain.

These four sisters are living proof that changing how they eat, what they eat and where they eat can result in amazingly quick health results and it had little to do with their genetics.

#### So, How Did All Four Sisters Get These Lifechanging Results?

They didn't count calories, they didn't go on a starvation diet and they didn't take dangerous diet pills! They simply followed a simple set of recommendations they received during their **FREE Resolve Solution 7 Day Challenge**.

Just like thousands of other people who have attended a Free Resolve Solution Health, Wellness and Weight Loss Seminar, they were introduced to a step-by-step educational eating program that explains in detail how to achieve wellness and permanent weight loss by eliminating certain foods from their diet and adding specific other foods to their daily diet.

The average person participating in the FREE 7 Day Challenge will lose between 7 and 15 pounds and experience amazing results in blood pressure, diabetes, chronic digestive problems and energy.

Once Connie, Rhonda, Donna and Debbie learned that all diseases begin at the cellular level and can only be reversed or prevented by giving their cells the opportunity to heal, fantastic changes began to occur in their bodies.

Cells cannot function and survive in a toxic environment. Therefore, when Americans eat 90% or more from consuming toxic filled, processed and fast junk foods, their cells become so toxic they can no longer function and protect the body from chronic diseases.

# The RESOLVE Solution

## Lose Weight, Lower Blood Pressure, Correct Acid Reflux

These sisters have also learned by adding *The Resolve Solution* dietary supplements to their daily diet, they are guaranteeing their cells the essential vitamins, minerals and nutrients necessary to maintain cellular health and a strong immune system.

By the way, their husbands have also joined *The Resolve Solution* and have gotten the same results!

### The Power of Natural Healing

The Resolve Solution isn't recommending that you stop seeing your doctor or stop taking your medications, we are simply trying to help you understand the power of natural healing by eating and living differently.

Your doctor will also tell you that consuming The Standard American Diet (SAD) of processed and junk foods is a leading cause of most chronic diseases they diagnose every day. They will also tell you that medications alone will not cure most diseases. Therefore, if you ever hope to reverse or prevent chronic diseases, you must understand what causes them.

The Resolve Solution members learn how to detox their cells and then how to provide them with the nutrients necessary to perform their essential functions and enhance immunity to diseases.

Daily consumption of processed and junk foods creates high levels of acidity in your body, which leads to inflammation of your cells, your body tissues, your organs and every vital system of your body. Over decades of consuming these toxic foods your body's immune system will eventually become so overwhelmed with inflammation from toxins, it can no longer keep you safe from diseases.

Learning how to eat, what to eat, where to eat and when to eat is vital to your health and *The Resolve Solution* can show you how. It is our goal to re-educate you on how to clean up the cells of your body and keep it clean by enjoying the amazing healing powers of REAL foods.

If YOU don't know the difference between GOOD Proteins, Fats and Carbohydrates and BAD Proteins, Fats and Carbohydrates, YOU are destined to become chronically ill over time. The Resolve Solution will not only show you what to eat and what not to eat, it will show you what you've been missing by eating tasty, natural, and organic whole foods!

### The Resolve Solution provides its Members:

- Weekly Free Health Classes
- Complete Step-by-Step Instructions
- And a Complete Vitamin, Mineral and Nutrient Supplement Program
- Free 7 Day Challenge Kit



The Solution promotes a diet of fresh fruits, vegetables, clean meats and gluten free grains.

You will learn why avoiding Dairy, Gluten Grains, Sugar, Non-Organic Meats, Processed and Junks are the only way to reach your health goals.

Free classes are held weekly to teach health solutions and provide support and discussion for members. Members are also taught how to create healthy and tasty morning and evening smoothies, loaded with Resolve nutritional supplements to supercharge the healing process.

In a very short time, members find their cells that have been starved for nutrients and assaulted for decades by a toxic, acidic diet, begin to recover and heal. Very quickly fat is shed as toxins are released and the body begins to return to a healthy state of homeostasis (balance).

Again, Resolve Solution members don't count calories or starve. They are encouraged to eat as much as the want of nourishing, vitalizing food. Organic food is recommended when available and eating out less is encouraged.

The Resolve Solution supplements *UltraVita* and *UltraSlim* provide 92 vitamins and minerals and 42 antioxidants with organic super nutrients, in a single *UltraNutra* smoothie. The Resolve Solution has created one of, if not the most powerful natural, vegan formulas available. Completely chemical and toxin free, the amazing formula promotes cellular detoxification and recovery.

**All Resolve Solution Dietary Supplements are 100% Organic, Natural, Vegan and Free of Any Additives or Stimulants**

Resolve Classes are led each week by trained instructors. Weekly classes are held in Frankfort, Lexington, Mt. Sterling, Morehead, West Liberty, Grayson, Olive Hill and Cannonsburg. In addition, special classes can be arranged for churches, clubs and other group venues by appointment only.

The Resolve Solution is not intended to replace medical care, but to work hand in hand with medical treatment. The program is so much more than weight loss. For more information call (606)780-2521, visit [www.r2xl.com](http://www.r2xl.com) or Facebook *Resolve2XL Weight Loss Club*. The Resolve Solution is a program of *Resolve2XL, Inc.*, a Kentucky corporation based in Morehead, KY and owned by its founder and CEO Keith Johnston.



### Health Seminars

All Health Seminars begin at 7 pm

#### MONDAY EVENINGS

West Liberty, KY  
Lexington, KY  
Grayson, KY

#### TUESDAY EVENINGS

Olive Hill, KY  
Frankfort, KY  
Ashland, KY

#### THURSDAY EVENINGS

Morehead, KY  
Mt. Sterling, KY

Facebook: *Resolve2XL Weight Loss Club*  
Facebook: *My Resolve Kitchen*



For Locations,  
[www.r2xl.com](http://www.r2xl.com)  
(606) 780-2521

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[the.resolve.solution.usa@gmail.com](mailto:the.resolve.solution.usa@gmail.com)  
All Seminars are Free to the Public

# HEALTH 24/7

Your Connection to Better Living

MAGAZINE

8 Lexington Health 24•7 | July 2018

## The RESOLVE Solution

**Lose 7 to 15 Pounds  
in Just 7 Days**

**Reverse Diabetes, High Blood Pressure  
and High Cholesterol, Reduce Arthritis  
and other autoimmune conditions**

**T**he Resolve Solution is a health program that grew out of one man's effort to save his brother. Six years later, the program is providing dramatic weight loss and chronic disease relief for hundreds of local people, without drugs or stimulants. The program recommends healthy eating, outstanding nutritional supplements and supportive educational classes in towns across Central and Eastern Kentucky.

In addition to achieving permanent weight loss without counting calories, starving or taking dangerous stimulant pills, The Resolve Solution has shown thousands how to achieve immediate health results such as reversing diabetes, high blood pressure, cholesterol, triglycerides, acid reflux, arthritis and many other chronic conditions.

How? By simply learning how to eat the right foods, detox the cells of the body and drink the most delicious, amazing nutrient-rich drink ever created to feed starving cells the essential vitamins, minerals and nutrients they must have to begin the healing process.

Believe it or not, it's totally possible to achieve a complete turnaround in your health, and without prescription drugs.

Thousands of people on The Resolve Solution are enjoying these benefits right now.

**What have they done to get these amazing results that you haven't?**

They've discovered "The Resolve Solution," a proprietary organic, natural and vegan health formula to help restore youthful energy, prevent and reverse chronic diseases and achieve permanent weight loss.

As we age, we are sold on the idea that our health problems "are just part of the natural process that go along with aging."



**Ramona Willoughby, Owingsville, KY**

Ramona started The Resolve Solution program in April of 2017. After 3 months on the program she had lost 55 pounds, was off 6 different medications for IBSD, diabetes, high blood pressure, allergies and other chronic conditions. Mona is now completely off all her medications and feeling great. In addition, her A1C dropped from 13 to 5.9, and she is off a CPAP machine after 12 years of needing it to breathe at night. Prior to starting Resolve, Ramona had struggled to lose an additional 50 lbs. in 4 years. She had not come off any medications and actually was needing more. Although she is thrilled with losing 105 lbs., she is most happy about her remarkable health improvement.

Unfortunately, too many people have simply decided they are too old to regain their health and youthful energy, when nothing could be further from the truth. The Resolve Solution is quickly changing the minds of thousands who had given up on ever being healthy again.

Keith Johnston, founder of The Resolve Solution, was moved to research health in great depth when his brother had a stroke from diabetes complications. After months of study, Keith designed a program for his brother, his wife Coral and other family members. When his brother's symptoms improved and everyone else lost weight and felt better, word spread and a business began to take shape.

Keith had tried retirement at a young age, but the results of Resolve pulled him into a mission for his hometown area. Keith, who hails from Carter County, Ky., and his wife Coral, who is from West Virginia, had both fretted over the obesity/bad health of their beloved region.

With their business and regulatory experience, the Johnstons applied for FDA registration and began providing nutritional supplements. Keith's leadership background, his college studies in health and Coral's background as a psychotherapist, gave them the insight to create a threefold program that incorporates healthy food, intense antioxidant supplements and supportive classes.

# The RESOLVE Solution

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in Just 7 Days**

**Reverse Diabetes, High Blood Pressure  
and High Cholesterol, Reduce Arthritis  
and other autoimmune conditions**

Since then, The Resolve Solution has brought astonishing results in dealing with a variety of health problems, such as arthritis, irritable bowel syndrome, fibromyalgia, cancer, fatigue, heart disease, diabetes, and cognitive decline, that Keith blames on the "Standard American Diet," or SAD.

## Overweight Means Malnourished

In his research, Johnston found that nearly 92 percent of the foods consumed by the average American are either processed, junk, fast or tainted foods, including chicken, beef, pork, milk, eggs and other foods from animals that have been injected with growth hormones, steroids, antibiotics and other chemicals to induce faster growth or higher production.

An average American is believed to eat only 8 percent of their entire daily diet from fruits and vegetables, and many of those once-natural plants are now genetically modified organisms, or GMOs.

With processed foods containing artificial sweeteners, flavorings, dyes, preservatives, MSGs and up to 6,000 approved chemicals, it's no wonder the cells of our body are inflamed and sick.

Inflammation has been shown to cause heart and artery disease, damage to nerve cells, damage to brain cells, and can negatively affect every cell in the body. "Without a doubt, inflammation may be the leading cause of aging, including short and long-term memory loss," Johnston said.

The Resolve Solution promotes a lifestyle change that eliminates sugar, gluten grains, dairy products, nearly all processed foods, all GMOs, and meats/animal products that have been tainted with growth hormones, steroids, antibiotics or other chemical growth inducers.

Resolve promotes all-organic and natural alkaline-rich fruits and vegetables that neutralize the acid in your body for a healthy pH level and the reduction of inflammation.

## How to Eat to Reduce Inflammation?

Learning to replace processed and junk foods with organic green vegetables and fruits that are chock full of alkaline, nutrients and antioxidants is the only way to naturally reduce acidity and inflammation and thus lose weight.

However, Americans are not accustomed to eating healthy foods that don't come in a bag, a box, a bottle or a can. Why? Because it takes more time, more effort and some planning to eat whole, natural foods.

Eating healthy and organic means you must go to the supermarket to purchase organic fruits and vegetables. Then you need to wash them, cut them and prepare them. This takes TIME and can be a daunting task at the end of a long workday.

That's where The Resolve Solution can help. With The Resolve Solution, you can change your bad eating habits and transform your poor health to great health and permanent weight loss.

**Classes are always free, first time guests receive a free 7 Day Challenge Kit.**

The Resolve Solution provides 92 Vitamins and Minerals, and 42 antioxidants with natural nutrients in a single UltraNutra Smoothie. The Resolve Solution has created one of, if not the most powerful organic, natural and vegan formulas ever. And because all the ingredients are 100 percent natural and free of chemicals, no toxins enter your body. As a matter of fact, this amazing formula promotes the detoxification of every cell.

This special combination of superfoods along with a totally FREE weekly health education seminar shows members how to eat healthy, helps members achieve vitality and a sense of wellness that they had previously only dreamed of. Men and women with joint and muscle pain, acid reflux and digestive problems, fatigue, memory decline and other chronic diseases and conditions find themselves suddenly starting to feel better each day.

Resolve Classes are led by trained instructors. Keith and Coral are regular guest presenters. Classes are held in Frankfort, Lexington, Mt. Sterling, Owingsville, Flemingsburg, Morehead, Grayson, West Liberty and Cannonsburg. The Resolve Solution is not intended to replace medical care but to work hand in hand with medical treatment. This program is so much more than weight loss. For more information call **(606) 780-2521** or visit [www.r2xl.com](http://www.r2xl.com). The Resolve Solution is a program of Resolve2XL, Inc., a Kentucky corporation based in Morehead and owned by Keith Johnston.



 **RESOLVE**Solution

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For Locations,  
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All Seminars are Free to the Public