

Success Forum

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Herbalife Independent Distributor
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Let's be honest. Aging sucks. Especially for those of us past 40 or 50 (and some of us are way past that!). But now you don't have to "be your age." Metabolically, you can be younger! A new Herbalife product recently dropped called *Life I/O Baseline*. Everything we put into our bodies (and what comes out, hence I/O) affects your life. This will be the "baseline" product, with more advanced products in the production queue. I will get into what this Baseline product offers, but first some explanations and definitions.

If someone says "mitochondrial [myto-con'drial] function," do you know what that is? How about "oxidative [ox-a-day'-tive) stress?" I did a search at BrightAnswers.ai, a free AI engine and the only one I trust. It was created by Mike Adams, known as the Health Ranger. These are excerpts.

Often termed the "powerhouse of the cell," your mitochondria create a molecule called adenosine triphosphate or ATP. This quite literally is the cellular energy that fuels cellular processes ranging from muscle contraction to being able to create the brain chemicals you need so that it can function.

When your mitochondria start to fail, you experience "sarcopenia (muscle loss), cognitive

Introducing ...

LIFE I/O Baseline **for cellular energy,** **healthy aging, and** **metabolic resilience!**

decline, and reduced longevity." Declining mitochondrial function can be caused by a number of things that cause stress to the mitochondrial membrane such as heavy metals, pesticides and/or herbicides, eating rancid fat such as vegetable oils, suboptimal dietary or supplement choices and electromagnetic radiation through EMF exposure (cell phones, etc).

When mitochondrial membranes are compromised by toxins mentioned above, electron leakage in the membrane escalates and fuels oxidative cascades, known as Reactive Oxygen Species (ROS) or oxidative stress.

What are the consequences of high ROS levels? Chronic inflammation, autoimmune disease, Alzheimer's disease, diabetes, and the list goes on. None of it's good for you. So how can we fight back? How can we reduce oxidative stress and enhance mitochondrial function?

#1 Avoid toxins at all cost, all of them listed above, and that includes EMF. Get that phone out of your pocket! Read or re-read my last newsletter about EMF, which can be found here: www.supplementalwellness.com/learning

#2 Engage in a High Intensity Fitness program and embrace Intermittent Fasting.

#3 Choose the right supplements - which is where *Life I/O Baseline* comes in!! Two capsules a day provides all of these nutrients that help optimize your mitochondrial function! Do you want the short and sweet summary? Here it is:

Key Benefits - from the Herbalife website:

Niagen®* increases NAD+ and supports cellular function†

PQQ supports mitochondrial function for cellular energy production†

CoQ10 combats age-related CoQ10 decline and has antioxidant activity†

Vitamin B9 supports DNA synthesis and neurotransmitter production†

Methylcobalamin (Vitamin B12) supports critical processes including methylation, red blood cell formation and neurological function†

Pretty cool, eh? Now, for those of you who are like me, you look at the label and ask, what about the other stuff? Let's take a closer look at why you may want to incorporate this product into your supplement regime.

Folate as Methylfolate. Methylfolate (5-methyltetrahydrofolate or 5-MTHF) is the active, bioavailable form of folate (vitamin B9) that plays a central role in methylation, neurotransmitter synthesis, DNA repair, and homocysteine metabolism. Many people have challenges with metabolising homocysteine. Elevated homocysteine causes inflammation in the blood vessels. This version of vitamin B9 makes it “critical for health neurologic function and genetic resilience.”

Vitamin B12 (as Methylcobalamin). We don't have enough room to fully explore the importance of B12. Let's just say that it is an essential micronutrient that plays indispensable roles in DNA synthesis, neurological function, red blood cell production, and methylation pathways. Having the “methyl” version of B12 is also important and a very good choice.

B-vitamins are critical for good health. They are water soluble, which means they must be replenished daily. A “% DV” or daily value has been established for the B-vitamins, but it's important to remember that that daily value is the amount of nutrient needed to prevent the associated disease. It has nothing to do with being WELL. Think surviving vs THRIVING. We need “super amounts” of many nutrients to thrive.

And now we will delve into the the rest of the ingredients. For the rest of the stuff in the ingredient list, no “daily value” has been established, but I don't care about what the government says about my nutritional

Supplement Facts		
Serving Size: 2 capsules Servings Per Container: 30		
	Amount Per Serving	% DV***
Folate (as Methylfolate)	135 mcg	34%
Vitamin B12 (as Methylcobalamin)	1.2 mcg	50%
Quercetin	200 mg	†
Niagen® (nicotinamide riboside chloride)	100 mg	†
Coenzyme Q10	100 mg	†
C-MED 100® (Inner Bark of Uncaria tomentosa)	75 mg	†
Resveratrol	70 mg	†
Luteolin	50 mg	†
Pyrrroloquinoline Quinone	20 mg	†
L-Ergothioneine	10 mg	†

choices anyway. So let's take a look at what these things are and how they may help us be healthier.

Quercetin. During the CoV2 scam, many of us used quercetin as an immune booster. Here's what AI says: Quercetin neutralizes reactive oxygen species (ROS) by donating hydrogen atoms. Key Therapeutic Effects: Antiviral: Disrupts viral replication by binding spike proteins. Cardioprotective: Reduces LDL oxidation and endothelial dysfunction by enhancing nitric oxide (NO) bioavailability. Anticancer: Induces apoptosis in tumor cells, which means they die. Pair with vitamin C for optimal absorption.” Quick note here is that quercetin is moderately high in oxalate.

Niagen* (nicotinamide riboside chloride). Dr Mercola just did an article on the importance of NAD+ (*log on to Mercola.com and search NAD+*) stating “NAD+ is central to cellular energy and mitochondrial health, driving redox reactions that produce ATP. Declining levels are linked to metabolic disorders, sarcopenia, and diabetes. Alzheimer's disease is strongly associated with disrupted NAD+ balance, and research suggests restoring intake can reverse cognitive decline rather than merely slowing disease progression.” You can see from the graphic on the next page that the Niagen is the shining star of this ingredient list.

Coenzyme Q10 (CoQ10)has been in the Herbalife product line for a very long time. CoQ10 is also known as ubiquinol because it is ubiquitous in the body, which means it is important for every cell. It “plays a crucial role in cellular energy production, antioxidant protection, and overall health optimization.” Baseline contains 100 mg. Higher doses are best for folks with health challenges, so pair it with CoQ10 Plus.

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C-Med 100 is a unique, patented extract from an herb known as cat's claw. This is an interesting ingredient. I found a PubMed reference to an NIH study about it. "Water extracts of the bark of *Uncaria tomentosa*, a vine indigenous to South America, has been used for generations as an "immuno modulator." It goes on to say that C-Med 100 protects your white blood cells (an important piece of your immune system) and helps to reduce inflammation. So - that's a good thing!

pubmed.ncbi.nlm.nih.gov/12622460/

Resveratrol is well known in the natural health arena. In fact, we have had a little bit of it in our Cell Activator. Resveratrol is a polyphenol (plant antioxidant) naturally found in foods berries, grapes, red wine and nuts. It has a wide array of health benefits that include anticancer activity, anti-inflammatory properties, helps resolve fatty liver and blood sugar challenges along with neuroprotective properties that can help you avoid dementia and diseases like Parkinson's disease.

pmc.ncbi.nlm.nih.gov/articles/PMC7143620/

Luteolin is next on the list. This is another plant antioxidant described as "a potent, natural flavonoid antioxidant found in foods like celery, broccoli, and thyme" (Google). And another PubMed article reports that luteolin is good for chronic pain and is neuroprotective - so brain protective - in part because it's anti-inflammatory properties.

pmc.ncbi.nlm.nih.gov/articles/PMC10016360/

Pyrroloquinoline quinone (PQQ) that's a mouthful and why we refer to it simply as PQQ. This is another antioxidant that is also described (Google search quoting WebMD) as "a vitamin like compound that primarily boosts mitochondrial function, promoting energy production (ATP) and cellular longevity. Key benefits include enhanced cognitive function (memory and focus), improved sleep, reduced inflammation, and cardiovascular support. It is often used to promote healthy aging." Then I found a PubMed that said PQQ reduces insulin sensitivity and can be helpful for diabetic clients.

pmc.ncbi.nlm.nih.gov/articles/PMC11541945/

On the ingredient list you will see that Baseline contains 20 mg of PQQ. I did a little looking around on that. Is that enough to be significant? Life Extension offers a stand-alone PQQ with 20 mg of PQQ. 30 capsules cost \$24!

One more: **Ergothioneine**. Here's another interesting ingredient. Primarily found in mushrooms, it is referred to as the "longevity vitamin." Dose range is 5 to 20 mg a day, so Baseline is right there with 10 mg. Key benefits include neuroprotection, anti-aging and longevity primarily because of its anti-inflammatory effects. For some ingredients, even seemingly small amount can have big benefits.

A 30-day supply of **Life I/O Baseline** retails for \$89, and of course you don't have to pay full retail! Get yours today, be "younger" tomorrow!!

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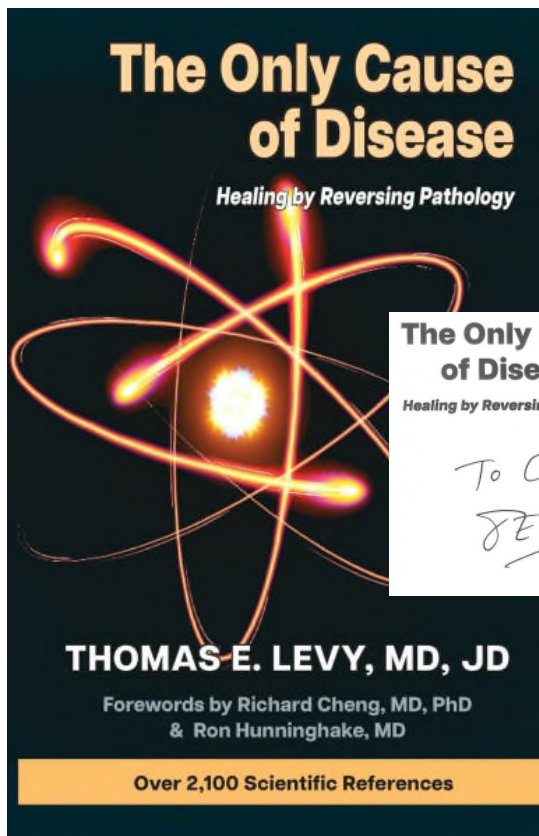
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The Only Cause of Disease
Healing by Reversing Pathology

To Cheryl -
J E Levy MD
12/13/2025

THOMAS E. LEVY, MD, JD

Forewords by Richard Cheng, MD, PhD
& Ron Hunninghake, MD

Over 2,100 Scientific References

Appendix A - The Super 8
(Dr Levy's Critical Supplement List)

- #1 - Vitamin C - can't get too much
- #2 - Magnesium - can't get too much
- #3 - Vitamin D3 - up to 10,000 IU per day
- #4 - Vitamin K2 - 500 mcg or more per day, it is exceptionally nontoxic
- #5 - Niacinamide - up to 3,000 mg daily
- #6 - Riboflavin - up to 400 mg daily
- #7 - Coenzyme Q10 - up to 1,000 mg daily
- #8 - Supplements to normalize/optimize ATP production - read the article on Baseline, especially about PQQ.

Here's my latest favorite book. I met Dr Levy in Las Vegas when Michael and I attended the annual conference for A4M, the American Academy of Anti-Aging Medicine, in December. He asked if I wanted a book. I said only if you sign it!

This is a VERY interesting read and not so "sciency" that lay people can't understand it. With references, the book is 623 pages long but there is one, huge, overriding theme. Electrons. If you have pathology of any kind, you don't have enough electrons, which means you have oxidative stress. You've just been reading about ROS and oxidative stress. What are the main ingredients of the Baseline product? Anti-oxidants - electrons!

Toxins, such as heavy metals, parasites (viruses), bad bacteria, infections and even mental stress, all take electrons. And they don't come back. When your electron stores are diminished, you get sick or at the very least, you are tired and feel like crap.

The introduction, written by Functional Medicine physician Richard Cheng, MD, PhD, gives one of the best summaries of the book. "His (Dr Levy's) central thesis is simple yet profound: **oxidative stress is not just associated with disease - it is the disease**" (page 17, emphasis his). You are ill or have disease because you don't have enough electrons to survive, much less thrive.

How do you get better? Get more electrons! I personally have been working on ramping up my minerals, and I have to tell you that many of my aches and pains are resolving. In the box to the left I will give you Dr Levy's favorite supplements and I also want to give you his warning.

Never supplement these 3 things:

- Calcium - never. We get plenty in food sources.
 - Iron - ONLY if you have blood labs to show deficiency.
 - Copper - never. Dr Levy has spoken.
- Seriously. Get the book. You won't be sorry.

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What?! No More GREEN PAPER???

I've been sending out my Success Forum for 30 years, and it was always printed on green paper. Well, that started back in the day when printing color was expensive and the green paper made it stand out in that stack of mail. Times change.

Color printing isn't as expensive as it used to be and some of the graphics I was using are so much easier to see when printed on white paper. And then there are the darn wafers that I needed to use to seal up the edges. And those didn't really work. Many newsletters were returned all ripped up.

I did a test. How much time did it take me to fold the newsletter, put on the postage and all 3 wafers. Then I compared that to folding and stuffing it into a stamped envelope. The time savings was enough to offset the cost of the envelope. So here you are.

And - just as I'm finishing this (somewhat overdue) letter, I realize that I no longer need this page for the address label! So going forward, you'll get one more page of information.

As always, I appreciate each and every one of you. Let me know if I can help you in any way!! Cheryl



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