



TWELVE WEEKS TO WELLNESS AND OPTIMAL HEALTH

Free Webinar Series by Dr. Wes Youngberg LIMITED OPPORTUNITY! SIGN UP TODAY!

www.dryoungberg.com

Join Dr. Youngberg online or onsite for this free, 12-week metabolic tune up as he covers new topics and lab tests each session. If you have fatigue, headaches, heart disease, diabetes or pre-diabetes, adrenal problems, cancer risk, anxiety, depression, weight gain, digestive problems, hypertension, memory concerns, dementia, or you just want to optimize your health now, this program is for you!

Week 1: Optimizing Your Genetic Potential

Week 2: Optimizing Your Metabolism

Week 3: Optimizing Circulation and Heart Health

Week 4: Sunlight, Vitamin D, and Health

Week 5: Optimizing Digestion for Health and Healing

Week 6: Stress, Emotions, Food, Adrenals, Caffeine, and Blood Sugars

Week 7: Attitudes and Health Risk - Easy Tests and Effective Answers

Week 8: Preventing and Reversing Chronic Kidney Disease - The Hidden Epidemic

Week 9: The Autoimmune Epidemic - Ways to Limit Your Own Risk.

Week 10: Detoxification for Optimal Health.

Week 11: Sleep and Health - Maximizing Your Healing Potential

Week 12: Best Lab Tests for Maximizing Your Healing Potential