



Preventative Care

Supplements mentioned in the video

Binding Formula: (formulated for daily use for exposure) can be ordered by emailing Dr. Bennett:
info@insideandoutnaturally.com

The Gut Triad: (1)nucleotides for DNA/RNA repair, (2) Xanthohumol, (3) A, D3, K2, C60, PQQ, and C3 can be purchased together or singly here: <https://hapinss.com/JoPro>

NAC: NAC makes up Glutathione, a critical antioxidant scientifically proven to scavenge free radicals. NAC has the unique ability to maintain healthy lung tissue, support the body's natural defenses and enhance cellular health and longevity. These qualities make NAC especially beneficial for active people, the elderly and those exposed to polluted environments.

<https://www.nutrivitashop.com/n-acetyl-l-cysteine-powder-nac-pharmaceutical-usp-100-pure/>

Ageless Warriors Tribe: Joelle's health and wellness group to get help with reducing stress, sleeping better, hydrating properly, eating the right foods, and moving. Upgrade your health, with a helpful dose of accountability and support from your private Tribe. Explore this option here: <https://www.agelesswarriors.net/>

*First week is free so you can see if The Tribe is a good fit for you.