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Whole Healthy Living
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December 11th 2015:Essential 7 Program

My Essential 7 Program is a program that supports the 7 essential foundations for optimal weight and wellness. Weaknesses within any of the foundations lead to degenerative health. By supporting each of the foundations you can always maintain your weight and health.

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Featured Guest



Bill Downs

Bill Downs is a Nutritional Biochemist who has written several peer-reviewed and cited papers. Most recently he founded Victory Nutrition Inc. Bill and his colleague Steve Kushner, co-developed a proprietary absorption technology called Protozome which is used in all of the Victory Nutrition products. Protozome allows rapid absorption within 5 minutes and is sustained for prolonged absorption. This technology is subject of a study examining its effects as used in Protovite, a multi nutrient complex, on properties of the blood and on its effects in elite athletes. Both studies are IRB approved and a 3rd study on its effects on blood and health biomarkers is scheduled.

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