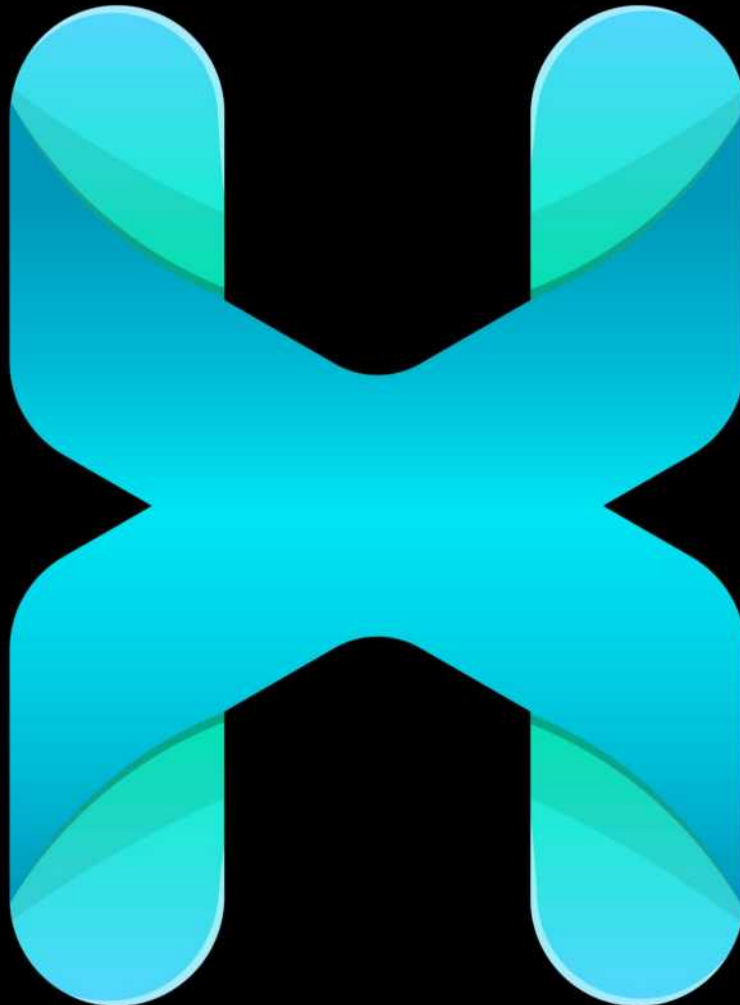




EVERNESS

live better, live longer



## Everness Health Drink & Well-being Guide

Welcome to

# Everness Health Drink & Well-being Guide

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To learn more about the Everness brand, drink nutrition and research, visit our website.  
[www.everness.world](http://www.everness.world)

# 01.

## About Everness Innovative Health Drinks

Everness is an innovative Health Drink Programme. Formulated with fruits, vegs and other natural ingredients, designed and tested for over 5 years period with ground breaking results.



### HEALTH DRINK

#### PREVENTIVE & RESTORATIVE PROGRAMME

Everness Health Drinks are meticulously crafted to support and optimise metabolic functions, ensuring that the vital chemical reactions sustaining life in organisms operate at their best. A consistent influx of essential nutrients, vitamins, and minerals, acting as a nourishing elixir for your overall well-being. Hydration, a fundamental aspect of health, is seamlessly integrated into our formulations, promoting optimal bodily functions.

One of the distinctive features of Everness Health Drinks is their ability to assist in daily detoxification.

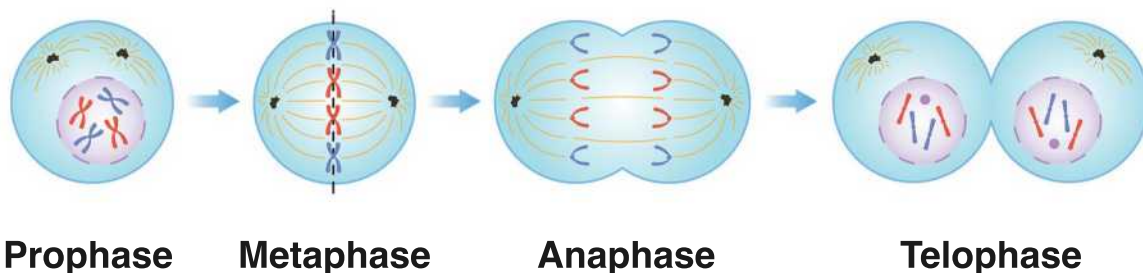
# What are Telomeres?

Telomeres, composed of repetitive DNA sequences situated at the termini of linear chromosomes, serve a pivotal role in safeguarding the genetic integrity within cells during division. Picture telomeres as the guardians of our genetic information, akin to the protective caps at the ends of shoelaces that stave off fraying.

As cells undergo division, a fraction of the telomeric DNA remains unreplicated, resulting in a gradual reduction of telomere length over successive divisions—a natural aspect of cell division and the aging process. This continuous shortening is intrinsic to the cellular life cycle. When telomeres reach a critical length, cells may enter a state of senescence or cease division altogether.

The analogy of telomeres to the protective caps on shoelaces emphasises their fundamental role in preserving genetic material. Much like these caps shield shoelaces from fraying, telomeres act as molecular buffers, preventing the loss of crucial genetic information within linear chromosomes during the intricate dance of cell division. This intricate interplay highlights the delicate balance between preserving genetic integrity and the inevitability of cellular aging.

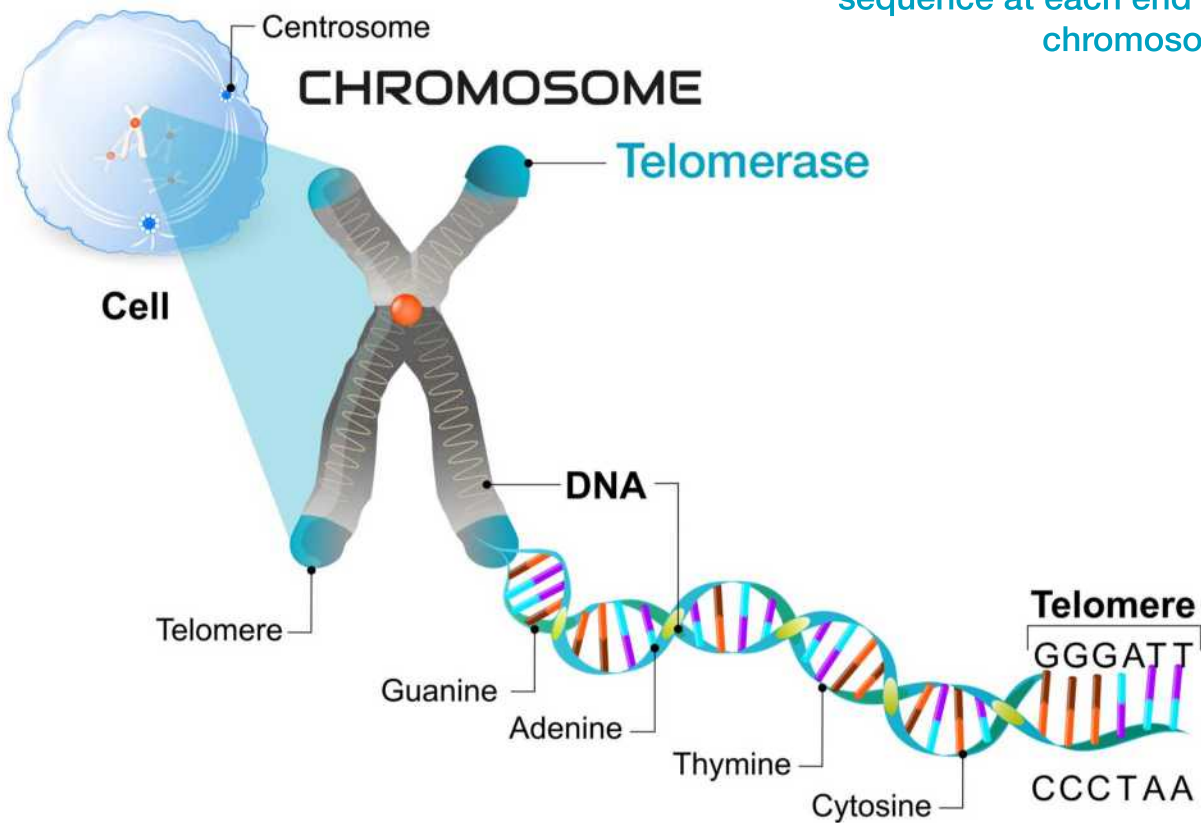
## MITOSIS PHASES



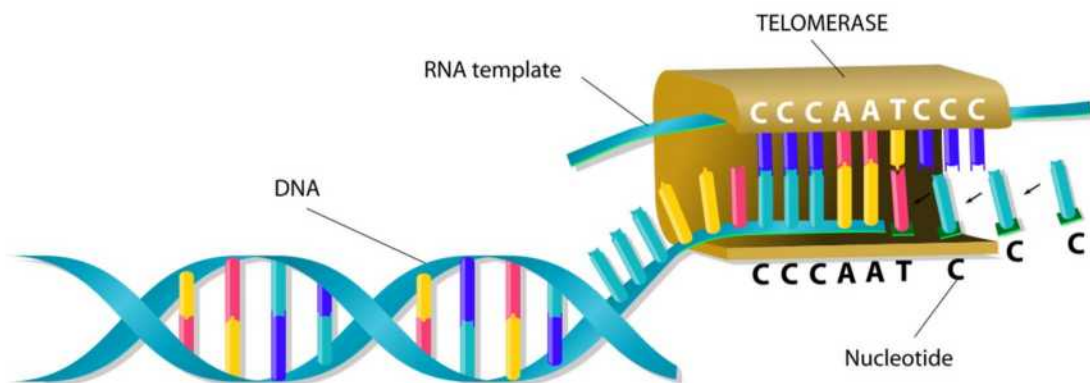


# TELOMERE

(a region of repetitive nucleotide sequence at each end of a chromosome)



The enzyme **Telomerase** can counteract this shortening process by adding back some of the lost telomeric DNA. Telomerase is particularly active in rapidly dividing cells, such as those in early development, but its activity is typically reduced in most adult somatic cells.



# 02. Natural Ingredients and Crafted Formula

Everness only uses 100% natural fruits and vegetables. Fruits contains an incredible list of vital nutrients, mineral, vitamins, carbohydrates and fiber. It also contain Vegetarian collagen booster.

Everness drinks are specialised beverages that promote longevity and overall well-being by targeting telomeres, which are the protective caps found at the ends of our chromosomes. Telomeres play a crucial role in maintaining the stability and integrity of our DNA during cell division.

Formulated with a combination of ingredients believed to support telomere health and delay the aging process. One of the key components often found in Everness drinks is a group of natural compounds called polyphenols. These polyphenols, commonly sourced from fruits, vegetables, and herbs, are known for their antioxidant properties. Antioxidants help combat oxidative stress, a process that contributes to telomere shortening and cellular damage.



100%  
*fresh*



150G **MAIN FLAVOUR**

- MANGO
- WATERMELON
- BLUEBERRY
- KIWI
- PEACH
- STRAWBERRY
- BANANA
- DRAGON PITAYA
- PINEAPPLE

140G **ORANGE**

30G **ANTIOXIDANTS / COMBINING FRUIT OR VEG**

- 5G LEMON
- 5G LIME
- 5G GINGER ROOT
- 5G SEA MOSS
- 5G 100% VEG COLLAGEN
- 1G MINT LEAF / CINNAMON / VANILLA

Visit the website to learn more about [Everness Recipes](#)

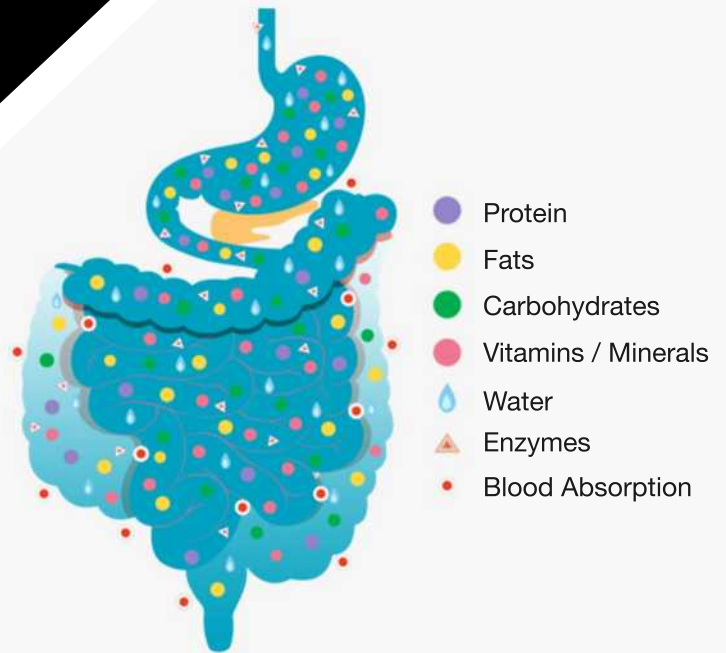
# 03.

## Regulating Body Chemistry

more than

# 70%

of the immune system  
is located in the gut!



MINIMUM INTAKE EVERY DAY IS VITAL



Consistently incorporating **Everness Health Drinks** into your routine can have a positive impact on your overall well-being, including the health of your gut microbiota.



### METABOLIC TYPES

### CHEMISTRY REGULATION

SLOW OXIDISER

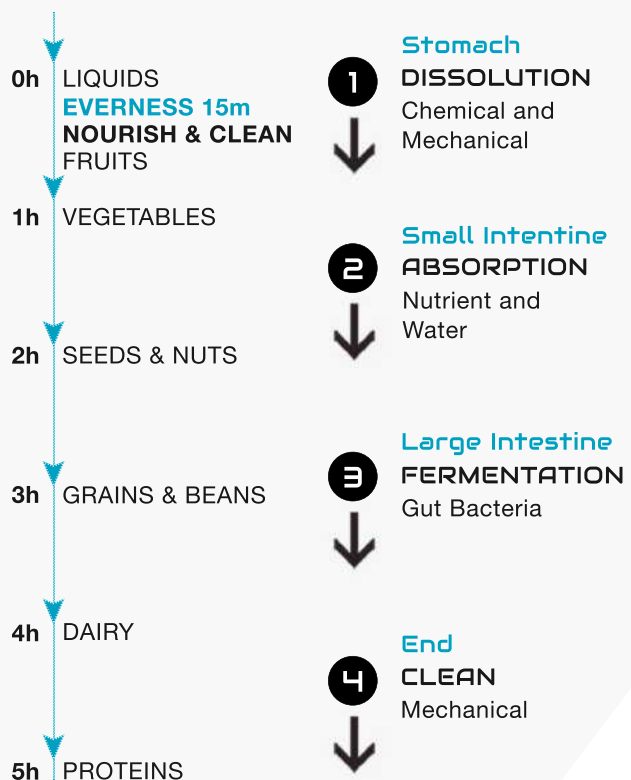
MIX OXIDISER

FAST OXIDISER

SYMPATHETIC

AUTONOMIC

P-SYMPATHETIC



Everness is meticulously crafted to address the intricate responsibilities of nourishing cells, facilitating detoxification, and supporting the maintenance of a healthy digestive system.

# 04.

## The Drink Schedule



Consistency is **key**



Everness drink schedule has been tested for over 5 years. You can adjust test and try the best schedule.

# 365 Days Every Year

## Day Before - Evening

19:00 to 22:00 You have last food intake (Dinner)

## Day After

7:00

8:00

9:00

10:00

11:00

12:00

13:00

14:00

Fasting

15:00

16:00

17:00

Fasting

18:00

19:00

20:00

21:00

22:00

23:00



+

### Extra Supplements

Benecol - Plant Stanol

Vitamin C 1000mg

Vitamin B Complex

Vitamin D 4000u

Biotin 1000u

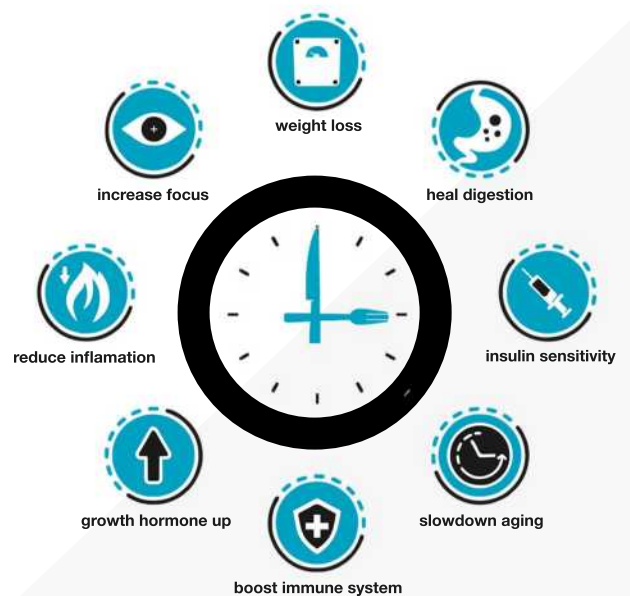
Elements like

**NMN and NAD+**

from natural food sources

The best time to drink Everness is during fasting or after a meal

## The Benefits of Fasting



Designed to be gentle on the gut during fasting, providing vital nutrients, minerals and vitamins to help hydrate the system and clean the cells that are not longer functioning.

# 05.

## Nutrition with a Balanced Diet



It's important to note that these percentages are general recommendations, and individual nutritional needs may vary. Consulting with a healthcare professional or a registered dietitian can provide personalised advice based on specific health goals and conditions. Additionally, factors such as age, sex, pregnancy, and specific health conditions may require adjustments to these percentages

# The Art of Wellness: Customising a Balanced Diet

A balanced diet is one that provides the necessary nutrients in the right proportions to maintain overall health. While individual nutritional needs can vary based on factors such as age, sex, weight, and physical activity level, a general guideline for a balanced diet is often represented as a percentage of daily calorie intake. Keep in mind that these percentages are approximate and may need to be adjusted based on individual requirements.

## **Carbohydrates: 45-65%**

Carbohydrates are the body's primary source of energy. Include whole grains, fruits, vegetables, and legumes.

## **Proteins: 10-35%**

Proteins are essential for building and repairing tissues. Good sources include meat, poultry, fish, eggs, dairy products, legumes, and plant-based protein sources.

## **Fats: 20-35%**

Healthy fats are crucial for various bodily functions. Include sources of unsaturated fats, such as avocados, nuts, seeds, olive oil, and fatty fish. Limit saturated and trans fats.

## **Fiber: 25 grams (for women) to 38 grams (for men)**

Adequate fiber intake is important for digestive health. Whole grains, fruits, vegetables, legumes, and nuts are good sources of fiber.

## **Vitamins and Minerals: Varied**

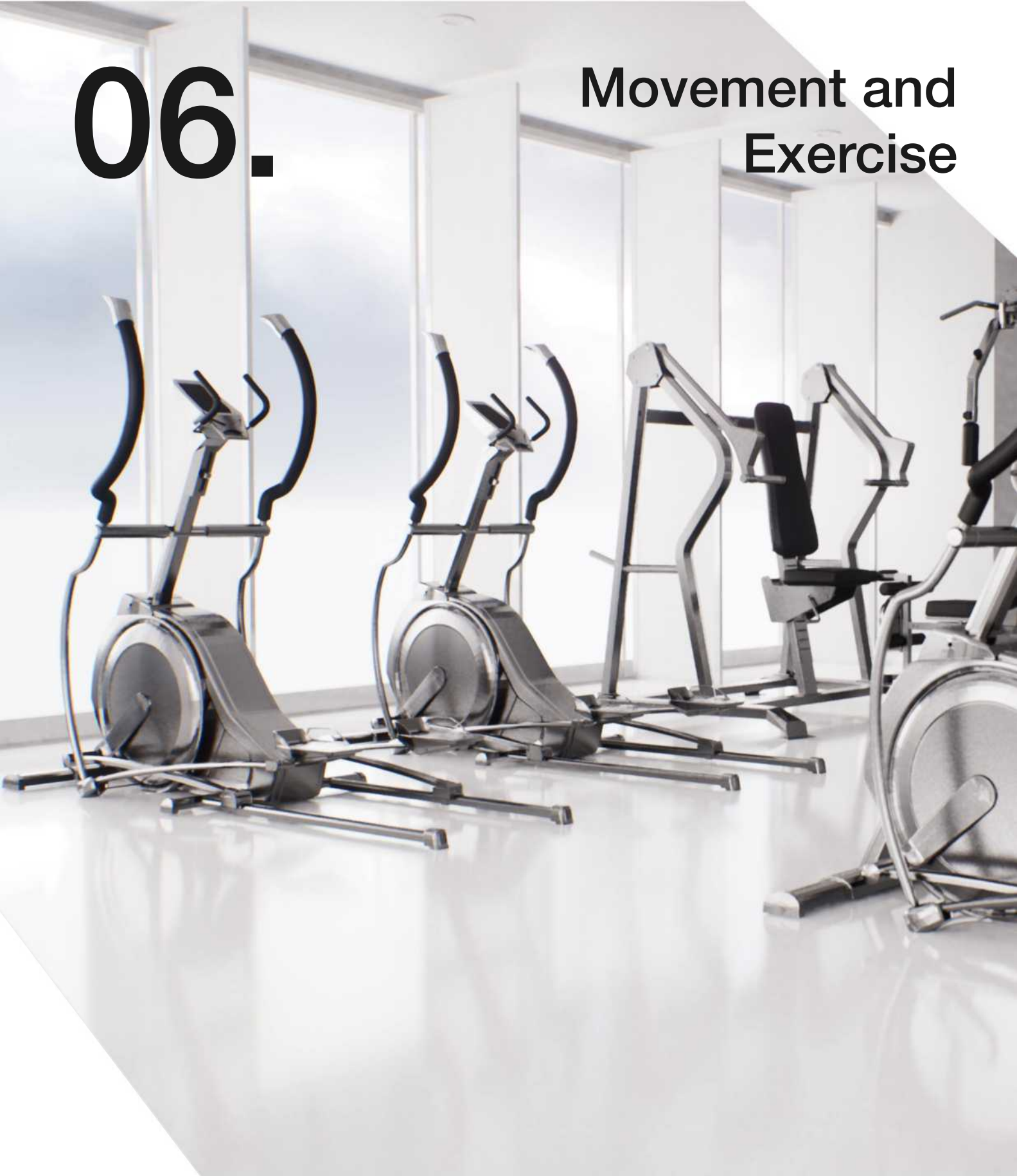
Include a variety of fruits and vegetables to ensure you get a broad spectrum of vitamins and minerals. Dairy, lean meats, and whole grains are also good sources.

## **Water: 8-10 cups**

Staying adequately hydrated is crucial for overall health. Water is essential for digestion, nutrient absorption, and temperature regulation.

# 06.

# Movement and Exercise





The surprising new research which suggests many of us could benefit from just three minutes of high intensity exercise a week.

# Daily Recommended Physical Activity



| Activity Levels    |            | Steps Levels |                                |
|--------------------|------------|--------------|--------------------------------|
| Low Intensity      | 25 minutes | Morning      | 1000 to 5000                   |
| Moderate Intensity | 15 minutes | Afternoon    | 1000 to 5000                   |
| High Intensity     | 3 minutes  | Evening      | 1000 to 5000<br>0.72 - 3.59 km |

Engaging in daily exercise yields a multitude of benefits for both physical and mental well-being. Here are some key advantages of incorporating regular exercise into your routine:

- Improved Cardiovascular Health**
- Weight Management**
- Enhanced Mental Health**
- Increased Strength and Flexibility**
- Better Sleep Quality**
- Boosted Immune System**
- Management of Chronic Conditions**



You might already have an established routine for physical activity or exercise. This guide is to help remind you that daily movement is very important.

# 07. **Meditation**



## Cultivate Inner Peace **A Daily Mindfulness Routine**

In the hustle and bustle of daily life, taking time for your mental well-being is essential. Consider incorporating the following mindfulness routine into your daily schedule for a more centered and peaceful mind.





## **Meditate**

Take few minutes of deep breathing or guided meditation. Set positive intentions for the day ahead, fostering a sense of clarity and focus.

## **Mood**

To cultivate a positive mood throughout the day, start by incorporating small yet impactful habits into your routine. Begin each morning with gratitude, setting a positive tone for the day ahead. Engage in a mindful morning routine, incorporating activities you enjoy, such as meditation or stretching.

## **Nature Connection**

Spend a few minutes outdoors, connecting with nature. Whether it's a short walk, sitting in a park, or just observing the beauty around you, nature has a calming effect on the mind. Take the sunshine or natural light daily.

## **Family and Friends**

Writing to a family member or friend can be profoundly beneficial for your mental well-being. When you express your thoughts and feelings on paper, you engage in a therapeutic process that helps clarify your emotions and experiences.

# 08.

## Rest, Sleep and Recovery

In this guide, we emphasise the pivotal role of rest, sleep, and recovery in enhancing the benefits of Everness health drinks.

**Understanding the significance of these elements is key to optimising your well-being**



### REST

Taking breaks and allowing your body and mind to rest is essential for maintaining energy levels and preventing burnout. Incorporating moments of relaxation into your day supports overall vitality.

### SLEEP

Quality sleep is a cornerstone of good health. It plays a crucial role in cellular repair, cognitive function, and immune system support.

### RECOVERY

Recovery is a vital process that occurs when we allow the body to recuperate, and a significant portion of this recovery happens during sleep.

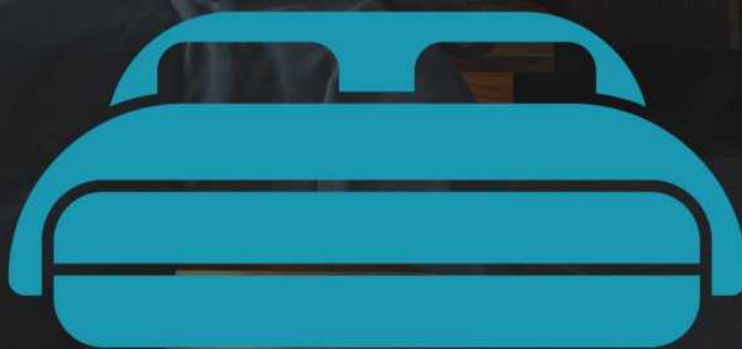
# Benefits of Prioritising Rest, Sleep, and Recovery

**Enhanced Cellular Health:** The combination of Everness and adequate rest supports optimal cellular function and rejuvenation.

**Improved Cognitive Performance:** Quality sleep contributes to better cognitive function, memory, and overall mental acuity.

**Increased Energy Levels:** Prioritising rest and recovery helps combat fatigue, promoting sustained energy throughout the day.

**Stress Reduction:** Adequate rest and recovery are essential in managing stress, positively impacting your overall mood and well-being.



# 09. Benefits and Trial History

## HEALTH DRINK

### PREVENTIVE & RESTORATIVE PROGRAMME



CELLS MAINTENANCE



ENERGY BOOSTER



IMMUNITY SUPPORT



MIND PERFORMANCE



DIGESTION & MICROBIOTA



DNA RESTORATION



MOOD ENHANCER

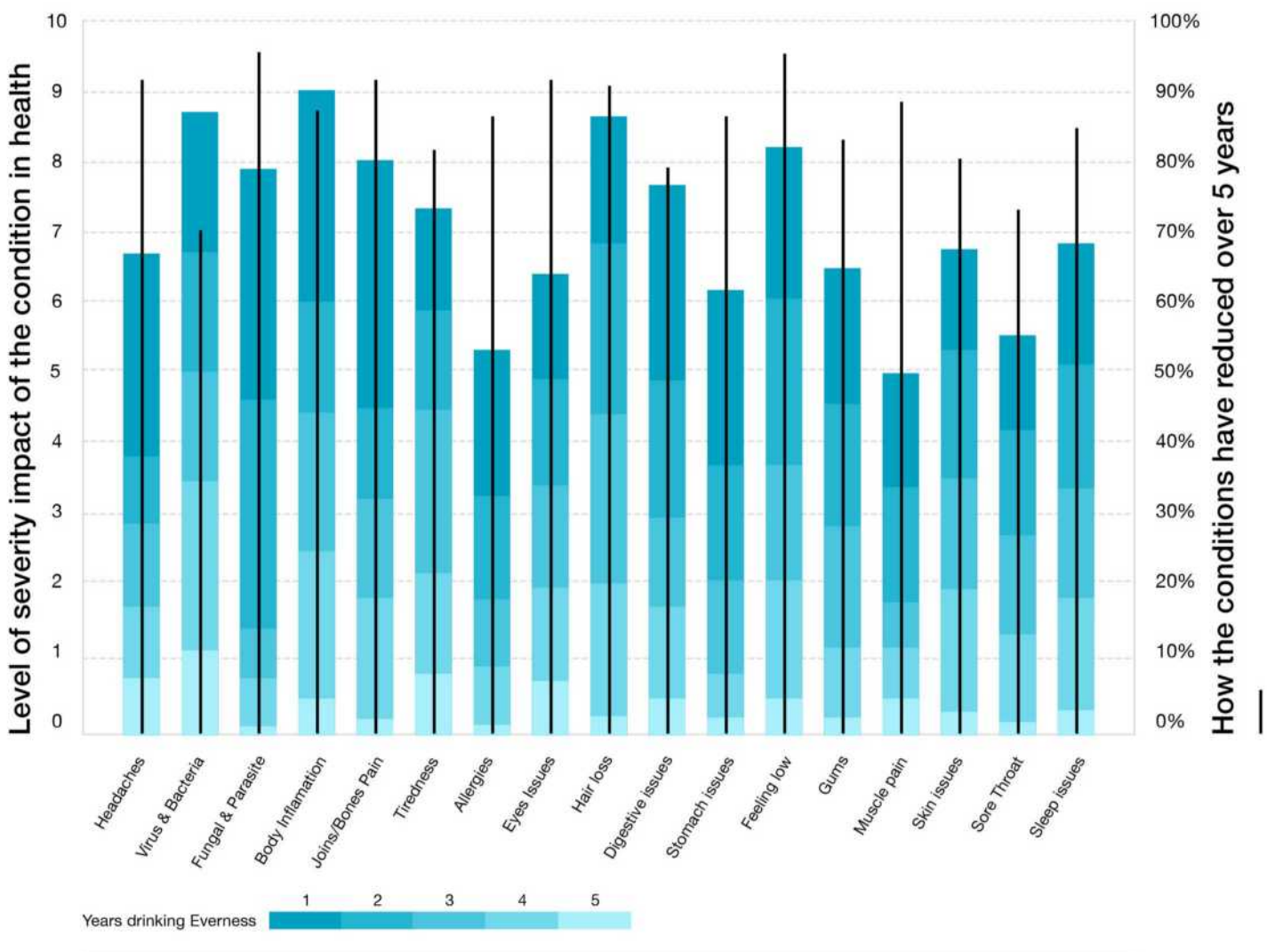
Everness only uses 100% natural fruits and vegetables. Fruits contains an incredible list of vital nutrients, mineral, vitamins, carbohydrates and fiber.



## Everness Health & Well-being Drink

Health improvements from drinking Everness every day for a 5 years period

Embarking on this remarkable journey has been nothing short of extraordinary! The transformation from enhancing every aspect of my life to creating a positive impact has been truly life-changing.

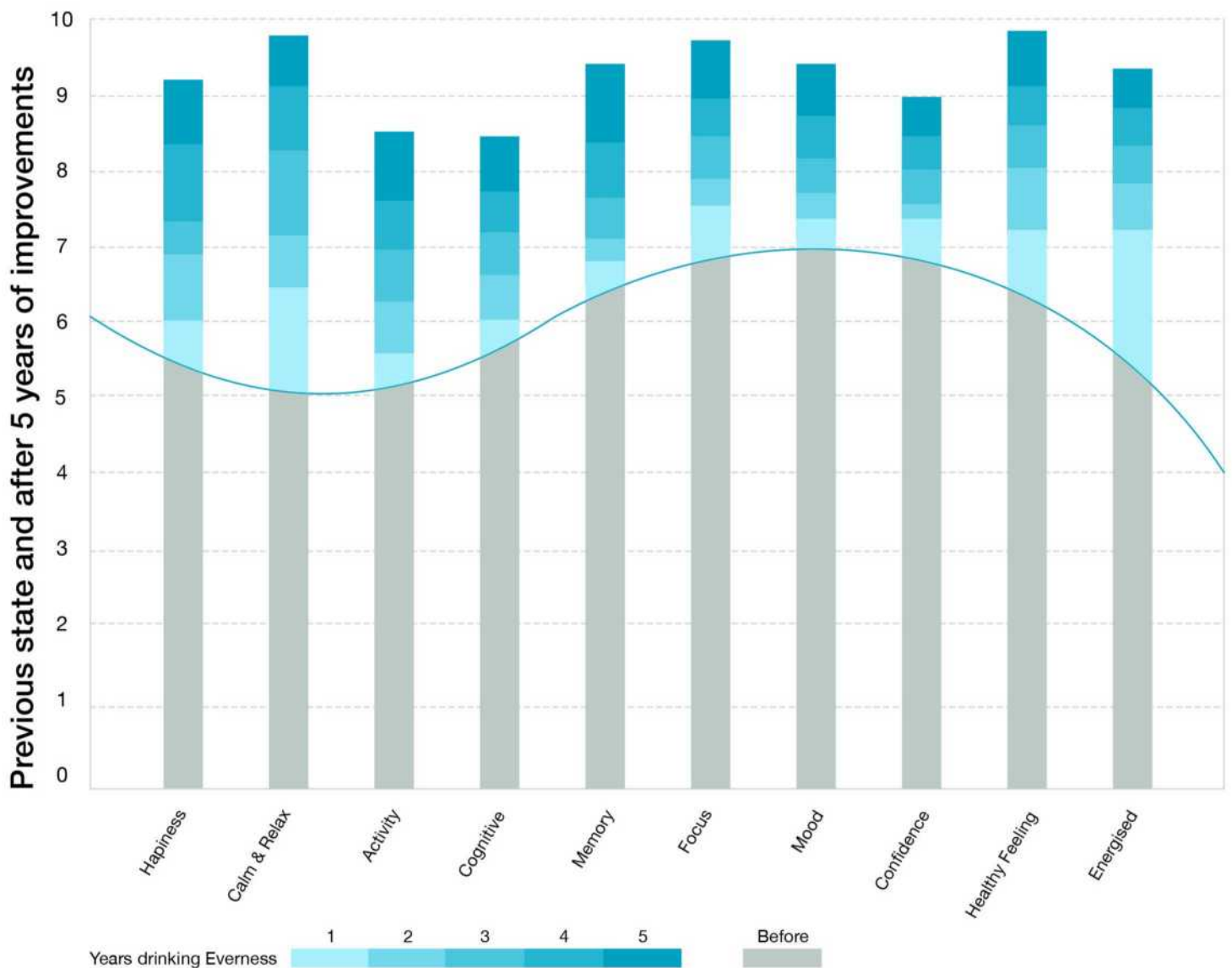


It's year 5, the feeling great! As you can see all conditions are regulated thanks to the consistent intake of nutrients with fiber, a good diet, exercise and sleep.

## Everness Health & Well-being Drink

Health improvements from drinking Everness every day for a 5 years period

The metrics are measured on a scale of 1 to 10, where 1 represents the lowest amount of the topic and 10 represents the highest amount of the topic.



Supplements on top of Everness. You can ask a professional for your supplements.

- Benecol** - Plant Stanol
- Vitamin C** 1000mg
- Vitamin B** Complex
- Vitamin D** 4000u
- Biotin** 1000u

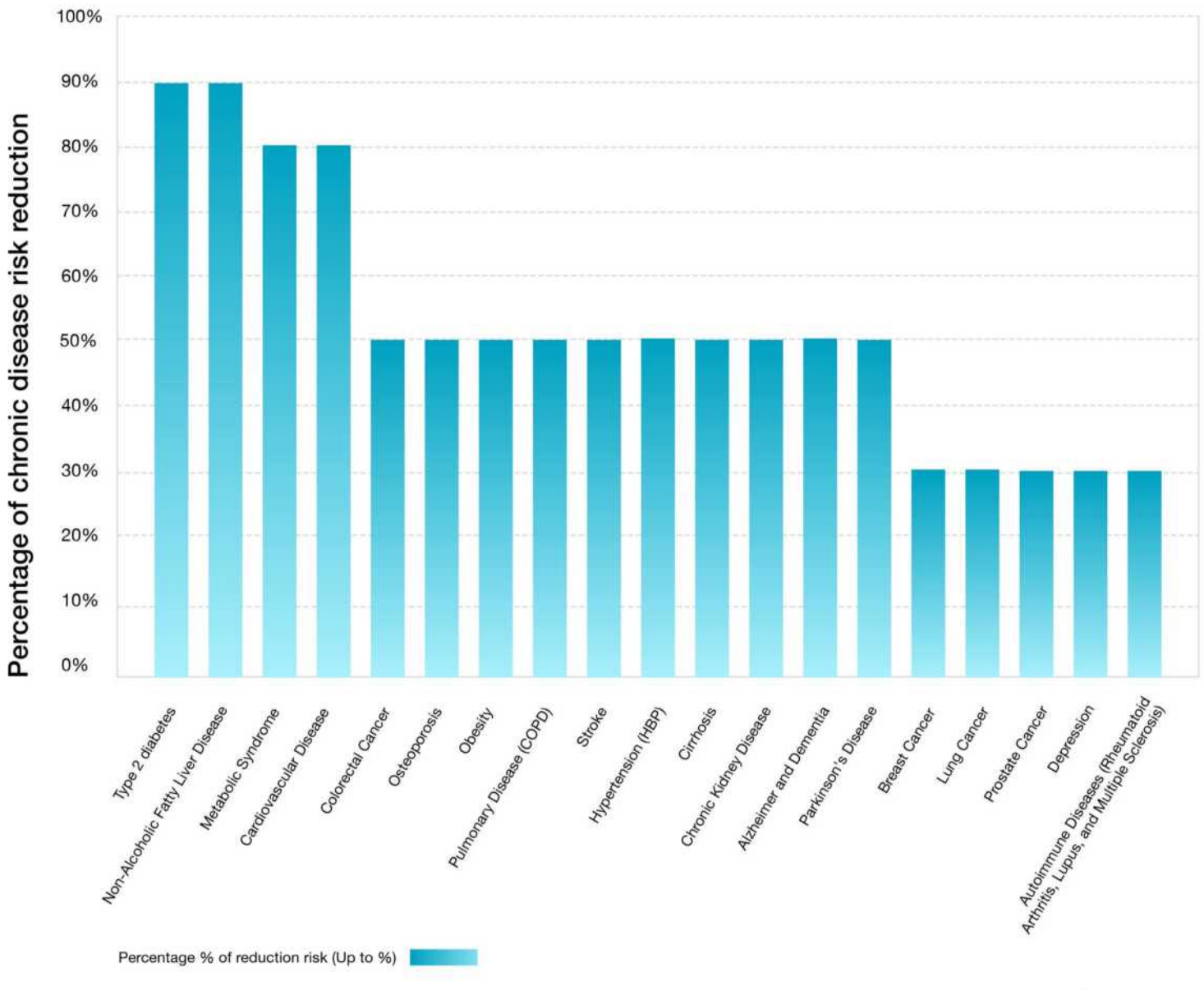
Elements like **NMN and NAD+** from natural food sources



# Everness Health & Well-being Drink

Health risks reduction from drinking Everness with a healthy lifestyle

Chronic diseases that can be reduced with a healthy lifestyle, including a balanced diet, regular exercise, and good sleep:



In year 5, note that individual factors like genetics and age influence approximate percentages. Adopting healthy habits—balanced diet, exercise, and good sleep—reduces chronic disease risk. Regulated conditions show the effectiveness of consistent nutrient intake, including fiber.