

# AIM'S BarleyLife-the food that could save your life!

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**If you are ever on a sinking ship, grab your life jacket first and then your *BarleyLife*!** If you are lucky enough be washed up on a deserted island, *BarleyLife* is the only food that can supply all your nutritional needs until you are rescued. You may loose weight but for as long as your *BarleyLife* lasts, all of your cells will be well fed and happy! If you grab your multi-vitamins instead of your *BarleyLife*, you'd better pray for a quick rescue because synthetic nutrients can never take the place of a whole food.

*BarleyLife* is a fine green powder that dissolves readily in juice or water. It is a whole food concentrate that provides vitamins, minerals, proteins, live enzymes and anti-oxidants. BarleyLife is a balanced source of super-nutrition with all the naturally occurring plant compounds that help fight disease, including cancer. *BarleyLife* contains nutrients, perhaps yet to be identified, that may be difficult or impossible to get in our day-to-day diet.

**Who needs *BarleyLife*?** Everybody! Thinking people today know that we truly are what we eat.....

- . Those who have good health but want increased energy and stamina.
- . Those who want to use the power of nutrition to reverse existing health conditions.
- . Those who want to normalize and maximize their Immune function.
- . Those who would like to try something new for allergy relief.
- . Those who would like to build healthier blood naturally.
- . Those who would like a nutritious "fast food".
- . Those who would like to slow the aging process.
- . Those who want to restore or maintain a healthy acid-alkaline (pH) balance in the body.
- . Those who want to ensure good cellular health.
- . Those who are tired of taking handfuls of vitamin and minerals.

**How should you take *BarleyLife*?** *BarleyLife* can be mixed in juice or water or small amounts can be placed directly under the tongue for fast absorption. It can be mixed with a small amount of lukewarm water and given as a rectal instillation. If it is mixed with juice or water it should be taken on an empty stomach if possible. Do not take it in cranberry or prune juice, carbonated drinks or with hot drinks. Wait 20 minutes before you eat. Experiment until you find a juice you like with *BarleyLife*. Suggested juices are: Orange/pineapple, *Tropicana's Orange Blend* (found in the refrigerated section of the grocery store), or *Tropicana's Grapefruit juice*. *BarleyLife* is also good as part of AIM's Garden Trio which includes *Just Carrots* and *RediBeets*. When these three are mixed together it makes a sweet tasting high-octane cocktail. Using a straw will allow the juice to largely bypass the taste buds, if taste is a problem. Please do not allow taste to keep you from taking *BarleyLife*. The rewards you will reap in good health far outweigh this small problem.

**How much *BarleyLife* should you take?** A good rule of thumb to remember is that the more serious a health condition the more nutrients the body requires to heal and restore. For someone with no known health condition but who wants to ensure that his/her body is well nourished and supplied with adequate antioxidants, two tablespoons once or twice a day is adequate. For someone with a life threatening health condition then two tablespoonfuls four and even five times a day would be necessary. (AIM has other products that would be good adjuncts to *BarleyLife* in these cases.)

**How is *BarleyLife* made?** It is a 21st century product that was introduced in July 2002. AIM's barley is grown in New Zealand and Alberta, Canada where the land is clean, green and pristine. The barley grass is harvested when it is Immature and the nutrient levels are the highest. It is juiced and chilled on the spot in the field rendering the enzymes dormant and preserving their precious nutrients In an innovative processing method developed by AIM called "Cold Concentration of Plant Extract." (This process has both U.S. and foreign patents pending.) The cold juice is then spray dried. Plant scientists in the barley fields have determined the time of day when the antioxidant levels are at their peak and the grass is harvested at that

precise time to ensure the highest possible antioxidant levels in the finished product. Because no other juice powder is processed this way, *BarleyLife* is the Gold Standard for all green juice powders. No expense has been spared to make AIM's *BarleyLife* the best juice powder on the market today.

**Who is AIM?** AIM stands for American Image Marketing with offices in Idaho, Taiwan, Australia, New Zealand, Canada, Hong Kong, Malaysia, and South Africa. AIM is a pioneer in whole food concentrates. For 20 years Barleygreen was AIM's flagship produce and the leader in the green juice industry. AIM purchased Barleygreen from YH products, a company headed by Dr. Yoshihide Haglwara, the developer of Barleygreen. After Dr. Hagiwara became unable to oversee production of Barleygreen he left his operation with others. At this time the quality of Barleygreen began to drop and this was reflected in decreasing nutrient levels. AIM's mission statement includes a commitment to bring its members and customers the best green juice powder on the market. In order to do this AIM employed 21st century science and technology. As a result AIM's *BarleyLife* reflects nutrient levels that are the highest in the industry.

**Why Include raw juice concentrates in your diet?** The American Institute for Cancer Research examined more than 200 epidemiological studies, which showed that consumption of fruits and vegetables can decrease the risk of cancer of the mouth, pharynx, esophagus, lung, stomach, colon, rectum, larynx, pancreas, breast and bladder. The result of the National Health and Nutrition Examination Survey shows that the lack of whole, nutritious, plant-based foods is a leading cause of ALL degenerative diseases. (Emphasis ours)

**What about Maltodextrin in *BarleyLife*?** Maltodextrin is a dissolvable complex carbohydrate that acts as a buffer to keep enzymes and other molecules apart so that they do not react and lose their healthful properties. It is safe for those with sugar disorders including diabetes and hypoglycemia. Because AIM uses less maltodextrin in *BarleyLife* than was in Barleygreen, *BarleyLife* has a richer color and a stronger taste.

"Competitors call maltodextrin a filler .. but beware of any green powder on the market today if it does not contain maltodextrin as it will oxidize and not give the same results." Rev. George Malkmus, *Back to the Garden* Winter/Spring, 1996, p.17

The variety of vitamins and minerals found in barley essence (barley juice) is unmatched by any other single fruit or vegetable." James Balch, M.D. author of best selling book *Prescription for Nutritional Healing*.

Many drugs, both over-the-counter and prescription, interfere with vitamin and mineral absorption and increase nutrient requirements. For example, laxatives and mineral oil deplete your body of fat-soluble vitamins. Aspirin impairs the utilization of vitamin C and folic acid. Oral contraceptives deplete folic acid, vitamins B6, B12, C and beta-carotene. Deficiency of folic acid and beta-carotene contribute to cervical cancer.

"In raw, leafy vegetables, the nutrients are enclosed inside the fibrous cell walls and cannot be directly absorbed. Juicing extracts the nutrients which are taken directly into the cells, and promptly revive cells which have become distressed." Yoshihide Hagiwara, M.D.

***BarleyLife* is a rich source of chlorophyll.** Chlorophyll "increases the functions of the heart, affects the vascular system, the intestines, the uterus and the lungs. It raises the basic nitrogen exchange and is therefore a tonic which, considering its stimulating properties cannot be compared with any other." *Food Science for All, New Sunlight theory for Nutrition*, E. Bircher, Health Research Press. Chlorophyll may provide us with protection from low level X-ray radiation. Experiments in the 1950's

demonstrated that radiation-poisoned guinea pigs recovered when chlorophyll rich vegetables were added to their diet. The Influence of Diet on the Biological Effects of Whole Body Radiation M. Lartique, Experimental, 6:25, 1950 and Further Studies on Reduction of x-Irradiation of Guinea Pigs by Plant Materials, Quartermaster Food and Container Institute for the Armed Forces Report. N.R. 12-61 by D.H. Calloway, W.K. Calhoun & A.H. Munson, 1961

**BarleyLife is a powerful immune booster and contains potent antioxidants.** One of these antioxidants is called alpha-tocopherol succinate, which may be responsible for much of the barley plant's anti-tumor action. "...though its mechanism is unknown, laboratory tests show that alpha tocopherol succinate seems to inhibit several types of cancer including leukemia, brain tumors and prostate cancer. Leukemia cancer cells were exposed to dehydrated barley grass extract, which killed virtually all of them. Encouraged, the researchers then subjected brain cancer cells to the extract. It eradicated 30-50% of these cells. In the third trial, the extract inhibited the growth of three types of prostate cancer cells by up to 100%" Allen L. Goldstein, Ph.D., chairman of the Biochemistry Dept at George Washington School of Medicine and Health Sciences in Washington, D.C.

"Regardless of the extent or length of time you have had sick cells, they will make a Herculean effort to improve when given the right nutrients." Mary Ruth Swope, Ph.D. Nutrition educator

## CHILDREN

"Many studies have been conducted on the effects of nutrients on intelligence. When children's diets were supplemented with vitamins and minerals, their I. Q's were raised. The implication is obvious: the marginal deficiencies seen in some young children are enough to hamper neural function in these children. Other studies have shown that marginal vitamin and mineral deficiencies are associated with poor motivation, abnormalities in attention and perception and personality changes." Charles B. Simone, M.D. Our comment- could the above describe ADD or ADHD?

*BarleyLife* can be put in children's juice or milk and served in bottles or sippy cups. It can be put in a dropper and fed to infants. Many older children enjoy mixing their *BarleyLife* themselves using the AIM mini-hand blender. Some children like the Garden Trio more than *BarleyLife* by itself. Using a straw is fun and helps bypass the taste buds!

## TEENAGERS

Studies show that there is a prevalence of nutrient deficiencies in teenagers secondary to dieting for weight control, increased physical activities with P.E. and sports activities, greater stress levels, rapid growth, heavier scholastic requirements, etc. Many teens skip meals, snack, and often eat meals away from home. About 50% of all teens report that they are not concerned about nutrition and only 33% say that they try to eat correctly. 2-3 Tsp. of *BarleyLife* every day could help meet teen's nutritional requirements, improve their stamina and coping abilities and even improve their grades.

## SENIORS

There are well over 30 million senior citizens in the U.S. alone and this segment of the population is growing. Those who have adopted a healthy lifestyle can remain active and productive. (About 50,000 seniors in the U.S. are still drawing a paycheck at age 90) Those who do not choose a healthy lifestyle will probably spend the last few years of their life being cared for by others. Factors that affect their nutritional health are: decreased caloric intake, impaired absorption, poor dentition, drug/nutrient interactions, limited activities or handicaps, low income, altered taste perception, loneliness, lack of transportation or any combination of these.

The National Cancer Institute has presented studies, which show that with every 5-year increase of age there is a doubling of the incidence of cancer. The elderly often suffer from nutritional deficiencies, which are manifested by a weakened immune system leaving them prey to respiratory infections, pneumonia, urinary tract infections, Shingles and other serious health problems. Because the gastrointestinal tract absorbs nutrients less efficiently with age, the elderly need more nutrients in their diet. One or two capsules of AIM's *PrepZymes* with each meal

will assure good digestion and adsorption. *BarleyLife* is particularly well suited for this age group because it requires little preparation (as quick as a cup of instant tea), is assimilated very quickly and efficiently. If taken on an empty stomach, no chewing is required, is easy to store, and, most of all, provides the complete spectrum of nutrients.

### **PREGNANT and NURSING MOTHERS**

Healthy cells will have healthy DNA, which will result in healthy sperm and ovum, which in turn produces a healthy baby. Pregnant and nursing mothers require nutrients in greater amounts than the R.D.A. Janet's daughter, Michelle, took *only* green barley juice as a prenatal supplement and delivered a healthy 8 lb. 4 oz. baby boy. When Michelle pumped her breasts her milk looked like Half-and-Half with a quarter inch of cream on top that would have to be shaken and mixed before being given to the baby. Michelle quit taking her green drink for one week and the appearance of the milk changed drastically. It looked like skim milk with fat globules suspended in it and it had no cream on top. When she resumed the green drink, her milk returned to cream. Mom's who graze on *BarleyLife* have contented babies!

### **DIABETICS**

The 11 million diabetics in the U.S. have an increased need for vitamin/mineral supplementation. Diabetes is the #1 cause of blindness, the #1 cause of kidney failure and the #1 cause of amputations. When glucose rises to levels above 160 to 170, as it does frequently in even well controlled diabetics, it acts as an osmotic diuretic, overwhelming the system, causing substantial, even massive, losses of water soluble nutrients that pass out in the urine. Consequently, diabetes and its complications are as much a result of nutritional wasting as of elevated blood sugar. Taking *BarleyLife* will go a long way towards protecting from the ravages of diabetes. Many Type II diabetics report healthful drops in blood sugar levels when they take *BarleyLife* faithfully. Some Type I diabetics have reported being able to cut down on their insulin. AIM's *Bear Paw Garlic* offers special protection to a diabetic's kidney. AIM's *GlucoChrom* has been shown to slow the conversion of carbohydrates into fat which helps stabilize the blood sugar.

### **STRESSED PEOPLE**

Countless millions of people have an increased nutrient need because of stress. You should increase your nutrient intake when you are under stress. If *you* normally take small servings of *BarleyLife* (2-4 teaspoonfuls daily) go up to 2-4 Tablespoonfuls daily if *you* are under unusual stress. If *you* are under constant stress in your life, take this larger serving *dally*. Also, very helpful for reducing stress is nightly soaks in the bathtub with 1/4 cup of AIM's *Cell Wellness Restorer* added.

### **DIETERS**

Whenever the dieters total caloric intake drops below 1400 calories per day, it is almost impossible to obtain most vitamins and minerals in adequate amounts. Your nutrient requirements remain the same despite your caloric intake, even during total fasting. Dieters not taking supplemental vitamins and minerals are at risk for nutrient deficiencies. Dieting in the form of skipped meals or fad diets is common and almost guarantees inadequate intakes of necessary nutrients. Because *BarleyLife* contains all the nutrients necessary to support life and is low in calories, it is the ideal choice for those trying to lose weight. When nutrient needs are completely met on a daily basis, cravings diminish. It is also the perfect liquid supplement for fasting.

### **PEOPLE WITH CHRONIC ILLNESSES**

There are an estimated 31 million people in this country with serious chronic illnesses. This group is at risk for inadequate nutrient intake because of interactions of medications with nutrients or because of the effects of various diseases themselves. About 36 million people are hospitalized yearly and the nutritional status of seriously ill hospitalized patients is very poor. Their disease or injury increases their nutritional needs, which can precipitate malnutrition and impair the immune system. If *you* or anyone *you* know has a chronic illness and *you* haven't shared *BarleyLife* with them, shame on you. If the person is hospitalized they should talk to their physician and explain that *BarleyLife* is a whole food concentrate and they would like to be able to take it during their hospital stay. If the doctor refuses for

no medical reason, it would be out of ignorance. Remember that the more serious your health problem, the more *BarleyLife* you need to take. 2 tablespoonfuls four times a day is a prudent amount for a very ill person. Try 1/8 teaspoon under the tongue as often as you like; this is a great way to get nutrients into your body rapidly.

### **PEOPLE WITH FEEDING TUBES**

*BarleyLife* can be mixed with water, poured into a large syringe and pushed into the feeding tube. Every time the patient is given water, 2 teaspoons of *BarleyLife* can be added. *BarleyLife* can also be added to any liquid nutritional supplement. Be sure to flush the tube with water after *BarleyLife*.

### **PEOPLE WITH INFECTIONS**

Approximately 5 million people are in the hospital yearly with infections. The majority of these people have little or no appetite. Infections, even mild ones, increase losses of a number of vitamins and minerals and at the same time increased immune response requires increased nutrients. To make matters worse, acute or chronic infections of the gastrointestinal tract impair the absorption of nutrients. *BarleyLife* will be essential to provide nutritional support so the body can heal itself. Most of these people are on high dose antibiotics which leave them with no friendly bacteria in the colon just at the time when they need them the most to aid the immune system in its fight against infection and balance out the unfriendly bacteria which populate the colon. AIM's *Florafood*, which will replace the good bacteria, should be increased to 2-4 capsules in morning and at bedtime. Take 2 of AIM's *PrepZymes* with all meals to make sure that every bite of food is completely utilized. When AIM's *PrepZymes* are taken in-between meals they assume an entirely different function; they gobble up inflammation. It would be good to take extra *PrepZymes* in between meals, too.

### **PEOPLE UNDERGOING SURGERY**

There are 23.5 million people who undergo surgery every year and their nutritional status is compromised by the trauma of surgery. Some operations interfere with ingestion, digestion and absorption of food, as well. Trauma and wound healing require an increased amount of nutrients. *BarleyLife* should be taken in large amounts for several weeks prior to surgery and during the recovery phase.

Pre-menopausal women preparing for breast surgery should only have the surgery during the last two weeks of her menstrual cycle when progesterone levels are highest.

It would be wise for her to supplement her own progesterone with AIM's *Renewed Balance* for at least one to two weeks before surgery. Postmenopausal women should use AIM's *Renewed Balance* every day for at least a month prior to surgery. Studies have shown that women who have breast cancer surgery when progesterone levels are high have a much higher long-term survival rate. Adequate progesterone allows the body to cope better with any kind of surgery.

### **OSTEOPOROSIS**

Osteoporosis is the disease that women are most likely to develop as they age. Every year more than 1.5 million Americans sustain an osteoporosis-related fracture of the hip, spine or wrist. Fractures of the hip, which affect 1/3 of ALL women and 1/6 of ALL men, are the most devastating. Two-thirds of these patients never regain their former level of activity; half lose their ability to walk independently, and one fourth die within a year of the hip fracture.

The three major myths about osteoporosis: 1. It is a calcium deficiency disease (most are getting plenty of calcium in their diet) 2. It is an estrogen deficiency disease (this is a fabrication of the pharmaceutical industry with no scientific evidence to support it. 3. It is a disease of menopause (osteoporosis begins anywhere from five to twenty years prior to menopause, when estrogen levels are still high.

There is no substitute for the use of AIM's *Renewed Balance* (a potent real natural progesterone cream), which will allow new healthy bone to be laid down. This is vitally

important. [Still have periods: 1/8tsp on days 12-26 apply to thin skin and rotate sites. No more periods: 1/8th tsp all month except for a 3-5 day hormone holiday each month.] John Lee, M.D., a foremost hormone researcher, recommends 1/16th tsp (10 mg) progesterone cream every day for men over 50, to protect against prostate cancer. Men whose treatment for prostate cancer includes castration or chemical castration (Lupron, etc) are at high risk for osteoporosis and the cream would be important for them too.

Weight bearing exercise, such as walking, is essential for both men and women. To prevent or reverse osteoporosis eat a health promoting diet: fresh and simply prepared foods, whole grains, fruits, vegetables, beans, nuts and seeds. Foods we eat today contain far less vitamins and minerals than in the past due to changes in farming practices/food processing resulting in chronic, low-level deficiencies of a wide range of nutrients. For those with osteoporosis a minimum of 2 tablespoonfuls of *BarleyLife* every day will help ensure adequate nutrients and good bone mineralization. Eating too much concentrated protein such as meat and dairy will accelerate bone calcium loss to the extent that no amount of calcium supplementation can compensate.

## CANCER

"All studies using vitamins and minerals ..... (along) with chemotherapy and radiation show the same effect: increased tumor killing and increased protection of normal tissue." Charles B. Simone M.D. Breast Health, Avery Pub 1995, p. 83

We know that 40% or more of cancer patients die of malnutrition and that chemotherapy and radiation can exacerbate (hasten) this condition. *BarleyLife* can be given dry under the tongue 1/8 to 1/4 tsp. every few minutes or reconstituted into a raw juice drink every hour or so (use 1 teaspoon to 1 Tablespoon). This is HIGH-OCTANE NUTRITION, easy to assimilate and will not tax a weakened digestive system.

*We know someone who because of metastatic cancer had become so weak that she was bedfast and needed assistance with personal care. She had been so nauseated for fourteen weeks that she could not even swallow water without vomiting. She had a feeding tube directly into her stomach, through which liquid supplement with synthetic vitamins was given several times a day for nourishment, yet her condition was worsening rapidly. We suggested dry *BarleyLife* powder 1/4" tsp every 15 minutes under the tongue (while awake), which she began immediately. The most amazing part was that she experienced NO NAUSEA with the *BarleyLife* and within a couple of days could drink water and eat solid food again. Within the week she was able to resume a moderate activity level unassisted! Isn't it amazing what the body can do with real nutrients and live enzymes! Another victory for *BarleyLife*!!!!!!*

There is good evidence that antioxidant supplements can prevent or ameliorate many of the side effects associated with chemotherapy. Tumor cells do not absorb antioxidants as well as normal cells; therefore therapeutic levels of these substances make chemotherapy more selective in targeting cancer cells. Whether or not you choose to undergo chemotherapy and/or radiation, it is ESSENTIAL that you protect yourself. *BarleyLife* is extremely high in antioxidants.

The program outlined below will provide a generous amount of protective nutrients, including antioxidants that will help boost your immune system and should give you a more favorable outcome. This program would apply to any serious health problem. You must do everything possible to nourish the body, in an effort to enhance the Immune system.

- 1) *BarleyLife* 2 Tbs. 4 times a day. For extra octane: 1 Tbs. AIM's *Just Carrots* and 1/2 tsp AIM's Redibeets added to each drink on an empty stomach if possible. (This combination is known as the Garden Trio); AIM's *Proancynol2000*, 6 capsules a day; AIM's *Cell Sparc: 360*, 3 capsules a day. Both of these should be taken with meals.

- 2) Your detoxification system also needs to be functioning optimally so the body can excrete pharmaceutical chemicals and metabolic debris from tumor breakdown. At bedtime: mix AIM's Herbal Fiberblend in 6 oz fruit juice. Whiz for several seconds in blender, pour into a glass and drink immediately. Adjust servings as needed to meet your fiber needs.
- 3) Fresh whole food diet with as much raw as possible, primarily vegetarian. Include a wide variety of fresh fruits and vegetables, whole grains, beans, nuts and seeds.
- 4) Balance your hormones with Renewed Balance (men over 50 and women over 30):  
Men: 1/16th tsp every day, apply to thin skin and rotate sites. Women: Still having periods:  
Renewed Balance 1/8t tsp. days 12~26 (apply to thin skin and rotate the sites; No more periods:  
Renewed Balance 1/8th tsp. all month except for any 3-5 day hormone holiday each month.
- 5) Drink at least 8-10 glasses of pure water every day
- 6) Exercise to enhance circulation of nutrients to the cells. If your condition will permit: exercise on a re-bouncer 5 minutes 5 times a day to aid the lymphatic system. Walking is also good, even just through the house several times a day would help. Do some form of exercise, no matter how little at first.
- 7) Other important things: sunshine, fresh air, rest, peace of mind and trust in God.

We know a 67 year old lady who chose chemotherapy but faithfully followed the program above. She did not become anemic; have sores in her mouth, loose her hair or become extremely weak. She maintained a normal, active life throughout her chemotherapy. She did, however, rest more and did simplify her life during this time. It has been five years and she continues to enjoy a very active life. She praises the AIM Products that helped support her through her therapy.

**Breast Cancer...** "the good news is that we know breast cancer is related to ovarian/hormonal activity. The bad news is that we have known this since 1896-just over one-hundred years." R. Hoover, National Cancer Institute.

**What we know:** The message of estrogen (either our own or supplemental) to the cells of the uterus, ovary, and breasts is to grow and proliferate. Then, in the normal monthly cycle, progesterone comes on the scene and sends the message to the cells to stop their rapid dividing, slow down, and mature. Every month that there is no progesterone in the body, estrogen's message becomes deadly because there is nothing to stop the rapid cell proliferation. Every month of estrogen dominance is an opportunity for cancer to start. We believe that if every woman would start using the Renewed Balance cream at age 30, so that she would never have a month of estrogen dominance, the breast cancer rate could drop. Renewed Balance is a natural progesterone, exactly like your body makes, and has no adverse side effects. In excessively large amounts it can cause calmness, sleepiness and will slow digestion.

**Peri- and Post-menopausal women**, whose breast cancer rates are skyrocketing, certainly need AIM's Renewed Balance to balance out their estrogen which will not only to help prevent breast cancer but will help ameliorate hot flashes and sleep disturbances if they are present. Vaginal dryness can be helped instantly by applying about 1/4 to 1/2 teaspoon of Renewed Balance into the vagina as needed. Note: Synthetic progesterone is called "progestin", an example is Provera. BEWARE! The deadly combination of synthetic estrogen and progestin like Prempro, have a long list of dangerous side effects.

**Birth Control Pills:** in the US most brands have synthetic estrogen (ethinyl estradiol or mestranol) combined with progestin. The risk of breast cancer is up 30% with one year on oral contraceptives (even the lower estrogen pill) and quadruples after 8-10 years, well documented in many studies.

Also there is even more risk if the pill is started before age 18. Dr. Pike, researcher and professor at UCLA; British Med. J; J. National Cancer Inst. 87 (11):827-835 )1995

"All hormonal components of oral contraceptives have been found to be carcinogenic in animal models" *Acta Oncologica* 28: 857

Estrogen... studies have shown that most women have plenty of estrogen throughout their life. Fat cells churn out estrogen. This is why obesity is a risk factor for breast and uterine cancer. The more fat cells the more estrogen! There is a 72% risk of ovarian cancer in women using unopposed replacement estrogen therapy for six years or more. This supports the theory that estrogen dominance significantly increases the risk of ovarian cancer. Am J. Epidemiology 1995; 141:828-835.

Please note that estrogen dominance is not limited to those receiving estrogen replacement therapy, but can occur also when a woman's own estrogen is not balanced by natural progesterone.

Osteoporosis and Heart disease: Don't buy into the myth that estrogen helps either of these. **Natural progesterone helps prevent deadly heart spasm in women** (see below). Estrogen does help slow down bone loss by keeping old weak bone from being absorbed but **only progesterone allows new bone to be laid down.**

**Progestins** (synthetic progesterone): It is a well known fact that pre menopausal women rarely get heart attacks, but after menopause they quickly catch up with the rate common to men. HOWEVER, they have more cardiac spasms of the heart muscles and men have more heart attacks caused by clogged arteries. ,

=> A landmark study done by K. Miyagawa at Oregon Regional Research Center set out to study the effect of hormones on coronary spasms. The monkeys on the progestin and estrogen suffered unrelenting spasm that would have caused death had they not been injected within minutes with a drug to reverse the spasm. Researchers were unable to induce cardiac spasm in the monkeys that had been treated with natural progesterone. **Natural progesterone obviously protects against cardiac spasm (the biggest killer of women) and estrogen and progestins (like provera) promote spasm.** (Use AIM's *Renewed Balance* and protect yourself against cardiac spasm)

**Women with a progesterone deficiency have 5.4 times the risk of developing pre menopausal breast cancer and a tenfold increase in death from all malignant cancers. (Use AIM's *Renewed Balance*)**

Understand the role of genetics: **genetic endowment** (what you inherit) and **genetic expression** (what disease you actually get). Genetics are affected by a host of variables including diet and environmental carcinogens. The fact is: **80% of breast cancer patients have a negative family history.** Many women live in fear of breast cancer because it runs in their family and they feel they are doomed by genetics. **The good news is that good lifestyle choices and adding some of the AIM products can change the course of our health.**

**Keep in mind that gene expression is nutrient dependent and toxin sensitive.**

For example: Janet Pauly's father died of lymphoma, the same kind of cancer she has had since 1980. He died after several years of treatment BUT she is alive and healthy today due to God's grace and His leading her to the green juice powder, other AIM products and certain treatments.

**Genetics loads the gun BUT lifestyle pulls the trigger!**

For cancer treatment we recommend Salvadore Vargas, M.D. in Tijuana, Mexico (just across the border from San Diego). For information contact his clinic manager Diana Boatman at 909-693-5078.