

Healthy Gems

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Green Barley Nutrition Center

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Charles Melanson Testimony
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September 1st 1997, I was diagnosed with prostate cancer. My doctor had carefully watched me for 2 years prior to that date. My PSA had been steadily going up until biopsies indicated cancer. The Urologist indicated that this was a very severe, fast moving, dangerous cancer, and he recommended immediate surgery to remove my prostate.

Fortunately my wife was a natural therapist and had been involved with AIM and natural therapies for a long time. She knew the effects of choosing natural treatments, and she suggested we deal with this cancer the natural way instead of surgery.

With her encouragement I decided to go the natural route. I went to a colon therapist who gave me a program to deal with my cancer. The first thing he suggested was a 30-day juice fast. I was on juice, **AIM BarleyGreen**, and **Herbal FiberBlend** for 30 days. I thought when I started this program that I would feel drug out, with no energy because of taking no solid food, but the opposite occurred. I had more energy and was full of life. During those 30 days, I demolished my very large deck and rebuilt it. I was so amazed to look back to see what I accomplished. I realized what a tremendous benefit I received from the change in nutrition.

In the years since 1997, I have faithfully continued using **BarleyLife** and the AIM products. I've never felt more healthy, more alive, more energetic, or more capable in my life. I've not only recovered from cancer, but numerous illnesses that plagued me chronically up until I changed my lifestyle. One of the most major changes was a huge change in attitude. Once that occurred, along with accepting the natural approach and the AIM products, my whole health history completely turned around. Now I just want to tell anyone who will listen the benefits that occurred in my life by the use of AIM products.

I did have one medical intervention during my cancer. In February 1998, I had 86 seeds of irradium 125 implanted into my body. This provides localized radiation into the cancer cells. Since insertion of the seeds I have had regular checkups, and my PSA remains below 1. I have X-rays and Cat scans as needed and so far there has been no return of cancer. However I do not believe that this treatment alone caused my complete recovery. I believe that the natural approach I adopted was very instrumental.

At my last test the doctor reviewed my file and was discussing how this treatment had it's effect on me. Naturally, I did not mention to him my natural approach. He was so amazed and fascinated with the latest results that he let out a whoop of joy. Then he went out with me to the waiting room, and was so excited that he was telling everyone out in the hall what had happened. He was acting like I was his prize patient. The bottom line was that he was so excited that there was no indication of cancer. His words were, "There is no cancer straight ahead, no cancer to the left, no cancer to the right. We're going to back out because there is no cancer anywhere to be found"

His excitement really affected me. I had just been taking my recovery passively, but now I was excited also. I was convinced that my recovery was real and complete.

Since then I have not stopped, I run two businesses at the present. This is very taxing, but I'm able to keep up every day. I require less sleep than before, and I do not feel drug out at any time during my day. Right now I take about 2 ½ Tbsp. of **AIM BarleyLife** per day, some days as much as 5-6 Tbsp. per day. It just depends on if I want a little bit of a boost. I take the **Garden Trio** about 3 times a week, also.

During my 30-day juice fast I took 10-15 Tbsp. of green barley juice every day along with my juicing. After the 30 days I cut back to 5-9 Tbsp. per day. Since then I've cut back again. I also take **Proancynol 2000**, Reassure, **Herbal Fiberblend**, and several other **AIM products**.

Some of the other benefits I have experienced from my nutritional change: my sinuses were infected for 10-15 years. I remember my doctor saying, "I just can't heal you. I couldn't heal my wife." I've had no sinus problems whatsoever since taking BarleyGreen/BarleyLife. I've had numerous hemorrhoidectomies, and nothing since. My immune system has been boosted so tremendously. Previously colds would last a month, with various chronic problems. I have maybe had one cold in the last 6 years. I am constantly around people who are coughing and wheezing, but I just stay well.

Arthritis was setting in in my neck, back, elbows, and shoulders. The doctor diagnosed me and said it would just get worse. Well, he was wrong. It hasn't gotten worse. It has gone away! I have no symptoms. I have a very, very active lifestyle now. With my use of juices and BarleyLife I feel that my body is rejecting any arthritis.

Here's an example of my life currently. Today I awoke at 4:30 a.m. Now 8 hours later, I am still on the go, working both physically and mentally. I have more energy and feel better than I ever have in my life. I am able to work long hours consistently, and my mental outlook much better. I have experienced considerable recovery over the past 6 years, and most of the thanks I give to **BarleyGreen & BarleyLife**, and the AIM people who, like my family, are most important to me in many ways. God Bless You!

AIM BarleyLife™ Comparison Table

Here's an up-to-date table for you fresh from AIM. This table highlights some of the nutrients that AIM excels in.

Nutrient Amount Per 100 Grams				
Nutrient	Unit	BG Premium Plus 1	BarleyLife 2	BarleyMax 3
Pyridoxine (B6)	mcg	1,100.00	1,925.00	N/A
Pantothenic Acid	mg	1.80	2.20	N/A
Calcium	mg	540.00	760.00	644.00
Chlorophyll 4	mg	551.00	651.00	450.00
Chlorophyll 5	mg	495.00	651.00	375.00
SOD	U/g	506	1,221	1,008.00

1. BarleyGreen Premium Plus nutrients, except for chlorophyll, were measured by Silliker Laboratories, Carson CA.

2. Data for BarleyLife were obtained from a promotional bulleting printed and distributed by AIM (reference number 3333E 0502R2)

2. Select nutrients have been updated to reflect the average nutrient profiles for BarleyLife 2002 and 2003 production.

3. The data for BarleyMax was obtained from Hallelujah Acres website page at <http://www.barleymax.com/nutrition.htm>

4. BarelyGreen chlorophyll was measured by our own laboratory (YH Corporation, Oxnard, CA).

5. Updated chlorophyll values as measured by an independent testing laboratory, Anresco in San Francisco, CA.

From the Desk of Carolyn Kling

The Reports are In: AIM BarleyLife™. Who could have imagined that AIM could have improved on our green juice powder, but they have!!! See the current research chart on pg. 3. The reports just keep pouring in from people who are being rejuvenated. See an example of this on page 2. As we are sharing the good news about AIM's new BarleyLife we are busier than ever, especially with the demands for answers to our nation's health crisis. AIM's BarleyLife is playing a key role for better health to all those whose lives we touch.

Not only do we have BarleyLife for whole body health, add to that Just Carrots, a concentrated carrot juice powder (we all know how good carrots are for us) and RediBeets, a concentrated beet juice powder (a good blood builder)—A Garden Trio. Wow! What a healthy way to start our day.

Digestive problems? Include AIM's Herbal FiberBlend, Prepzyems, Flora Food, and Para 90. *Diabetes a problem?* Add AIM's GlucoChrom to maintain healthy blood sugar naturally. Maintain optimum *hormone health* for women and men with AIM's Renewed Balance and RevitaFem for women and Reassure for Men.

If you have health challenges in any area or just want to maintain your good health, AIM has a wealth of resources available. For information about natural help for any health condition you have, you can order the "Living Well Booklet" or the Data Sheets on individual products from AIM. I also encourage you to call or e-mail us here at our Center.

We want to thank AIM's co-owners Dennis Itami and Ron Wright for having the foresight, doing the research, and spending their energy and money to give us the very best nutritional products, especially the best green juice powder in AIM's BarleyLife.

With AIM's new BarleyLife and the other natural products, we have the best available support for our bodies for optimal health.

May God Bless You,

Carolyn Kling

Dangers of OTC Drugs

Your over-the-counter anti-inflammatory pain medications may not just kill pain—they may kill you. More than 16,500 people die each year and 103,000 are hospitalized for serious complications caused by pain relievers known as non-steroidal anti-inflammatory drugs (NSAIDs) such as Advil®, and ibuprofen according to the National Consumers League (NCL)

The NCL has started a campaign to educate the estimated 30 million Americans who use NSAIDs about the possible dangers of the products. As part of the campaign launch, the NCL released results of a national survey in a press release dated January 30, 2003. The survey is one of the largest public opinion polls ever conducted regarding OTC pain medications.

The survey found that 64 percent of the respondents are unconcerned about possible serious side effects caused by NSAIDs, including stomach bleeding or ulcers. Of those who have taken an OTC pain reliever within the last year (84%), 44 percent admitted to exceeding the recommended dose. Many also ignore critical label information.

“Too often, consumers just want the pain to go away, so they take more medicine than the label instructs, and they don’t talk to their doctor about possible risks, says Linda Golodner, NCL president. “But just because a medication is available without a prescription doesn’t mean it is risk-free.”

For more information about over-the-counter drugs, go to: www.fda.gov/cder/otc; or www.nclnet.org.

The obvious conclusion: drugs do not have to be illegal or prescription to be dangerous. Next time you reach for that bottle of pain reliever, think about it. The AIM products have natural answers for many of our health concerns.

News & Notes

You will love this website:

www.5aday.org.

On the left sidebar, click on 5 A Day Background/5 A Day Newsletter. You can subscribe to this online newsletter and it has some good information that you can use and pass along.

AIM Convention in Boise

Are you planning on attending the AIM Convention in Boise. We hope to see many of you here soon. Come and check out what the Boise area has to offer and enjoy:

- Fellowship with AIM Members
 - Learn more about the AIM Products
 - Watch the Grand Prize Give Away (Who will win the car?)
 - Tour AIM Headquarters
 - Get to meet the great AIM Staff
 - Attend the BBQ & Barn Dance organized by Members
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Here’s another little one who loves her BarleyLife. **Tori Woodward** of Nampa, Idaho. Proud (and wise) parents are Troy & Heather Woodward.
