

Healthy Gems  
Issue Eight, February 2002

From the Desk of Carolyn & Jim Kling

## Visions of Our Future

**Hawaii 2002**, July 17-21, is our destination! Many of you are already qualified for this 20-year celebration with AIM International. If you have not qualified yet-- Good News! There is still time to win your trip. AIM has given us an extra month for the contest, with the ending date now February 28.

Remember how great AIM's conventions are? If you have ever been an attendee you'll remember five-star luxury resorts in beautiful and unique locations, expert teaching and training seminars with noted guest speakers, the exceptional service by the AIM staff, gala parties, connecting with the wonderful AIM members, and then put it all together with being pampered by AIM as only they know how. I love it! I've been to numerous conventions and it's a highlight of our year. This is one you won't want to miss!

Imagine – Hawaii, a 20-year celebration, new announcements of exciting things on the horizon, enhanced new compensation plan, plus a surprise that I believe will propel our AIM business forward like never before.

Now remember in the same way why we began using the AIM products. We began building our AIM businesses by sharing the good news about how the AIM products are so powerful for our healthy lifestyles. Now, we are making a difference to so very many and are passionate to keep sharing with all those God brings across our paths.

In light of the recent temporary changes at AIM, let's remember to keep our focus on our mission. We here at Barleygreen Nutrition Center are dedicated to sharing the health message to all in our circle of influence. We are making a difference in the many lives we touch. That was our vision in the beginning, and now 20 years later that is still our primary focus.

Almost four years ago, we opened our Nutrition Center here in historic downtown Nampa as a beacon for hope and health in our community. We have a restful place where people can feel comfortable to get nutritional counseling. Some of the activities we carry on are:

- Nutritional Meetings
- Weight Loss Classes
- Business Building Meetings and Teleconferences
- Leadership Teleconferences
- Newspaper and radio advertising
- Newsletters

One-on-One mentoring  
Guest Speaking at Member Meetings  
Lending Library  
Research and resource room  
Full supply of AIM products

Remember the changes at AIM are just a stepping stone to better things to come, and those of us who continue to embrace AIM's vision for the next decades will be exceptionally rewarded.

Our belief in the AIM owners, Dennis Itami and Ron Wright, along with the executives and staff is solid. They have proven their integrity and built a firm foundation over these 20 years. They have built AIM into the great company that it is today.

I encourage you during this time of change to enlarge your vision and look to the future with all of us together. I know many of you have innovative ways you are building your AIM businesses that are unique to you and are working well. We would like to hear from you and what you are doing.

If we can be of any help to any of you, we're here for you. Just get in touch. May God bless you as you keep your focus and stay true to your vision.

Jim and Carolyn Kling

Lunch Meetings  
At BARLEYGREEN Nutrition Center

By Cathy McCrea

We have been hosting a monthly lunch meeting on different health concerns over the past few months. The Barleygreen Nutrition Center is set up with a lovely conference room where we can have up to 20 people for lunch. We cater in a nutritious lunch and invite business people who work in the downtown area around us. Over the months we have found many of our friends and acquaintances improving their health through taking the AIM products, focusing on better eating, and getting off some of their prescription drugs.

Here are some of the meetings we have held so far. If you would like additional information, just e-mail us or give us a call.

***Stress Relief*** –. Everyone took the AIM stress test from the Stress home meeting kit and then we talked about what stress is and how to relieve it. After lunch, we soaked our feet in Cell Wellness for 20 minutes. We turned down the lights, put on soft music, and got totally relaxed. After the meeting everyone commented that they wanted to do this every month during our lunch meeting!

**Women's Hormone Health** – We gave each lady a tape by Dr. Lee as a gift, and had them take the hormone test from his website. This helped them to determine what, if any, level or hormone help they needed. We talked about how hormones work in the body and focused on estrogen and progesterone. Almost all of the women attending are now on Renewed Balance and many are using RevitaFem II to get off their prescription estrogen.

**Digestive Health** – Focusing on Barleygreen and Herbal Fiberblend, we talked about the digestive system and how it works. We showed several recent newspaper articles linking poor health in the US with our eating habits. Then we taught about live enzymes, the importance of fiber, and some easy steps to take to improve our diets.

**Children and Nutrition** – Carolyn went to the local school with Cheryl, her daughter, and handed out flyers to the Moms. Our meeting focused on three major areas of concern: sugar, soft drinks, and processed snacks, what they do in the body, and how to combat them in your children's diet. After this, we formed groups to problem solve *how* to get our children to make better food choices. The mothers came up with some great ideas and were eager to try them.

## **News and Notes**

Congratulations to:

Irene and Helmut Thiessen who promoted to Chairman's Club.  
and several months ago Huel and Margie Haymon promoted to Royal Emerald!

**Pre-Convention Special**

### ***Turning Green Into Gold***

*By Carolyn Kling and Cathy McCrea*

Give a special boost to those active members in your downline that will have ongoing benefits. From now until March 31, 2002, get **30% off** this dynamic book. This is the lowest price ever offered. You pay only \$12.00 each plus shipping, and as an added bonus, when you order 5 we will give you one free.

Give your downline the secrets Carolyn has learned through her many years with AIM, and encourage and inspire them as they learn to reach out to others.