

Healthy **Gems**

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Green Barley Nutrition Center

By Carolyn King

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Mike Ahlborn Testimony

For years, the doctors had stated that I was morbidly obese. In my youth I preferred my grandfather's term that I was merely a "growing boy." Yes, I was growing, growing grossly overweight and getting less healthy each day.

The first serious health issue I faced was testicular cancer. It was the most aggressive and fastest spreading type. It spread rapidly to my lymph nodes on the left side of my body, and an extensive lymph node dissection was done to remove any suspicious or obvious tumors. Then I was on chemo over several months. Despite the assault of surgery and drugs upon my body, I recovered, and am cancer-free to this day! I'm very thankful.

In 1991, I was diagnosed with severe diabetes. I struggled with this disease for 12 years, on various diets which were not always well-followed, several oral medications, and insulin injections which got up to 110 units a day, which is a lot. In 1998, I developed a diabetic-related infection in my groin, and it turned vicious and gangrenous. In 10 days, I underwent six surgeries on the same area. The infection was literally eating my groin. There are many details I won't share here, but I will tell you that the doctor came out to tell my wife that I wasn't going to make it. She came in to see me for perhaps the last time, and my blood pressure was 32 over 7. Amazingly, through the faithfulness of God, I pulled through. Over the next several months, the wound had to heal naturally from the inside out, presenting many challenges.

Despite all that had happened to me physically, I still would not wake up to good nutrition. It amazes me how dense I was, especially since there were enlightened people around me who cared so much about my health. I guess I "wanted to have my cake, and to eat the entire thing, too!" I wanted health without making personal changes. Besides, aren't the doctors supposed to be able to "fix us up" when we get ill?

This chosen ignorance stayed with me after cancer, after diabetes, and even after the gangrene infection that nearly killed me. Still taking huge doses of insulin, and eating improperly, my weight ballooned out of proportion. The heavier I got, the sicker I got.

I finally ended up with an obesity specialist who had performed many gastric bypass surgeries. Several doctors had recommended this to me, and told me that if I didn't do something quickly, I might not even be able to. I weighed in at 515 lbs., which was at least 275 lbs. overweight! Besides the risk to my heart, I was having a lot of joint pain, and complications with diabetes. I'd also begun to have attacks of gout, struggling to breathe, and kidney problems. In 2002, I had problems with dehydration because of medications I was taking. The kidney specialist told me to expect my kidneys to shut down entirely. With a failing immune system, I ended up with a serious case of double pneumonia in August, 2002.

After dealing with that I was finally set for the gastric bypass procedure, which took place on Oct. 17th, 2002. The surgery went well, and I was sent home in four days. However, I struggled for about 2 months with very deep depression. Because I was suicidal, my doctor sent me to a good counselor. He helped me to get a better perspective on life, but I continued to lie to him about feeling better. I guess I didn't want him to feel like he wasn't doing a good job.

At home, I'd sit on my bed, and just stare blankly at the wall. I even asked God to take my life several times. I hated how I felt, and I hated what the surgery had done to me. The changes in eating it forced upon me were difficult to endure. I wanted to be able to eat all the things I loved again! I wanted to be able to eat more than a few ounces of food at a time! I didn't want to have to deal with nausea! I felt like I'd been thrust into a dark cave. I didn't want to talk to anybody. I felt like death—and I guess that is what I wanted. I know now that part of my depression can be attributed to the radical change in eating that the surgery demanded and part to the rapid change in hormones that was happening inside my body. I was also having a heaviness and tightness in my chest and difficulty breathing.

The surgery greatly reduced the capacity of my stomach, entirely bypassed the small intestine, and shortened the large intestine, so that a mal-absorptive process was occurring. I was only able to eat about 4-6 oz. of food at a time, but was required to eat 6 times a day. However, my body was not absorbing even that small amount of food.

I had been struggling with getting enough nutrients to give me the energy for daily functioning and to disease resistance. Even on double amounts of vitamins and minerals, I was still not able to get the nutrients I needed. Blood tests showed that I was deficient in iron and in vitamin D, and many other nutrient levels were low. Then in January, 2003, I began taking BarleyGreen.

I had a bottle of BarleyGreen sitting in my cupboard and decided I should give it an honest try and see if it would help. Carolyn Kling, a long-time friend had given it to me previously. I began taking 1 tbsp. in my juice in the morning, and I noticed an increase in my energy level in the morning, but by afternoon I would find myself lagging again. So I began taking additional BarleyGreen before I went to bed. Then I noticed a tremendous

increase in my energy level throughout the day and digestion was becoming easier. Then I read on the label that I could take BarleyGreen 3 times a day.

About then my BarleyGreen ran out and I switched to the new AIM BarleyLife, taking it 3 times a day. WOW! I couldn't believe the upsurge in energy! I also began digesting my meals easier. I feel a new surge of vitality, and most importantly, my attitude has almost entirely reversed itself. I don't have the heaviness in my chest and can breathe easier. To put it simply: **I Feel Alive!**

At this point, to take my BarleyLife away, you would have to pry the bottle from my cold dead fingers. I haven't even yet learned enough about this product to know why it does what it does, but I can say that I've given it an honest opportunity to work in my body, and it has exceeded my deepest expectations.

Through my AIM products, I've been able to wean from *all* my medications. I was on two blood pressure meds, a calcium blocker, a diuretic, three diabetes oral meds, insulin, a gout med, a sleeping pill, a heavy narcotic for pain, and an anti-depressant. Consider that each of those drugs had side effects, and you can imagine how liberating it feels to be free of them!

Currently my daily intake of AIM products is: 3-4 Tbsp. BarleyLife, 2 Tbsp. Just Carrots, 2 tsp. RediBeets, 2 Tbsp. Herbal FiberBlend, 2 GlucoChrom, 2 Herbal Release, 4 Frame Essentials, 3 Bear Paw Garlic, 2 Composure, 6 Prepzymes, 2 Proancynol 2000 2 Cellspare 360, and 3 Para 90. Some would say this is a lot, but everything I take now is a natural food or nutritional supplement, without debilitating or health threatening side effects.

It's easy to make the financial commitment to take these products, because I'm not paying out for expensive medications any longer, and I can tell others how the products have helped me. There are so many hurting, and nutritionally deaf people that desperately need help. I absolutely love helping them achieve a more vibrant, abundant life!

Upon achieving amazing results from AIM products, I began to learn more about nutrition. I'm particularly grateful for what AIM taught me about the "healthy cell concept." It's very profound that "every" disease stems from the malfunction of our cells. Realizing I have a choice, I've chosen healthy vitality for the rest of my life. Disease and fatigue just aren't that fun.

I've changed my diet to eliminate: all table salt, pasteurized milk, refined sugar, nearly all artificial sweeteners, butter and margarine, vinegar except for apple cider vinegar, fried foods, nearly all cooking oils (just a little olive oil), pork, processed foods, canned and frozen fruit, fatty meats, breads and crackers, cooked potatoes, iceberg lettuce, white rice, and high protein preparations (shake powders or energy bars).

I've added: exercise 3 to 4 times a week, walking for enjoyment, increased physical activity doing house chores and home repairs (my wife loves this one!), daily raw

vegetable juicing (I take my garden trio in this!), more dry beans and tofu combined with wild rice, more raw fruits and vegetables, reading as much good material as I can find about nutrition, and sharing AIM products with everyone I meet!

From all I'm doing, I can tell you that life is fun! I feel vibrant, happy, strong, hopeful, full of vitality, and thankful each day to be alive! I get better rest now without sleeping meds in 6 hours than I did before in 12 hours. According to my wife, family, and many friends, I'm also much nicer to be around.

I've lost 175 lbs.! Yay! Only a hundred pounds to go! Believe me when I say, AIM is going with me all the way, right through each day of my joyous and thrilling life.

Thank you, God, for the AIM Intl. Company, for its commitment to only the finest quality products, for their creed of kaizen (constant improvement), and for the transfusion of hope they have given to me. Lord, let me be a blessing to the suffering and the healthy, to encourage, nourish, replenish, restore, renew, and protect their health and well-being. In Jesus' name... AMEN.

Mike Ahlborn, with renewed vitality in February 2003, after losing 165 lbs.



News & Notes

Jim and Carolyn Kling, *Guest Speakers* AIM South Africa Convention, Johannesburg, April 10-13, 2003

Jim and Carolyn traveled to South Africa to join the AIM members there for their first AIM Convention in that Country. On their way they spent a few days with their Grandson JE Kling in Amsterdam where he is serving on a mission. Then they spent three weeks in South Africa touring the country, speaking at regional meetings along with the convention, and being treated royally by the AIM Members there.

Mike Ahlborn's testimony is available on audio streaming through the Internet at the AIM website: www.theaimcompanies.com. Click on Mike Ahlborn. It also will be available on audio CD and tape from AIM after May 1. This recording will include testimonies of several of Mike's family members along with his own testimony. We were there during the taping at the Texas BarleyLife Convention. The emotion and impact of what has happened not only in Mike's life, but also in his family's is powerful and this will be a dynamic new tool for you to use and share with others.

Leadership Teleconference with Jim and Carolyn Kling

Jim Kling's Growth Into Greatness Series continues
Two final sessions: Thursdays, May 22, and June 19
Call us to register: 866-463-0399

AIM 2003 Convention, June 25-29 Vancouver, British Columbia

Come and join us and your AIM family for a wonderful time of sharing, learning, and growing in beautiful British Columbia. Last year was just the beginning of a new era for AIM with the introduction of BarleyLife. Don't miss the opportunity to heighten your enthusiasm, deepen your friendships, and partake of all that Dennis Itami, Ron Wright, and the AIM staff have in store.

Our Top 15 Reasons for Attending:

1. Strengthen Friendships with AIM Members
2. Learn more about the AIM products
3. Get to know the great AIM staff
4. Fun Entertainment
5. Luxury Resort Hotel
6. Learn from Successful AIM Members
7. See Beautiful British Columbia
8. Hear fantastic testimonies
9. Great freebies from AIM
10. Wednesday Welcome Dinner
11. Energizing Morning Fitness Walk
12. See the AIM Expo
13. Watch Dennis be silly! (Remember the aquarium at Baltimore?)
14. Sunday worship with AIM Members
15. Gala Dinner with Chairman's Club Inductions

Pat Miller and Skin Disease

I have experienced a fascinating cure from the use of BarleyGreen! I began using it in the normal way for overall health. A year or more earlier I had been diagnosed with “Lichen Planus,” an autoimmune disease, which caused an ugly rash on my leg. None of the prescribed medications or any of the over-the-counter creams could relieve the terrible itching.

After reading about using BarleyGreen topically in Dr. Mary Ruth Swope’s book *Green Leaves of Barley*, I decided to add a little water to the BarleyGreen powder to make a paste. I applied this paste twice a day and allowed it to dry for a period of time before washing it off. The itching was completely relieved in a couple of days and within a couple of weeks the rash was gone...and has never reoccurred!

I am happy to now be on the new and improved AIM BarleyLife™. May God bless you for sharing a natural substance which He created for us so long ago.

Pat Miller, Payette, Idaho

Are you a Direct Customer?

Do you have Direct Customers in your downline?

For a short time AIM is offering a **free** one-year Membership to Direct Customers who place any order. This is a \$25.00 value. Everyone should take advantage of this, because the Direct Customer program is being discontinued. Then, you will have to be a Member to continue to buy the great AIM products at wholesale prices.

Call AIM today, place your order, and get your **free Membership!**
1-800-456-2462, option 1

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