

Healthy Gems
Issue One, October 1998

NEW HORIZONS

By Cathy McCrea

I'd like to introduce myself to all of the many wonderful AIM distributors who are a part of our organization. I am very excited about this new venture in my life, and am looking forward to getting to know many of you personally as we visit on the phone or at AIM conventions.

My name is Cathy McCrea and I have joined Carolyn as office manager for her new office in downtown Nampa, Idaho. My personal journey with Barleygreen started about 15 years ago when I was introduced to Barleygreen by my father Jim Kling. Somewhat skeptical, I tried Barleygreen for a couple of weeks, but quit taking it when I thought I felt no difference. Immediately I noticed I was tired and dragging in the evenings, which had become a normal pattern for me, being the mother of two young and very active boys. When I had been taking Barleygreen, I had felt so good and full of energy in the evenings that I hadn't even noticed the improvement. It wasn't until I had gone off the product that the results became very evident to me!

Over the years, many other benefits have been manifest to me, as a result of taking Barleygreen. In the last five years, I have had a slow but steady improvement with allergies. I have had hay fever all my life, but lately the symptoms have all but disappeared. I can now go out in the desert or around weeds without sneezing and my eyes swelling and getting red.

Also, in the last 10 years I have developed some arthritis in a couple of fingers. Whenever I skip a couple of days, I will have aching in those fingers, but as soon as I am more faithful, the pain completely disappears!

What an exciting time for me to now be able to be personally involved in helping promote a product that has been of such benefit to me. As I talk with people in the office and where ever I go, it is great to hear all the results others have had, also.

One of the most important aspects of this new venture for me is being able to work with a company of the highest ethical and moral standards. In opening our office, we want to make our commitment to providing the highest quality service and being readily available to our customers and members. Please call or drop by and I hope I will meet many of you at our Grand Opening.

God Bless,
Cathy McCrea

BARLEYGREEN AND BLOOD THINNNERS

We have good news for people on blood-thinning medication who want to take Barleygreen. A study conducted by Dr. Yoshihide Hagiwara positively identified a substance in Barleygreen that has an anti-bloodclotting characteristic which provides a balance to Vitamin K.

May people on Coumadin and other blood thinners are told to limit their intake of foods containing Vitamin K, and some have questioned the use of Barleygreen as a result. We are glad to report that Barleygreen has only a trace amount of Vitamin K, so there should be no problem taking it with a blood thinner.

The study, conducted in cooperation with the Inversk International Research Facility of Scotland, shows that young barley leaf extract markedly inhibited the growth rate of blood clots. The study concludes that ***young barley leaf extract may be useful in the prevention of blood clots*** in certain vascular disorders.

Barleygreen remains an ideal food, even for someone who must take blood thinners. Following is a summary of the study, which you may want to have your health practitioner review. We always advise people to follow their doctor's recommendations.

Abstract of Inversk Young Barley Leaf Extract Study

Dr. Yoshihide Hagiwara conducted an animal study for the effect of dried juice from the young barley leaf on thrombosis (blood clot) formation together with the Inversk Research Center International of Scotland, and reported the results at the annual meeting of the Japanese Pharmaceutical Society.

He reported that young barley leaf extract was evaluated as an inhibitor of ADP-induced thrombosis in the microcirculation of the hamster cheek pouch. Thrombi were induced in a venule by microcontophoresis of ADP through the vessel wall.

Young barley leaf extract was administered orally at several dosages before thrombus stimulation. Young barley leaf extract markedly inhibited thrombus growth rate with a maximum inhibition of 42%. Then it was concluded that young barley leaf extract may be useful in the prevention of thrombotic episodes in certain vascular disorders.

Dr. Hagiwara explained that, although he had a very promising test result regarding thrombus formation, it was not a clinical test. He therefore recommended that patients consult their physicians.

Why I Don't Drink Soft Drinks (And wish you didn't!)

By Dr. Mary Ruth Swope

Certain Soft Drinks and Cancer May Be Related

Francisco Contrares, M.D., of the Contrares Cancer Clinic in Tiajuana, Mexico said, "Cancer is a plant cell; it can't live in an oxygen-rich environment." Cola drinks make our bodies poor in oxygen. Cancer is the second cause of death in America. The average American is consuming 800 or more soft drinks annually.

Caffeine is Addictive; Cokes provide it

Soft drinks, including the cola and pepper-type drinks that have caffeine in them, are the number one beverage of Americans today, with coffee second. Caffeine is a drug and it acts as a stimulant to the central nervous system. "In the amounts presently being consumed, it can cause insomnia, nervousness, irritability, anxiety and disturbances in the heart rate and rhythm. Cola and pepper-type drinks account for 80-90 percent of the caffeine added to foods today. Its long term effects on people are not clearly known."

Soft Drinks and Kidney Stones

A three-year study of over 1,000 men with a history of kidney stones showed, "There was a clear-cut difference in the group's experiences, with much less

renal colic in the men who had avoided soft drinks. Of those who continued to use soft drinks, there was also a big difference in outcome depending upon the nature of the soft drink consumed. Soft drinks acidified with phosphoric acid were the worst offenders. Colas of all kinds, of course, are well known for their high phosphoric acid content.”ⁱⁱ

Disease Flourishes in an Acid pH – Cola-type Drinks are Acid

“All kinds of soft drinks are very acidic, especially colas. In order to neutralize a glass of cola, it takes 32 glasses of high pH alkaline water.”ⁱⁱⁱ It is well known by the medical profession that disease loves acid. In fact, Hans Diehl, a physician from Loma Linda University said “if we could get our cells to maintain a normal pH (slightly alkaline), cancer could not grow in our bodies.”^{iv}

Cola Drinks and Liver Disease

As pointed out by Beatrice Hunter in her book, Consumer Beware (published in 1971), “Nutritionally, soft drinks are low in value. Their food energy comes solely from refined sugar. Every element of nutritional importance, except calories, is zero. Soft drinks have much in common with hard liquor, claimed the co-discoverer of Insulin, Dr. Charles Best. Cirrhosis of the liver has been found among teenagers who drink large quantities of soft drinks, as well as among chronic alcoholics.”

(Excerpts from an article by Dr. Mary Ruth Swope. Reprinted with permission)

Sources:

- i. FDA Consumer, October 1980, p.7.
- ii. Journal of Clinical Epidemiology (45:911, 1994)
- iii. Sam Whand, “Reverse Aging not Science Fiction but Scientific Fact.” Copyright 1990 by author, Miami, Florida
- iv. Hans Diehl, M.D., Loma Linda; taken from audio tape.

GRAND OPENING

Celebrate the opening of our new office:
18 12th Ave. So, Suite #103,
Longbranch Station, Nampa, Idaho

October 22, 1998 from 4-7 p.m.

- Refreshments
- Door Prizes
- Live Music

Come and be a part of this gala event. We're looking forward to sharing our new surroundings with all our friends and business acquaintances.

PROMOTIONS!!!

Congratulations to our members who promoted recently:

Bill Ballard promoted to Preferred Member

Alice Duplecion promoted to Preferred Member

Carolyn Larson promoted to Preferred Member and is on her way to Product Consultant

Bob Gardner promoted to Blue Diamond Director

Promoting from Member to Preferred Member means these people will be rewarded with a commission check monthly.

DO YOU HAVE AN EXCITING TESTIMONY?

If you have had a great experience with Barleygreen or any other AIM product, send us your testimony. If it is chosen to be included in our next newsletter, you will win a free AIM water bottle.

In this Issue:

Why I Don't Drink Soft Drinks	p. 2
New Horizons	p. 1
Cumadin and Barleygreen	p. 3
Growing Your Business, tips	p. 3

Celebration 1999!

Its not too late to sign up for the next convention contest held June 23-27, 1999. Call 1-800-456-2462. Remember there are five different prize levels, so everyone can win, but you ***must sign up*** to be eligible to win! Set your sail and steer your course for the beautiful Inner Harbor of Baltimore.

GROWING YOUR BUSINESS

Here are some Home Meeting ideas Ron Price shared during the September Teleclass:

- Have a theme pot luck, such as salads or soups. Everyone bring a recipe card to share.
 - Focus on one product. Bring Data Sheets and pass out highlighters. Give everyone 10-15 minutes to highlight most important statements on the Data Sheet and let everyone share.
 - Give out prizes. Pass around a gift basket and let everyone take something. Include audio tapes, Barleygreen spoons, Power bars, whizzers, etc.
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SPEAKING OF HOME MEETINGS...

Congratulations to **Elyssa Alvarez** for hosting a very successful Town Meeting at the Plum Tree Restaurant in Nampa on July 28. Featured speakers were Dr. George Gillson, speaking on “Natural Progesterone,” and Sheila Isom, speaking on “The Garden Trio.” Over **75 people** were present and several won a bone density test from Dr. Gillson.

We have an audio tape available of Dr. Gillson’s speech, including the questions and answers. This was a great speech, and the questions cover many areas such as

pregnancy, MS, fertility, and Progesterone cream. Dr. Gillson is an M.D. and has had many years of research and practice in the area of hormones and the body. Use this tape as a sales or educational tool! Contact us, and we will be glad to send you a tape for only \$5.00 each or quantities of 5 or more for \$3.00 each.

Help Us Name Our Newsletter!!

Fax or send in your idea for our newsletter and win Dr. Contreras' book, Health for the 21st Century. Our fax # is 208-463-9639. Send your award winning name to us by October 15 to be eligible.

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Coming in future issues:

In the Spotlight! News and business tips from key members. Teleconference with Carolyn. Sign up to participate.

ⁱ FDA Consumer, October, 1980, p.7.

ⁱⁱ Journal of Clinical Epidemiology (45:911,'92).

ⁱⁱⁱ Sang Whand, "Reverse Aging not Science Fiction But Scientific Fact." Copyright 1990 by author, Miami, Florida.

^{iv} Hans Diehl, M.D., Speech given at American Image Marketing Convention, 1990; taken from audio tape.