



ink spots: *opinions, news, and reviews from an inkjet*

“Don’t spit in the well. Later you will want to drink.” Russian Proverbs,
Chris Skillen, with Vladimir Lubarov, 1994

Carol & Dick Cover/701 N Lincoln St/Northfield MN 55057/507-645-7202

Drinking water: unsafe? or safe enough?

We are not purists any more. For twenty years we drank distilled water plumbed to our kitchen sink from a large distiller in the basement. When we learned that the Westbrooks’ bird almost died, with very weak legs, on just a few months of distilled water, we bought an alkalizer that makes both alkaline and acid water, each having different uses. We stopped making our Prills water with distilled water; we now use alkaline water for that purpose. You may find Dr Theodore Baroody’s book *Alkalize or Die* intriguing. We also buy reverse osmosis water for Ben, our red beta fish, because the proprietor of the pet store says he would die in either distilled water or alkaline water.

The kind of water we have little use for is tap water. When I was hospitalized in two different hospitals in August, Dick brought me bottled water. My current favorite is Trinity water, with naturally occurring minerals and a high pH, from a 2.2-mile deep geothermal spring in Idaho.

Regarding tap water, Erik Olson, National Resources Defense Council attorney, says, “Most municipal water is modestly acceptable and poses no serious health risk to the general public....[But] many contaminants, from personal care products to household products to pharmaceuticals, are simply not regulated...Take perchlorate,

an ingredient in... some fertilizers, which is estimated to be in more than 20 million people’s drinking water. It doesn’t—and can’t—violate health codes because there is no standard for it.”

Speaking of pharmaceuticals, according to the BBC, traces of Prozac have been found in water supplies in the UK. Apparently Prozac finds its way into the water system by way of treated, or perhaps not-treated-enough, sewage water. The thought of ingesting a drug excreted from someone’s urine or feces is more than a little disgusting. And not just in Britain. Bryan Brooks, a Baylor University toxicologist, discovered traces of Prozac’s active ingredient, fluoxetine, in the tissue of blue gill fish in Dallas. He speculates that the fluoxetine made its way from the urine of Prozac users, through a water treatment plant, into the lake.

Over the past few years, worldwide sales of Prozac have totaled more than \$2 billion per year. The 2003 *Pocket Guide to Prescription Drugs* sent to me when I signed up for Dr Russell Blacklock’s online newsletter, lists 43 possible side effects ranging, alphabetically, from anxiety to weight gain. It’s not a drug I want to be on, first- or second-hand.

Clean Water Action News is a 16-page newsletter printed on newsprint, about twice a year. A recent issue describes success stories of

communities that have, through commitment and determination, cleaned up their worst waterways. No one enjoys discovering that a previously favorite vacation spot is now awash with raw sewage and toxic pollution. Jon Scott, editor of *Clean Water Action News*, remembers the stench of the Potomac near his childhood home in Washington DC. The Clean Water Act and the hard work of activists have “brought the river back to life and made it one of the nation’s capital’s most attractive features,” Scott says. Tens of thousands of Clean Water Action members and the nation’s leading environmental groups have worked to confront Administration initiatives that would have seriously compromised clean water protections by proposals to relax rules for keeping raw sewage from the nation’s waterways. Sewage dumping that is currently illegal would have been allowed whenever it rains. It was officially called “blending.”

The White House quietly withdrew its plan for retooling the federal Clean Water Act that would have made the law more polluter-friendly by sharply limiting federal oversight, so that only a few interstate waterways would have been protected—leaving ponds, small streams, wetlands, lakes, and watershed areas in every state—including drinking water sources—

vulnerable to damaging development and pollution. Polluters would have been off the hook. Taxpayers would have been stuck with the cleanup cost, with no federal funds available to help states go after the pollution makers—all the while taking a toll on the health of those who cannot afford to purify their own water.

“Whether you call it ‘blending’ or something more graphic and accurate, most Clean Water Action members would agree that putting more sewage in people’s water is the wrong way to go,” Scott says.

The theme quote above, from a little book our son and daughter-in-law sent to us when they were in Moscow, says it very well. Those of us who care not only about our own drinking water, but that of future generations, need to be careful about our water supplies.

What can **you** do to secure clean water? Urge your US senators/representatives to co-sponsor/support the bipartisan *Clean Water Authority Restoration Act* (S. 473; or HR 962.) These bills clarify the Clean Water Act’s original intent: to make US waters safe for fishing, swimming, and drinking. Also urge your senators to support the *Lead-Free Drinking Water Act* (S. 2377) to strengthen regulation of lead in drinking water.

Water is basic to everything. We must not spit in the well. +++

How can we eat safely if we have dirty food ?

“Despite the attention given to mad cow disease, contaminated produce was responsible for the greatest number of food-borne illnesses from 1990 to 2003. ‘Dirty irrigation water and use of untreated manure can spread animal pathogens to fruits and vegetables,’ says Carolyn Smith DeWaal, food safety director of the Center for Science in the Public Interest. The Produce Marketing Association recommends washing produce in running water. No soap or bleach, though, because produce absorbs what you put on it.”
Vegetarian Times, Sept 2004.

It seems ironic that a country with such a great variety of foods cannot provide consumers with clean food. Let's look at *Men's Health* magazine's list of the ten dirtiest foods, which I printed from my internet news 5 June 04:

#1—Chicken. In a study cited in *Men's Health*, more than 40% of chicken samples contained bacteria that can sicken, including E.coli. No surprise. Gail Eisnitz's *Slaughterhouse* [1997], Howard Lyman's *Mad Cowboy* [1998], John Robbins's *Diet for a New America* [1987]; *May All Be Fed* [1992]; and *The Food Revolution* [2001]; and Eric Schlosser's *Fast Food Nation* [2002], quote study after study showing similar, or uglier, findings.

#2—Ground beef. Any one of the above books, plus Jeremy Rifkin's *Beyond Beef* [1992], can provide scores of reasons for never eating hamburger. It takes a strong stomach to read these books, and an even stronger one to eat ground beef afterwards. Choose a lean cut of beef, as, e.g. filet mignon, rather than “hamburger” that may contain ground up body parts from 200 cattle, some of them “downers, that quite likely include brains and spinal cords—where mad cow disease makes its home.

#3—One of four packages of **ground turkey** tested

by *Men's Health* contained bacteria. Turkeys, like chickens, are de-beaked, stuffed in wire cages, and fed the same sort of unnatural diet complete with chemicals, drugs, and antibiotics. Ground foods are more susceptible to contamination than whole foods because there is more handling/more processing involved.

#4—Oysters. Beware of raw oysters! Many are tainted with bacteria, and also with Norovirus, says “10 dirtiest foods that can make you sick.” Oysters, like all the other biblically unclean foods that Dr Gordon Tessler talked about at St Olaf this summer, are bottom feeders, designed by the Creator to be the cockroaches of the ocean, cleaning up the urine and feces of various water species. If you missed our conference, you may want to order a “biblical nutrition” cassette and/or some of the other talks by the Tesslers Thursday/Friday, or Errol and Barbara Lester Saturday. Call or e-mail us and we'll describe the topics. Tapes are two dollars each plus MN tax and S/H.

#5—We have come to believe that **eggs** are good food, a superior source of lutein to protect against macular degeneration, and lecithin to preserve the memory, both important concerns at our age. A study at the University of Connecticut, cited in the Oct 2004 issue of *Natural*

Health, noted that adding three eggs per week to the diets of men and women did **not** boost levels of the smaller, denser LDL particles that easily penetrate arterial walls and trigger inflammation. We are, however, very picky about our eggs. The incredible edible egg has been associated with more than 600,000 cases of food poisoning each year. We do not buy eggs produced by antibiotic-/hormone-fed chickens who sit in tiny cages their whole lives and poop on each other.

#6—Cantaloupe. Their rinds often contain dangerous bacteria that is hard to wash off. Cut through the rind and the bacteria can be transferred to the fruit.

#7—Peaches. Peel them. Fuzz makes it difficult to clean off pesticides.

#8 - Prepackaged tossed salads. Contents, though convenient, can be a big source of E.coli.

#9—Cold cuts. Listeria is especially risky for infants and the elderly. Listeria can be spread by the deli slicer and grow in a cold refrigerator. Buy only enough for a meal or two.

#10—Scallions. Uncooked, they can carry bacteria/have been linked to fatal outbreaks of Hepatitis-A. Download a wallet card **Shopper's Guide to Produce and Pesticides** www.foodnews.org/reportcard.php,+++

Are we paying too high a price for “kid power”?

“Americans have recently discovered the fact that many of us are too fat. People from Dr Phil to government nutritionists are pointing their fingers at an array of villains: fast food, supersize portions, sugar-loaded drinks, constant snacking, a sedentary lifestyle, and last but not least, time-starved working moms who consider a frozen pizza or a Happy Meal their best friend at the end of the day.

“I have unearthed another culprit: the clothing industry,” writes Susan Jacoby in ‘A Perfect 10?’, in the 13 July *Family Circle*. She tells how in preparing to give away any garment she had not worn in the past year, or much longer, she discovered that the ten pounds she had gained once she turned 40 had not gone unnoticed by garment manufacturers who had simply changed the old size 10 into more generous proportions: the waistbands on the pants/skirts purchased after 1998 were 3 inches bigger.

It’s been a long time since we have made any purchases with a tween or teen. But as I look at the coming generation on the streets of our small city, or in the malls of suburbia, they are NOT the size that our daughter and her friends were in the 60s and 70s.

Off to a dubious start. Admittedly, kids born in the 90s and 00s start their lives in a cultural environment much different from those who were born in previous generations. According to “Recovering Christian Marriage: a Crumbling Institution” by David P. Gushee, in the September 2004 issue of *Christianity Today*, about 33% are born to unwed mothers, more than 1/3 of 4 million US cohabiting couples share their homes with children under the age of 15, and 2/3 of all divorces involve children, many of which then reconfigure into “blended” families, with both parents working outside the home.

Working mothers are much less likely to nurse their children, so more infants than not are started on soy formulas. Jenny Thompson, publisher of *Nutrition and Healing*, notes that an infant fed soy formula is getting the hormonal equivalent of five birth control pills a day. According to www.soyonlineservice.co.nz, the Chief Medical Officer in the United Kingdom has issued a Health Protection Policy Advisory to all 13,000 UK physicians on the longterm risks to children’s reproductive health, including possible precocious puberty, and damage to the thyroid, because of the high level of soy isoflavones in soy products. “Mary Ann” tells her story: her 15-month old daughter had a budding breast. Her pediatrician ordered an estradiol test, which revealed abnormal amounts of estrogen in her body. When the mother stopped her child’s consumption of soy milk, a subsequent estradiol test was normal.

It’s not all about food. The 16-page cover story, “The heavy cost of fat,” in August 2004 edition of *National Geographic*, has a picture of a nine-year-old boy on a treadmill. In spite of using the treadmill and taking tae kwon do, he still weighs 134 pounds. Says the author, Cathy Newman, senior writer, “Obesity has reached red alert levels among children and adolescents, almost tripling since 1990—and small wonder. Suburban sprawl or lack of pedestrian

friendly streets have kids driven instead of walking to school. And most schools cut back on physical education”—because of budget cuts perhaps? “With losing pounds so difficult,” she continues, “the best strategy is to keep from gaining weight in the first place.”

How much is too much? In our mercantile-driven, media-saturated culture, where two-year-olds learn more words from TV than from their absentee parents, advertisers mercilessly develop brand-recognition early. The 13 Sept 04 issue of *US News and World Report* gives the example of Sam, not yet two, who points to his diapers and says, “Elmo,” which makes Proctor and Gamble, purveyor of his diaper-of-choice very happy: his parents will buy \$2,000 worth of Pampers before Sam is pottytrained.

“Sam is but one of an army of tiny consumers. In the United States, children recognize logos at 18 months, according to Boston College economist Juliet Schor. By 2, many ask for products by brand name. “Some parents report that Baby’s first word was not ‘mama’ or ‘dada, but ‘Coke’—which makes sense considering that 26% of kids 2 and under have TV in their rooms. The average American child sees some 40,000 commercials a year,” compared with 20,000 in the 1970s. Schor surveyed 300 children for her new book, *Born to Buy*. She discovered that the US with 4.5% of the world’s population buys 45% of global toy production. American kids get 70 new toys per year. Of course, advertisers spend more than \$15 million a year telling them what’s hot. There’s always a child-driven consumer hook: fast food comes with prizes; super markets hang toys at grab level for toddlers in carts.

Kids are big business. “In 1984, children ages 4 to 12 spent \$4.2 billion—that’s their own pocket money. This year they will lay out \$35 billion, often at stores built just for them.” Additionally, kids are empowered in family decision making in a historically unprecedented way. Schor says that over the past 25 years, a cultural shift in the national parenting style has occurred: parents now solicit children’s opinions. As a result, they influence \$670 billion worth of parental purchases, from small [which snacks] to large [which SUV]. By comparison, the entire 2005 US military budget is \$417 billion.

What are parents/grandparents to do? The best they can: parents need to be parents; grandparents need to set good examples. Eat at home. Eating together as a family promotes healthy eating habits. Children 11-18 who ate with their families consumed higher amounts of fruits, vegetables, grains, and nutrient-dense foods. When you do eat out, be careful of the kids menu: an Applebee’s grilled cheese with 1-1/3 cups of fries and a Coke totals 1,020 calories with 21 grams of trans fats. Substitute apple sauce for fries, and talk them out of nuggets, fried in trans fats and made from reconstituted chicken held together by stabilizers. Ask me for “A legacy for our children,” by Kyle/Kristen Hay, a tape and handout set from the TX BarleyLife convention, Feb 2004. Kid power is not serving this generation of children well. +++

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Are diet foods fattening?

The popularity of diet drinks and other artificially sweetened foods could actually be contributing to the obesity epidemic in the US, according to a study in the *International Journal of Obesity*. Researchers at Purdue University found that rats fed saccharin went on to gorge themselves on three times the calories consumed by rats who ate sugar. Scientists theorize that artificial sweeteners impede the body's ability to regulate appetite, teaching it not to distinguish between high- and low-calorie foods.

"We learn at an early age that sweet tastes signal fattening foods—but this ability can be disrupted when we regularly consume foods that are both sweet and low in calories," says researcher Terry Davidson, "so the body learns that it can no longer use taste to 'count' calories." The findings could help explain why Americans have grown fatter over the past two decades, even as their consumption of artificially-sweetened soft drinks and snacks have soared. *The Week*, "Health & Science News," 30 July 2004 +++

Notable quotables

"Paediatric group position statement on the use of soya protein for infants. Breast feeding should be strongly encouraged as providing the safest, most nutritionally adequate form of feeding for most infants. Dietitians should discourage the use of soya protein in children with atopy or cow's milk allergy in the first six months of life to avoid sensitization to soya protein and exposure to phytoestrogens while organ systems remain their most vulnerable. This would include soy protein infant formula and soya products such as desserts etc. When a soy-based infant protein is used, parents should be informed of current findings related to phytoestrogens and health.... Any parent choosing to refuse soya for their infant should be supported in their decision. More research into the long-term effects of phytoestrogen exposure in infants is needed and into whether any adverse effects are dose-related. This position statement will be updated as further evidence becomes available." *The British Dietetic Association*.

"What's happening to our kids? US census bureau data shows that the gap between rich and poor families in the US is greater than ever before. At the same time, the rate of childhood obesity is increasing practically as fast as the national debt. A cross analysis of such data is presented in the 2004 *State of the Children* report, recently released by the Children's Defense Fund, and unfortunately, the results are downright depressing. For example, increased economic disparity on racial lines means African American infants are currently twice as likely to die their first year as white infants. Cutbacks in education funding have led to a full 70% of fourth graders not being able to write at grade level. "<http://www.organicconsumers.org/school/troubles071904.cfm>.

Alarming Trend Among Tweens and Teens. The growing addiction of teens and children to coffee is giving health officials the jitters. Restaurants and cafes have seen a 12% increase in teens buying coffee. Parents should be concerned because the effects of caffeine are much pronounced in teens than in adults. The rise in teen coffee consumption is linked to the popularity of frozen coffee drinks, such as Starbucks Frappuccino. Sweet, iced, and frothy, it has 480 calories with whipped cream, according to *Nutrition Action Newsletter*, July/August 2004.

"Pressure on kids. Blood pressure levels have increased for children and adolescents in the past 10 years—at the same time they've been packing on the pounds. While these blood pressure increases are small [1.4 on systolic and 3.3 on diastolic]...they are high enough to raise a youngster's risk for cardiovascular disease...and stroke as these children become adults....Blood pressure readings reflect diet and exercise as well as weight. Today 15% of school age children are overweight.... Concerned that soft drinks add more [nutrient-empty] calories, researchers now link caffeine intake with higher blood pressure among teens. Estimates suggest that 68% of boys and 62% of girls 12-17 drink one or more caffeinated soft drinks per day...." Paul Munter, PhD, et al, "Trends in Blood Pressure among Children and Adolescents," *JAMA*, 4 May 2004, quoted in *Taste for Life*, July 2004.

"Pervasive High-Fructose Corn Syrup Linked to Weight Gain and Type 2 Diabetes. 'We saw a huge upswing in total calories from refined carbohydrates, particularly corn syrup sweeteners,' says Lee Gross MD, lead researcher of the Nurses Health Study. Women who drank more than one soda a day gained more than 10 pounds, on average, and were twice as likely to develop diabetes as those who drank less than one soda a week. Today 20% of our carbs and 10% of our total calories come from corn syrup alone, according to the study, published in the *American Journal of Clinical Nutrition*. High fructose corn syrup is in nearly everything that is sweetened these days, raising blood insulin levels and triggering a cascade of events that can include high blood pressure, increased fat storage, increased cholesterol, and increased triglyceride production in the liver." *Environmental Nutrition*, Research News, July 2004. +++

Circle of influence



fall 2004

LET'S TALK ABOUT . . .

I most often use this space to describe an abstract characteristic, e.g., education, communicating, or community, or one of our values. We were privileged, in July, to host Barbara and Errol Lester, Executive Vice President, for a full day of talks about AIM products. I wish I could describe, adequately, what a fine Company AIM is. I would strongly encourage you to order the tapes. Barbara's testimony of Errol's recovery from a very serious brain assault that occurred in the summer of 2001, when he was alone in New Zealand, is one of the most touching stories I have ever heard, and as AIM members, we have heard many miraculous stories. Not only does it illustrate the remarkable healing properties of our products, but it describes the commitment of the Company's officers to the people who serve AIM.

The saga continues. Shortly after Optimal Health Seminar, I was encouraged by our general practitioner to deal with a longstanding structural problem that required surgery. Since the Mayo Clinic is rated by *US News and World Report* as the number 2 hospital in the world for gynecology, and our clinic is in the Mayo system, I was sent there for five 12-hour days of studies, scans, and tests. The surgery was 23 August. Before and afterward, Dick sent six reports to praying friends. Each time, we received a detailed e-mail note from Ron Wright, President and co-owner [with Dennis Itami, who now lives in New Zealand], assuring us that he and Opal were praying for us, and telling us encouraging corporate news. Judy in Elite Services also sent e-mail notes, as did many, many friends, not in our network, whom we have met through AIM. Barbara and Errol sent a lovely e-mail get well card, and Errol called twice to inquire how I was and to say that they were praying.

Some of you know that patience is one of my husband's virtues. Since people marry their ideal but also their opposite, you can guess which of us is not anticipating six weeks of recovery time with enthusiasm. But that has given me plenty of time to work through why AIM continues to be the only company whose supplements we promote.

Perhaps you began with AIM in order to use the young barley grass product that was introduced in 1982, and reconfigured in 2002. Many of you may use the Garden Trio®, or another favorite, Herbal Fiberblend®. Let me describe some of our favorite AIM products, which we would encourage you to try, according to your needs. [By the way, if you have a heart for the teens I described in one of the topics in *ink spots* this quarter, you may want to consider taking Dr John Shewfelt's teleclass, "Reaching the McDonald's Generation."]

Barbara Lester is not only a trained nurse, midwife, and university professor, she is a gifted researcher and teacher. In her talk on "hormonal connections," she covered the distinctives of being a woman. Women are not simply little men, though many studies seem to assume they are. She taught us to find balance in our lifestyle choices, in our product choices, and with our very selves, spiritually, emotionally, and physically. She covered the folly of hormone replacement therapy, in which menopause is treated like a pathological disorder. In spite of all the controversy surrounding HRT, it remains the highest grossing pharmaceutical on record.

AIM has much to offer women: the Garden Trio® can be especially helpful for women's special energy needs and reproduction challenges. Renewed Balance® will help with unopposed estrogen, especially for women on the pill, as well as hormonal balance to deal with polycystic ovary syndrome, PMS, and fibroids. It offers osteoporosis protection, enhances thyroid function, will lower triglycerides, and is helpful for those with Parkinson's or multiple sclerosis, because it stabilizes and rejuvenates brain cells, improves memory, and protects the myelin sheath. It should be used at night to achieve better sleep.

GlucoChrom™ can prevent onset of type II diabetes. Herbal Release® is essential for boosting the immune system as women are exposed to a huge viral onslaught because of care giving. The synergistic components in RevitaFem® address hot flashes, dysmenorrhea, osteoporosis, and adrenal function in perimenopause. Some ingredients have antioxidant and anti-inflammatory properties; others are relaxants or natural probiotics. Its ginseng will help with energy levels and emotional balance, while burdock is a good source of iron and has a mild diuretic effect.

For Dick and me, using Cellsparc 360 is non-negotiable. It helps our cardiovascular health, maintains healthy cholesterol and triglyceride levels, increases our energy, promotes healthy gums [which our dentist always notices], and contains powerful antioxidants. CoQ10 is necessary for all functions abundant in the heart, lungs, liver, and kidneys. As someone who has just had major surgery, I believe that Cellsparc 360 has played an important part in my recovery. Japanese researchers found that CoQ10 supplementation improves post-cardiac surgery recovery.

Barbara had some serious words for the men. Men are not good health consumers. They are less likely to use supplementation or to read health journals. As men age, they notice symptoms that send them to their physician to diagnose an enlarged prostate, benign prostatic hyperplasia, or other prostate discomfort. Prostate cancer is the second most common cancer. But Barbara has a special concern for younger men: cancer of the testicles requires early detection. Any sudden pain in one testicle, or in the scrotum, especially with nausea or vomiting should not be ignored!

Men will benefit from Renewed Balance®, CranVerry®, which prevents urinary tract infections, Herbal Release®, AIM Proancynol®, and women may benefit from ReAssure®, which increases bladder contraction, relaxes the urethra, and has anti-inflammatory properties. A large body of research supports that Reassure® is helpful for men with BPH, benign prostatic hyperplasia. Diet, exercise, and screenings are extremely important for both men and women. Wives may need to make screening appointments for their husbands when they make their own. One caution: no one should overdose on AIM products that thin the blood: GinkgoSense™ and BearPaw Garlic®. The latter is very helpful for hypertension, lowering serum cholesterol while raising HDL, and for decreasing platelet aggregation, but **do not take more than the stated amount**. I use Aim's ginkgo for circulation to my extremities but I stopped for a month before/after surgery. Also, Redibeets is a superior product for anemia and for women with menstrual cycles. Post-menopausal women and men past middle age should use it with caution or not at all. Dr Russell Blaylock also warns that eating beets in excess could lead to hemochromacytosis, in which there is too much iron in the blood.

This information is from the handouts for just one of Barbara's helpful talks. You can see why Barbara's expertise is an important asset to AIM. [All nine OHS '04 tapes can be sent to you for \$22.]

For us, AIM is an important component in our vocation, our calling. Each of us must work out our own role in manifesting God's grace in the culture in which we live. We do not *just* sell supplements. AIM is one means by which we glorify God: helping to restore his creation, through bringing the majesty of the Creator to bear against the crumbling structures of a fallen society. God's timeclock focuses on *today*: E.g., we honor God in our spirits through communion with him, acknowledging daily that "his mercies are new every morning" [Lam 3:23]. We honor God in our souls, by living in the present: encouraging one another daily [Heb 3:13]; blessing the God of the Universe who gives us our daily bread; never letting the sun go down on our anger [Eph 4:26]; and not worrying about tomorrow [Matt 6:11]. We honor God in our bodies by trying to take good care of the temple in which God's Spirit lives. We commend AIM, a Company of integrity, to *you*. +++

Promotions: To *Preferred Member*: **Jocelyne Gemberling**, Vero Beach FL; **Gerald Hoffman**, Leola SD; **Curt LaFollette**, Tacoma WA; **Norma Wilson**, Malta MT; to *Product Consultant*: **Lois Lynner**, Clarkfield MN. We are pleased to recognize your efforts. Congratulations!

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