



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

*"Disease does not occur unexpectedly. It is the result of constant violation of nature's laws. Spreading and accumulation of such violations transpire suddenly in the form of disease—but it only seems sudden." Hippocrates, circa 460-377 BC.*

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

### Support your winter menus with immune-strengthening fruits and vegetables

The American Heart Association has sent me a package of labels along with a letter saying 930,000 Americans die yearly of cardiovascular disease. Every 25 seconds, there's a heart attack, and every 45 seconds someone dies. If you read our p 3 first, you will learn that in cultures where people make food choices that are different from what most North Americans are eating, heart disease is rare.

Preventing disease is undeniably better than treating it—less expensive and often less painful. Every 55 seconds, someone dies of cancer in the US. One third of the men who die this year will succumb to prostate cancer, and 145,000 women will learn that they have breast cancer.

How can we avoid being one of these statistics? Dr Scott Grundy, heart disease specialist, University of TX, says, "The diet we eat is leading us to heart disease." Dr Gio B. Gori, National Cancer Institute, says, "Cancer is caused mainly by fat and meat intake." Dr Hans Diehl, researcher and author, says, "The main villain in diabetes is our high-fat diets." Dr Michael

McGinnis, Dept of Health and Human Services, says "Diet is the number two killer of Americans today."

Besides protecting against degenerative disease, a plant-based diet strengthens the immune system. Here's how:

**Color me healthful.** Variety promotes good health. Researchers have shown that various phytochemicals—substances that plants use to ward off insects, bacteria, and cell mutations—can lessen disease risk in those who eat plants containing them. **Eating a rainbow of colors is now being advised** rather than focusing on green alone. Examples are grouped by their dominant phytonutrients:

**Red.** 1] Guava, pink grapefruit, tomatoes. *Phytochemical:* lycopene. *Benefits:* reduced lung and prostate cancer risk. 2] Beets, kidney beans, raspberries, red apples, red cabbage, pomegranate juice. *Phytochemical:* Anthocyanins. *Benefits:* Lowered blood pressure; protection against circulation disorders. 3] The anthocyanins in red grapes preserve nerve cells and prevent cancer. The antioxi-

dant resveratrol protects the heart and especially the brain. 4] Red peppers contain pectin fiber, pyridoxine [B6], and vitamin C. Beta-carotene preserves brain function. Beta cryptoxanthin protects against vascular disease. Hesperidin and rutin flavonoids preserve blood vessels, reduce cholesterol, act as anti-inflammatories. Luteolin helps prevent heart disease and stroke.

**Orange/Yellow.** 1] Apricots, butternut squash, cantaloupe, carrots, mangoes, peaches, pumpkin, sweet potatoes. *Phytochemical:* beta carotene. *Benefits:* Reduced risk of cancer and heart disease; maintenance of good vision; increased infection fighting ability. 2] Apricots, clementines, grapefruit, lemons, nectarines, oranges. *Phytochemical:* bioflavonoids. *Benefits:* Together with vitamin C in these fruits, reduced cancer and heart risk; also healthy skin, bones, and teeth. 3] Oranges have folate and thiamine [B1]. Carotenoid antioxidants preserve nerve cell membranes and vision. Hesperidin preserves blood vessel function, reduces cholesterol, and acts as an

anti-inflammatory. Vitamin C is a brain antioxidant and aids in neurotransmitter production.

**Green.** 1] Broccoli, green peas, honeydew melon, kale, kiwi, leafy greens. *Phytochemical:* Lutein. *Benefit:* Maintenance of vision; reduced risk of macular degeneration, cataracts, colon cancer. 2] Arugula, broccoli, Brussels sprouts, cabbage, kale, Swiss chard. *Phytochemical:* Glucosinolates. *Benefits:* Reduced risk of breast, prostate, stomach cancers.

**Purple.** 1] Blackberries, currants, blueberries, other purple produce. *Phytochemicals:* Anthocyanins, polyphenols. *Benefits:* Reduced risk of cancer, heart disease, and age-related memory loss. 2] Eggplant, plums, prunes, raisins. *Phytochemical:* Phenolics. *Benefits:* Slowing of some effects of aging.

**White.** Garlic, leeks, white onions. *Phytochemicals:* Allicin, sulfur compounds. *Benefits:* Reduced risk of cancer spread, heart disease; enhanced infection defenses. *Sources:* "The Super-nutrient Spread," *Psychology Today*, July/Aug 2005; "Food in the News," *Saturday Evening Post*, Sept/Oct 2005; and "Disease-fighting vegetable medley," *Consumer Reports*, Nov 2004.

## Do you want to begin 2006 with a cleansing fast? Try Dr Fuhrman's six-week plan

***“For longevity and weight loss, the Life Plan diet should aim to be made up of at least 90 percent unrefined plant food. My most successful patients treat processed foods and animal foods as condiments, constituting no more than 10 percent of their total caloric intake.***

***“The obvious corollary to the principle of consuming a large quantity of nutrient-dense foods is that you should consume smaller quantities of low-nutrient foods. Therefore, you must not have significant amounts of animal foods, dairy, or processed foods in your diet. After the six-week plan...limit your total animal product consumption to 12 oz or less per week....”***

Joel Fuhrman MD,  
*Eat to Live*, 2003.

If you have tried various diets in the past and failed to lose, or to keep off, weight, you may want to obtain a copy of Dr Joel Fuhrman's book, *Eat to Live: the Revolutionary Formula for Fast and Sustained Weight Loss*. We watched his video *The Greatest Diet on Earth* in January; class participants gave it enthusiastic reviews. You can find the book/video at either [www.DrFuhrman.com](http://www.DrFuhrman.com) or 1 800 474 WELL.

Dr Fuhrman is a board certified family physician in private practice in Flemington NJ, specializing in preventing and reversing disease through nutritional and natural methods. Here are **ten tips** for living with his six-week plan.

**1. Remember—salad is the main dish; eat it first at lunch and dinner.** Successful, longterm weight control is linked to consumption of raw greens. Because you eat more of whatever you eat first, raw fruits and vegetables will fill you up and encourage weightloss.

**2. Eat as much fruit as you want but eat at least four fresh fruits daily.** Eating 4 fruits, about 250 calories, is satisfying and filling. Dr Fuhrman notes that to do his program we will need to rethink portion size. A package of frozen broccoli may say that it serves 4-6 people, but it is really not enough for one person. He says he has tried eating wheelbarrows full of raw food, and it cannot be done; his jaw got tired of chewing, and he

had to eat all day long. He recommends a diet that includes half raw and half cooked vegetables, along with plenty of fruit.

**3. Variety makes a valuable contribution to your health, particularly when it comes to greens.** In our 10-month class this year we are setting a goal to break one bad habit, or to add one good habit per month, continuing our previous **change one** goals. My goal this month is to buy a fruit and vegetable each time I shop that I do not typically buy. This **tip** lists the following: lettuces, [romaine, bib, Boston, red leaf, arugula, radicchio, endive], broccoli, cauliflower, peppers, onions, radishes, kohlrabi, snow peas, carrots, beets, various cabbages. The following can also be eaten cooked, flavored with mushrooms, onions, garlic and stewed tomatoes: broccoli, kale, string beans, artichokes, Brussels sprouts, spinach, Swiss chard, cabbage, asparagus, collards, okra, and zucchini. Cooked greens are very low in calories but provide the nutritional power of ten pounds of other foods. Frozen greens such as broccoli and peas are flash cooked soon after being picked and are as nutritious as fresh.

**4. Beware of the starchy vegetable.** Consider any vegetable that is not green [with the exception of eggplant, peppers, onions, and mushrooms] to be a starchy vegetable. Limit grains and high starch vegetables to one

cup a day. Make the most of your starch consumption by choosing butternut or acorn squash, corn, turnips, rutabagas, carrots, sweet potatoes, rather than starchy grains such as bread, pasta, and white rice. People can achieve their ideal weight by cutting out pasta and bread.

**5. Eat beans or legumes every day.** They are the dieter's best friend, a powerhouse of superior nutrition, and have a high satiety index.

**6. Eliminate animal and dairy products.** Asked whether a vegan diet is more health-promoting, Dr Fuhrman says, “we don't know.” No animal products are allowed in the 6-week plan, except perhaps once a week lean fish such as flounder, sole, or tilapia, or an egg-white omelette. No dairy products are permitted.

**7. Every day have a tsp of ground flaxseed.** This will provide hard to find omega-3 fats that protect against diabetes, heart disease, and cancer.

**8. Consume one ounce of raw nuts or seeds, about 200 calories, per day.**

**9. Eat mushrooms, which contain powerful phytochemicals, all the time.** Store them in paper bags, not plastic.

**10. Keep it simple.**

Breakfast: fresh fruit.  
Lunch: salad, beans, fruit.  
Dinner: salad, two cooked vegetables, fruit.

Can I challenge you? +++

## The long-life paradox: what can we learn from healthy cultures?

“What if I said you could add up to ten years to your life?” So reads the opening of “The Secrets of Living Longer,” the 26-page cover story in *National Geographic*, November 2005. “A long healthy life is no accident. It begins with good genes, **but it also depends on good habits**. If you adopt the right lifestyle, experts say, chances are you may live up to a decade longer.”

We use the word *lifestyle*, but I sometimes wonder if most North Americans have adopted a *deathstyle* instead. I was only familiar with one of the three groups whose lifestyles *National Geographic* researchers examined. You may want to highlight what **you** find of interest—especially what the three cultures have in common.

**Sardinians.** In a cluster of mountain villages in Sardinia, demographers discovered 91 people of the 17,865 people born between 1880 and 1900 who have lived to their 100th birthday—a rate more than twice as high as the average for Italy. In the US, the ratio of female to male centenarians is about four to one. There it is closer to one to one.

Hard work and strong family ties are the norm. Putting the family patriarch or matriarch in a nursing home “would dishonor the family,” says the daughter of Tonino, a strong, six-foot tall, 75-year-old shepherd. Tonino had greeted the author with a handshake bloody from just having slaughtered a calf. Giuseppe, 85, holding a pig by its back leg with one strong hand, says, “I have been walking and working all my life, even when I don’t feel great. If I stayed home all day, then I’d be sick.”

Family solidarity and a simple diet are illustrated by a family meal pictured on page 11. 103-year-old Giovanni sits at the head, which he shares with a grey-haired son, perhaps, at a table set for 17. My guess is that there are four generations present, maybe five. The meal is not lavish: pasta with a tomato sauce, a paper-thin bread called *carta da musica*, homemade cheese, some bottled water, and red wine. The rest of their diet is “loaded with home-grown fruits and vegetables such as zucchini, eggplant, tomatoes, and fava beans that may reduce the risk of heart disease and colon cancer. Also on their menus: dairy products such as milk from grassfed sheep and pecorino cheese, which...contribute protein and omega 3 fatty acids.” Tonino makes wine from his small vineyard of Cannonau grapes, which contain two to three times as much of a component found in other wines that may prevent cardiovascular disease.”

The isolation of these villages has helped to preserve a traditional life—one promoting longevity. Military powers like the Romans and Phoenicians forced them deeper and deeper in the highlands, so that the native Sardinians “became genetic incubators, amplifying certain traits over generations. Even today, roughly 80 percent are directly related to the first Sardinians,” says Paolo Francalacci of the University of Sassari.

**Okinawans.** With an average life expectancy of 78 for men and 86 for women, Okinawans are among the world’s most long-lived people. Even more important, they tend to

live out their years free from degenerative diseases, with a fifth of the heart disease, a fourth of the breast and prostate cancer, and a third of the dementia of Americans.

Craig Willcox, author of the Okinawan Centenarian Study, believes part of the key to their success is *ikigai*, which translates roughly to “that which makes one’s life worth living.” Again, pictures help tell the story: slender but muscular 84-year-old Fumiyasu, who says his “reason for living” is daily exercise, is pictured standing on his head, training for an annual decathlon. Zen-ei, 88, who says, “Fishing is my life,” is shown throwing his large nets into the ocean; he literally immerses himself in his work—often skin diving to scare fish into his nets.

Studies suggest that seniors who have a strong social network are less prone to heart disease and depression. Several times a week, friends and family members, middle-aged to elderly, gather around 102-year-old Kamada for tea and reciprocal support.

Greg Plotnikoff, traditional-medicine researcher at the University of MN, notes that they eat small portions, and their gardens are full of “preventive medicine.” Even centenarians grow much of their own food: herbs, spices, fruits, vegetables, Chinese radishes, garlic, scallions, cabbage, turmeric, tomatoes, containing “compounds that may block cancers before they start.” Time in the sun, a source of vitamin D, can help prevent osteoporosis.

**Adventists.** Loma Linda University researchers have long studied the only North Americans represented among the longevity all-stars. Halfway between Palm Springs and Los Angeles, Loma Linda is home to a large concentration of Seventh-day Adventists, members of a church that expressly forbids smoking, consuming alcohol, and eating biblically unclean foods, such as pork and fish without fins or scales. It also encourages putting family first, and discourages consumption of other meats, rich foods, and caffeinated drinks. Ellen White, whose writings helped shape the church, wrote that “grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator.”

From 1976 to 1988 the National Institutes of Health funded a study of 34,000 California Adventists to see whether their health-oriented lifestyle affected their life expectancy and their risk of heart disease and cancer. The study reached “a stunning conclusion,” says Gary Fraser of Loma Linda University: The average Adventist lived four to ten years longer than the average Californian, even in a community “blanketed in mustard-colored smog.”

Dan Buettner, who interviewed 50 people on three continents for the *Geographic* article, says he found “not one grump in the bunch.” He follows Marge, a spunky 100-year-old, as she drives through her busy day in her mauve Cadillac from one volunteer activity to another. Over a healthy lunch, he asks her to share her longevity wisdom.

“I haven’t eaten meat in 50 years, and I never eat between meals,” she says, tapping her perfect teeth. “They are all mine.” Her secret of congeniality? “I look at strangers as friends I haven’t met yet.” May it be so. +++

# Let's Be Well, Inc

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? serving health seekers since 1992

? encouraging personal responsibility for healthy life choices

We'd be pleased to serve, or encourage, you... because life is worth lining WELL™



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## Notable Quotables:

- **Gain weight, lose mind.** "Need another reason to stay lean?" A study of more than 10,000 members of the Kaiser Permanente medical care program were followed for 20-30 years. The study weighed participants decades before they were diagnosed with Alzheimer's or other dementia. Those who were obese in middle age were 74% more likely to eventually have some form of dementia. "What to do? Stay slim or slim down with a healthy diet and exercise." *Nutrition Action Newsletter*, July/August 2005.
- **Alzheimer's and the cholesterol connection.** It has been known for many years that there was a connection between risk of heart attacks/strokes and Alzheimer's disease: the higher the cholesterol/fat intake the greatest risk. For example, the Zutphen Elderly Study examined the diets of 276 elderly persons. "They found that those with the highest fat intake had a 240 percent higher risk of developing dementia. High saturated fat intake increased risk 90 percent, and high cholesterol increased risk 70 percent.... This should give some caution to those following the Atkins diet..." *Online newsletter for subscribers*, Russell Blaylock MD, Sept 17, 2005.
- **Fat gap.** Often regarded as a problem of the poor, the affluent are closing the fat gap. Obesity is rising three times faster among the well-off. Why? "High income people are gaining more weight because they spend more time at the office, leaving them less time for exercise.... They can also afford to eat more of their meals in restaurants, where serving sizes keep increasing." Marc O'Meara, RD, Brigham and Women's Hospital, *American Heart Association Conference*, April 2005.
- **Only in America.** "Automakers have designed their 2006 line of cars with wider seats to accommodate Americans burgeoning buttocks. With 62% of adults now considered obese or overweight—a figure that's nearly doubled since the late 1970s—Mercedes Benz and Subaru have widened front seats by a half an inch on the 2006 models, while seats in the 2006 Honda are wider by 3/4 of an inch. The purpose of the change, said a Honda spokesman, is 'to meet the growing needs of our customers.'" *THE WEEK*, January 13, 2006. +++

## Need to shed some holiday pounds?

"If atoning for holiday buffets is topping your to-do list, don't wait too long: new research suggests your body takes an unfortunate liking to all that extra food," reports the January/February 2006 issue of *Health*.

Twelve normal weight women and men were assigned by Cornell University researchers to eat 35% more than normal for two weeks. "Predictably, the subjects gained an average of five pounds, half of which was in body fat. But when they went back to their normal diets, everybody ate as much or more than they had at the beginning of the study." Study leader David Levitsky PhD, professor of nutritional sciences and psychology, says that the results suggest that "habits trump biological cues in controlling how much you eat. When you eat more, the hunger hormones that control your appetite try to keep your weight from changing. But your brain quickly gets comfortable with factors like the sensation of being really full—and starts sabotaging that control. Even your surroundings can trigger gorging. If you over-ate in a particular place before, you'll do it again."

Remember that it takes 21 days to make or break a habit. Members of our *Let's Be Well* classes have found it helpful to take a month to change one habit at a time, writing down our **change one** goals, keeping a cumulative record, and journaling our progress. Dr Levitsky's advice: "Try to eat meals at the same time each day. Sit down to eat. Watch portion size. And stop eating before you feel full." +++

## What on earth is an ORAC? Do we really need one more acronym?

Soon there won't be any words any more, just combinations of letters to remember. One important acronym for those who care about what they choose to eat is ORAC. **Oxygen Radical Absorbance Capacity** is a new test tube analysis for calculating the antioxidant power of foods. By measuring a substance's ability to protect against oxygen free radicals, ORAC tests give quantitative value to the activity of antioxidants in a particular food: **the higher the ORAC value the greater the antioxidant power.**

When I choose vegetables and fruits to enhance my wellness, I have two priorities: organically-

grown as often as possible so that the food is safe, and nutrient-dense so that our money is well-spent.

I think you too will find the following list of whole foods helpful:

### ORAC value per 5 grams

AIM BarleyLife®	495
prunes	288.5
raisins	144.5
blueberries	111.7
blackberries	108.8
garlic	96.9
cranberries	87.5
strawberries	76.8
raspberries	61.4
spinach [raw]	60.5
plum	47.4

alfalfa sprouts	46.5
broccoli [steamed]	44.4
beets [cooked]	42
avocado	39.1
orange	37.5
grapes [red]	36.9
pepper [red]	36.5
kiwi	30.3
grapefruit [pink]	24.2
corn [cooked]	20.1
carrots	10.4
tomato	9.5
watermelon	5.2
cucumber	2.7

Why is AIM BarleyLife® at the top of the list? Because of its concentrated, full-spectrum nutrition. This one amazing food has 12 identi-

fied vitamins: A [beta carotene], B1 [thiamine], B2 [riboflavin], B6, B12, C, E, K, folate, lutein, niacin, and pantothenic acid. For a list of the minerals in BarleyLife®, and why our bodies require them, please read our *Winter 2006 Circle of Influence*.

This is just a brief look at the meaning of ORAC and some of the other important nutrients in BarleyLife®. Please visit AIM's website [www.BarleyLife.com](http://www.BarleyLife.com) to discover the importance of its enzymes, chlorophyll—nature's house cleaner—and amino acids inherent in its protein content. Do your body a BIG favor and choose the best whole food ever! +++

**“EN’s Bottom Line.** Bone supplements are just that—supplements to your diet. Rely first on calcium-rich foods, like reduced-fat dairy\* products, broccoli, collards, kale, canned sardines and [red] salmon (with bones), and dried figs,” from the conclusion of “A closer look at whether two calcium supplements [Os-Cal® and Citracal®] make the grade,” *Environmental Nutrition*, January 2005.

## Circle of influence 2006



winter

### LET’S TALK ABOUT MINERALS

Members of our Let’s Be Well classes often ask us something like, “When I improve my eating habits, shall I continue taking my multivitamin?” My answer varies, but I sometimes say, “Do whatever you like. My doctor used to have me on Centrum®, but I never noticed any difference whether I took it or not.” I think the last time I took a multi was in 1992 when I was seriously ill; I was trying anything we could think of to give me some nutrition when I weighed 78 lbs. [If you don’t know this story, ask us about it.]

Aren’t you worth **more** than a multiple? Vitamins are important, but minerals control the body’s ability to absorb and use vitamins. Without minerals, vitamins have no purpose and are quickly eliminated from the body. We expect to find them in the food we eat. Dr Alexis Carrel, 1912 winner of the Nobel prize in medicine, stated, “Soil is the basis of human life....All of life will be either healthy or unhealthy according to the fertility of the soil.” In 1926, Dr William Albrecht, head of the Dept of Agriculture at the University of Missouri, tested 100 bushels of Kansas wheat for mineral content. In 1968, he tested wheat from the same farm. He found that it took nearly 1,000 bushels to equal the same mineral content he had found when he tested 100 bushels forty-two years earlier.

Do you suppose so many North Americans are overweight because the foods they are stuffing into their full stomachs do not satisfy their bodies’ hunger for minerals? According to 1992 Earth Summit statistics, the farmlands of North America are nearly 85% depleted of their mineral content. However carefully we choose our grains, fruits, and vegetables, we can be fairly certain, unless they are grown organically, that they are being raised on mineral-deficient land. That’s why we are so proud of AIM for the multimillion dollar investment that the co-owners have made in finding mineral-rich soil, safe water, and clean air that is ideal for growing green barley grass—first in New Zealand, and now in northern Alberta. And we are personally glad for the **balance** of vitamins and minerals we find in AIM’s product. I like to say that grass alone can provide a cow with everything she needs to make a baby calf, one with sturdy bones, rich blood, healthy hair and teeth, and once born, she will have protein- and mineral-rich milk, exactly suitable for baby calves. **You** need sturdy bones too. It is a common misconception that only the elderly are at risk for weak bones. Recent studies suggest that athletes, menopausal women, premenopausal women, people on lowfat diets or those who consume soft drinks may have nutritional deficiencies that result in bone fractures and later, osteoporosis.

Below is a list of *some* naturally-occurring nutrients in BarleyLife® with notes on why your body requires them:

**Boron** is important in helping the bones retain calcium and magnesium. Deficiency may be a factor in developing osteoporosis and arthritis.

**Calcium** is widely touted as the answer to preventing osteoporosis in many nutrition magazines—see quote\* at top of page—as well as the Dairy Council’s ubiquitous milk mustache celebrities. They never seem to mention that there is no magnesium in pasteurized milk and in order to be used by the body, **calcium and magnesium must be in balance.** There are too many kinds of calcium to discuss here. Some calciums are alkaline; others are acid. Some concerns about calcium supplements: Do they contain appropriate levels of magnesium? Are they acidic or alkaline? Are the minerals bioavailable? Many calcium tablets contain DCP, a binder. DCP may not serve your body well. DCP is mined from deposits within the earth’s crust. It is known as lime, hardware lime, calcium lime, dolomite, and bone ash; these forms of calcium may have harmful impurities imbedded in them. Dolomite has been singled out as containing a high percentage of lead. Because it is incapable of breaking down completely, DCP is a poor source for maintaining/replacing the calcium in one’s bones. Instead it can collect in the arteries where it can cause arteriosclerotic heart disease. I feel safer getting my calcium the same way a grassfed cow does—from food/BarleyLife®. I don’t know any cows using Fosamax® either.

**Copper** aids in the formation of bone, hemoglobin, and red blood cells. It works in balance with zinc and vitamin C to form elastin. It is needed for healthy nerves, energy, and taste sensitivity. One of the early signs of copper deficiency is osteoporosis. Copper is essential for the formation of collagen, which makes up the connective tissue of the bone matrix.

**Chromium** helps regulate glucose in the blood; deficiencies can cause hypoglycemia and diabetes. [Note: Those with blood sugar issues, like diabetes or hypoglycemia, who need additional chromium should ask us for information about

**GlucoChrom™.** Most chromiums are synthetic, but AIM's is not synthesized. Using a proprietary process, chromium is bound to barley grass grown hydroponically. Plants, roots, and all are harvested when they contain the optimum amount of chromium, then shredded/dried at a low temperature to maintain enzymatic activity. The powder is put in a veggie cap.]

**Iodine**, in trace amounts, is needed for a healthy thyroid gland. BarleyLife® comes with or without kelp, an iodine source, according to the individual's preference or needs. Iodine deficiency has recently been linked to breast cancer.

**Iron** is the mineral found in the largest amounts in the blood. It is essential for many enzymes and required for a healthy immune system and for energy production. Copper, manganese, molybdenum, vitamin A, and the B-complex vitamins are needed for complete iron absorption. According to the *Journal of Orthomolecular Medicine*, iron utilization is impaired by rheumatoid arthritis and cancer. Like calcium, iron can take many forms. Some iron supplements, prescription or otherwise, can be constipating and need to be used judiciously. Again, the problem may be lack of balance. Where are the copper, molybdenum, etc, needed for absorption?

**Magnesium** is essential for nerve conduction, muscle relaxation, blood clotting, and the manufacturing of ATP, adenosine triphosphate, the body's main energy molecule.

**Manganese** is needed to maintain protein and fat metabolism. It is important for thyroid function and blood sugar control. Infertility can be caused by a lack of this mineral.

**Molybdenum** promotes proper metabolism of calcium, magnesium, and copper. A deficiency may cause other mineral deficiencies.

**Phosphorus** is needed for bone and tooth formation, cell growth, contraction of the heart muscle, and kidney function. It assists in utilization of vitamins and conversion of food to energy. A balance of magnesium, calcium, and phosphorus should always be maintained. Soft drinks, with their high phosphorus content and lack of balancing minerals, obviously do not belong in the diet of someone who wants to be well.

**Potassium** aids in nerve transmission, supports blood pressure, and if in balance with sodium, controls water balance. Deficiency can lead to debilitating cramps and blood pressure disorders.

**Selenium** is an antioxidant that protects membranes and enhances the immune system. Deficiency has been linked to heart attacks, congestive heart failure, muscular dystrophy, and cystic fibrosis.

**Zinc** is essential to prostate gland function and other reproductive organs. A deficiency of zinc may result in the loss of the senses of taste and smell. It can also cause the fingernails to peel, become thin, and develop white spots. Other signs of zinc deficiency may include acne, delayed sexual maturation, growth impairment, impotence, infertility, hair loss, high cholesterol levels, impaired night vision, fatigue, increased susceptibility to infection/colds/flu, memory impairment, a propensity to diabetes, skin lesions, and slow wound healing. Some of benefits of zinc: 1) Since it regulates the activity of oil glands, zinc may help acne. 2) Zinc is required for synthesis of protein and formation of collagen. 3) Zinc promotes a healthy immune system and wound healing. 4) Zinc is a constituent of insulin—as well as of many vital enzymes, including the free radical fighter SOD, superoxide dismutase. As we age, our bodies make less SOD, but we still need it to fight the free radical superoxide, which is implicated in the onset/progression of diseases, such as diabetes. AIM's BarleyLife® is rich in SOD, the enzyme that neutralizes superoxide. 5) Sufficient intake and absorption of zinc are also needed to maintain the proper concentration of vitamin E in the blood. When people take vitamin E as a separate supplement, do they know if they have enough zinc, or that it is absorbed? Or if they take zinc, is it in balance with copper? As I see it, one problem with taking isolated nutrients is that one's body has to scurry around trying to match them up. 6) Since zinc increases the absorption of vitamin A, for example, why not find them both **in BarleyLife®, a whole food that has all of the minerals above—plus naturally-occurring vitamins, enzymes, protein, chlorophyll, and other nutrients too numerous to mention?** Ask us for a data sheet describing all of BarleyLife®'s formulations.

#### **Promotions:**

To *Preferred Member*: **Debra Breberg**, Dawson MN; **Brian Carpenter**, Ellsworth WI; **Alice Chen**, Bolingbrook IL; **Stacy Forehand**, Pine Island MN; **Marcie Gibson**, Arlington TX; **Chien-Huei Lin**, NY NY; **David Linn**, Woodbury MN; **Sandra Proehl**, Maplewood MN; **Valarie Staus**, Hastings MN; **Dale Walters**, Poulsbo WA; to *Product Consultant*: **Sandra Schriefer**, Saugas MA. Congratulations on impacting *your* personal circle of influence for good !

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