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**SUMMER/FALL**  
**2008**  
**CATALOG**

Goji      Mangosteen      Noni



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## Natural Hormone Replacement

The health risks associated with Hormone Replacement Therapy (HRT) have been flooding the media lately. A large National Cancer Institute (NCI) study published in the Journal of the American Medical Association on July 17, 2002, found a significantly higher risk of ovarian cancer among postmenopausal women who used estrogen than women not taking any form of HRT. The week earlier, the National Institute of Health stopped a major study involving 16,000 women taking estrogen and progestin because of an increased risk of invasive breast cancer.

These findings have left the six million American women on HRT in a panic and asking their doctors: "Do I stay on HRT or get off it?" HRT drug companies have seen their sales plunge more than 40%-50% almost overnight.

Natural progesterone has finally hit the limelight because women are searching for natural hormone replacement alternatives without any known side effects. Natural progesterone is manufactured by extracting diosgenin from wild yams or soybeans, then converting it to actual progesterone in a controlled laboratory. Synthetic progesterone drugs are also made from diosgenin but the molecular structure is altered from its natural state. They also cause many well known side effects.

When choosing a natural progesterone product, it's important that the product actually contains progesterone. Many products may list wild yam extract containing diosgenin but don't actually have any progesterone in them at all. Diosgenin is a laboratory precursor to progesterone, however there is no evidence that the human body converts diosgenin to hormones.



### Dr. John Lee, MD

The name Dr. John Lee, MD, usually pops up in a discussion about Natural Progesterone because he was the pioneer and leading authority on the subject of Natural Hormone Replacement.

When choosing a natural progesterone product, Dr. Lee recommends the following:

- Transdermal cream (absorbed through the skin) rather than oral progesterone because 80% to 90% of the oral dose is lost through the liver. At least 200 to 400 mg daily is needed orally to achieve a physiologic dose of 15 to 24 mg daily. Such a high doses creates undesirable metabolites and unnecessarily overloads the liver.

- Tubes rather than jars because progesterone deteriorates over time with exposure to oxygen. By the time you reach the bottom of the jar, you're getting less progesterone. Tubes reduce the exposure to oxygen, ensuring more potency over time.

- Creams that contain 450-500 mg of progesterone per ounce. Using a ¼ teaspoon daily would provide about 20 mg/day.

- Creams that contain no mineral oil. Mineral oil prevents the progesterone from being absorbed into the skin.

For more information on progesterone and natural hormone balance, the following books by Dr. Lee are recommended:

**T2009** What Your Doctor May Not Tell You About Menopause: The breakthrough book on Natural Progesterone - **\$15**

**T3202** What Your Doctor May Not Tell You About Pre-Menopause: Balance your hormones - **\$15**  
(Add \$6 S/H to total order)

Dr. John Lee's website: [www.johnleemd.com](http://www.johnleemd.com)

### HM20 Happy PMS Cream 2oz - \$20.00 (\$6 s/h)

Ingredients: Purified Water, Stearyl Koniun Chloride, d-alpha Tocopherol (Vitamin E), Natural Glycerine, Avocado Oil, Natural Progesterone (USP), Aloe Vera Oil, Rosemary Extract, Vitamin A Palmitate, Carrot Oil, Lemon Grass Oil.

- Listed in Dr. Lee's book, "What your doctor may not tell you about menopause" as creams verified by an independent laboratory to contain more than 400 mg progesterone per oz.
- Light, greaseless, odor free, fragrance free, hypoallergenic
- Comes in a tube, not a jar. Less exposure to oxygen ensuring more potency over time.
- All plant base. Contains no mineral or petroleum oils.
- Contains no chemicals or alcohol. Rosemary extract is used as the preservative.

## PERFECT HEALTH ORDERING INFORMATION

**PAYMENTS:** Send check or money order payable to:

Perfect Health  
4872 Casitas Pass Rd.  
Ventura, CA 93001

or call 1-800-444-4584 to place your credit card phone order. We accept Visa, Master Card and American Express.

**PRICING:** Current prices are listed. Prices for products that frequently change in price are not listed. Please visit our website [www.juicing.com](http://www.juicing.com) for the most current prices.

**DELIVERY CHARGES:** Delivery charges are listed next to the product price.  
**DELIVERY:** Orders under 2 lb are shipped US mail. Orders over 2 lb are shipped UPS ground. UPS will not ship to a PO Box. Please leave a street address as your shipping address. Items in stock go out within 24 hours.

**SALES TAX:** California residents add 7.25%.

### RETURNS:

We offer a 15-day replacement guarantee on all of our products for products defective and for products damaged during shipping.

Our return policy for products returned within 15 days in its original condition that are not defective or damaged is as follows:

- Juicers - 15% restocking fee.
- Rebounders - 15% restocking fee.
- Chi Machine - 15% restocking fee
- Hot House FIR - 15% restocking fee
- Grainmills - 15% restocking fee
- Personal Blender - 15% restocking fee.
- Nut Seed Milk Maker - 15% restocking fee.
- Yogurt Maker - 15% restocking fee.
- Colema Board - Non-returnable
- Skin and Complexion Brush - Non-returnable
- Shower filters - Non-returnable
- Welles Step - Non-returnable
- Nutritional Supplements - Non-returnable
- Books and Tapes - Non-returnable

All returns must be authorized with an Return Authorization Number (RA #)

### Disclaimer

Perfect Health does not prescribe any of our products as a form of treatment for any illness or medical condition nor is it the intent of our company to diagnose or prescribe. The intent is to offer health related products to assist you in working with any health specialist you may choose, now and in the future, recognizing that within the health, medical, dietary and exercise fields there are widely divergent viewpoints and opinions. Before beginning any practice related to health, diet or exercise, it is highly recommended that you first obtain the consent and advice of a recognized medical professional. Should you choose to make use of our products without first consulting a health professional, you are prescribing for yourself, which is your right, however, Perfect Health do not assume any responsibility whatsoever under any conditions or circumstances.

# Customer Survey

What do you like about our company? \_\_\_\_\_

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What don't you like about our company? \_\_\_\_\_

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What could we do to improve our company? \_\_\_\_\_

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Other Comments: \_\_\_\_\_

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## Introduce your friends or relatives to our company

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## Excellent Colon Cleanser

**W**e here at Perfect Health have an exciting product we'd like to share with you! Margaret, a dedicated Perfect Health customer, called our office to see if we'd ever tried "Herbal Fiberblend", an excellent colon cleansing product. We told her there are a number of good colon cleansing products available on the market already. She answered:

"I know about all of them because I've tried them all. I've tried AM/PM, Arise and Shine, Sonnes psyllium and bentonite, Perfect 7, Robert Gray's, Eden's Secret, and Tri-Cleanse. They all work pretty well but to get any good results you need to fast and do colon irrigations. It's difficult to fast and do colon irrigations every day and maintain a regular work schedule. Herbal Fiberblend is the only product I've tried that gets the black stuff out without fasting."

When she mentioned that Herbal Fiberblend managed to rid the colon of the black build up without fasting, our ears perked up. For many busy, working people, fasting is not a viable option, so we've been searching a long time for a product that would alleviate the problem.

When we tested the product with our staff and associates, we discovered that Margaret was right! Herbal Fiberblend produced results normally found only after completing a seven day fast with daily colon irrigations. Most of us were having 3 to 4 bowel movements a day. The results were incredible!

Intrigued, we contacted Teresa Schumacher, the formula's developer and she confirmed that our results were all normal. In fact, she told us about the hundreds of testimonial letters she constantly receives from Herbal Fiberblend users all describing the horrifying matter that passed through their colon as waste.

She sent us her book, "Cleansing the Body and the Colon For A Happier and Healthier You", so we could read some of the amazing testimonials for ourselves. One particular man wrote how he passed two gallons of black, green and yellow rope as hard as a rock and ended up losing 30 pounds in the stomach area. A satisfied woman said Herbal Fiberblend caused her to pass polyps, two pulsating masses, and a gallon of black fecal matter with worms. Maybe it'd be better if you read the testimonials for yourself! That's why we're including the book with your first order of Herbal Fiberblend, so you can see what the product has done for others and how it can benefit you!



### Herbal Fiberblend®

13 oz Powder

(Add \$6 s/h to total order)

Raspberry Flavored

**623E3** Herbal Fiberblend w/o book - **\$40**

**623E5** Herbal Fiberblend with book - **\$43**

Unflavored

**623E2** Herbal Fiberblend w/o book - **\$40**

**623E4** Herbal Fiberblend with book - **\$43**

Book:

Cleansing The Body And The Colon for A Happier And Healthier You

(By Teresa Schumacher and Toni Schumacher Lund)

Ingredients: Psyllium, blackwalnut hulls, hibiscus flowers, ascorbic acid (vitamin C), shavegrass, licorice root, alfalfa, cascara sagrada, oat straw, pumpkin seed, Irish moss, yucca, passion flowers, marsh mallow root, natural raspberry flavoring, violet leaves, witch hazel, slippery elm, mullein leaves, capsicum.



## Ashitaba - Slow Aging and Look Young Again

**A**t a recent health trade show, we stopped by a booth where a middle-aged lady was promoting a green powder. Now this wasn't the only booth promoting a green powder supplement - so what made us stop at this one in particular? Posted on a display in the booth was a picture and a written description. The picture showed a woman with saggy skin, wrinkles, and looking much, much older than her 67 years. She described typical old age symptoms of insomnia, joint pains, and an irregular heartbeat. We asked the woman in the booth if that was a picture of her mother. She laughed and "no...it was a picture of her taken in 1998, ten years ago". We were astonished! She even showed us her driver's license to prove that she was really 77 years old. It was incredible! She attributed her age reversal to the green Ashitaba powder. As it purified her cells, her symptoms of old age disappeared. Her wrinkles were gone, her mind was sharp, and she was full of energy. She looked more like 50!

Ashitaba is a plant native to the Hachi Jo Island in Japan. Hachi Jo Island, referred to by the Japanese as the "Longevity Island", has most of its senior citizens living well into their 90's, and the island in general has some of the longest life spans on earth. The Ashitaba plant, known as the "longevity herb" is an integral part of the local diet.

For over 2000 years, Traditional Chinese Medicine (TCM) has used the Ashitaba to replenish energy by supplying the blood with vital nutrients and promoting circulation. While researching the effects of Ashitaba on slowing the aging process, Japanese scientists isolated a rare class of flavonoids called chalcones.

Discovered by Dr. Kimie Baba, MD at Osaka University of Pharmacy, the potent Xanthoangelol, Xanthoangelol-E and 4-Hydroxyderricin chalcones surprisingly exceeded the antioxidant activities of red wine, green tea and soy. More importantly, these chalcones were not found in the Ashitaba grown in Korea, Taiwan or any other areas - only the Ashitaba grown on Hachi Jo Island.

So what makes the Hachi Jo Island Ashitaba so potent? It has to do with the unique volcanic soil, which is very rich in nutrients. The nutrients from the soil produce a very nutrient rich Ashitaba plant blossoming every 4 years or so as opposed to every 8 to 16 months in other areas in Asia. In addition to the chalcones, the overall nutritional composition of the Hachi Jo Island Ashitaba measured the greatest - making it the only Ashitaba approved by Japanese medical research.

The benefits of chalcones are:

- 1) Purify the blood and promote blood circulation
- 2) High antioxidant to protect the organs from destructive free radicals and slow the aging process.
- 3) Detoxification by improving bowel movement and help remove toxic waste from the cells.

Hachi Jo Island PerCent Ashitaba is processed with a minimal loss of nutrients, color, and flavor. When added to water, the color is a vibrant green and tastes just like fresh juice, unlike some of the other Ashitaba we evaluated, which was brown and bitter.



### Hachi Jo Island Percent Ashitaba

- Hachi Jo Island grown Ashitaba
- Japanese organic certified
- Approved Ashitaba supplier for Japanese medical research
- Patented drying process (#1419841). Minimizes loss of nutrients, color and flavor.

Suggested use: One spoonful mix with water or juice taken 2 to 3 times daily.

**ASH01** Percent Ashitaba Powder 100g - \$46 (\$6 s/h)  
**ASH03** Percent Ashitaba Powder 100g (3 packs) - \$111 (\$6 s/h)

Order online at: [www.juicing.com/ashitaba.htm](http://www.juicing.com/ashitaba.htm)

## Goji Juice and Dried Goji Berries

### Goji Plus™



Goji Plus™ is 100% pure Goji berry heaven and like no other! Our authentic Ningxia formula is simple...use only the freshest, ripest and most potent berries grown on our organic farms. Our farms are even certified by the China Organic Food Certification Center and conform to GB/T 19630.1-4 "Organic Product". Meaning just the sweet goodness of Mother Nature goes into your body, and none of those dangerous harmful pesticides, herbicides or synthetic fertilizers. No artificial additives or preservatives!

Most 100% pure goji juices are dark reddish brown to brown in color and taste like burnt molasses. We're guessing these juices were over heated and over processed -which not only affects the taste but the delicate nutrients. Other goji juices are mixed with other fruit juices which waters down the potency of the juice.

Goji Plus™ is pure, fresh Goji juice, grown in Ningxia, the Goji capital of the world. There's no water added, no other fruit juices...nothing but purity! We've taken special steps to specifically preserve the valuable nutrients of the goji berry. Our goji juice is bright vibrant red in color and deliciously sweet. It tastes like freshly squeezed goji juice.

- 100% Goji Juice using Ningxia goji berries
- 100% pure, undiluted Goji Juice
- 2 to 1 reconstituted, not 5 to 1, 10 to 1 or from dry powder
- Selectively harvested for perfect ripeness and potency
- Contains LBP1, LBP2, LBP3 and LBP4
- No rotten berries, only perfectly ripened goji berries
- No artificial dyes or sweetener
- No pesticides or herbicides
- No irradiation or fumigation
- Free of microbiological contamination, mold, and yeast.

The pureness of the juice is certified by Chinese scientific research and tested by independent laboratories in the United States to ensure cleanliness and safety.

**GJ01** Goji Plus Juice - 32oz - \$32 (\$8 s/h)

**GJ04** (4 bottles) - \$96 (\$15 s/h)

**GJ08** (8 bottles) - \$188 (\$25 s/h)

### Raw Ningxia Dried Goji Berries



You know the old saying, "If it's good for you, it probably tastes horrible!" Well nothing could be further from the truth with our Ningxia goji berries. Packed with powerful antioxidants and nutrients, these dried berries taste delicious. Eat them like raisins, in fact substitute them for raisins when you cook and bake. Add them to your wholesome trail mix or toss a handful on your cereal. Boil them in some water and make a soothing cup of tea. The possibilities are endless!

Our dried goji berries contain 31% Lycium Barbarum Polysaccharide (LBP). Levels like that are unheard

of! And we air dry the berries at a 90-95 degree temperature to keep it raw and preserve the enzymes and delicate nutrients. You've never seen berries bigger, sweeter or more vibrant red than our Ningxia Goji berries. And they contain less seeds than normal goji berries, so the kids will love them! And true to form our Ningxia Dried Berries contain no preservatives or artificial colors. They're all the goodness of Mother Nature.

**GB01** Goji Premium Berries - 8 oz - \$8 (\$6 s/h)

**GB02** - 1 lb - \$15 (\$6 s/h)

Order online at: [www.juicing.com/goji.htm](http://www.juicing.com/goji.htm)

## Noni Juice - Miraculous Healing Powers

**T**errell Owens, a wide receiver in the NFL, suffered a severe high ankle sprain and fractured fibula a mere 6 weeks before Super Bowl XXXIX. The surgeon who operated on him wouldn't give him clearance to play based on the severity of the injury. There was no way a mangled ankle and broken leg would heal in 6 weeks! But Owens didn't give up. He prayed to God and drank a large supply of Noni Juice everyday, saying "It's weird tasting, but it's supposed to make you heal".

Noni Juice is a Tahitian elixir that dates back over 2000 years. Ancient Polynesians, who believed it helped heal injured bones, muscles, and tissue, would load their boats with Noni fruit when they migrated from one island to another.

Miraculously, Terrell Owens healed from his horrific injuries and not only played in the Super Bowl but caught an amazing 9 passes for 122 yards. His incredible performance made headlines in the Boston Globe, ESPN, New York Times and USA Today just to name a few.

So what health problems is Noni helpful for? If you asked Noni users, their answer would be "everything!" There are literally tens of thousands, if not hundreds of thousands of testimonials from satisfied Noni users. The health and healing benefits are endless!

*"Morinda citrifolia L. (noni) has been used in folk remedies by Polynesians for over 2,000 years, and it is reported to have a broad range of therapeutic effects, including antibacterial, antiviral, antifungal, antitumor, antihelminthic, analgesic, hypotensive, anti-inflammatory, and immune enhancing effects. Data on allergenicity and toxicity ... show no observed adverse effects."*

-- Physicians' Desk Reference for Nonprescription Drugs and Dietary Supplements.



### Noni Tahitian Plus™

High Quality, 100% Tahitian Noni Juice

Not all Noni Juices are the same. You pay for what you get. Cheaper and poorer quality Noni juices can cut corners by using rotten Noni fruits, diluting it with water or juices, using poor processing and dealing with bacterial problems by irradiation and fumigation and using old dirty storage containers.

Rest assured with Noni Tahitian Plus™

- 100% Tahitian Noni
- 100% pure, undiluted Noni Juice
- 100% fresh - not reconstituted
- Only fruit and not leaves or roots are juiced
- Selectively harvested for perfect ripeness and potency
- No Rotten Fruit is used
- No Pesticides or Herbicides
- No Irradiation or Fumigation is used

**NPL01** Noni Tahitian Plus Juice - 32 OZ - **\$32** (\$8 s/h)  
**NPL04** (4 bottles) - **\$96** (\$15 s/h)  
**NPL08** (8 bottles) - **\$188** (\$25 s/h)

## Red Wine and Resveratrol for Longevity

**D**espite contrary claims being promoted in the nutritional supplement industry, there is only one scientifically proven method to extend the average and maximum lifespan in certain animals...caloric restriction. Repeated controlled tests have proven that if you feed mice 30% fewer calories, they live 30%-50% longer. Caloric restriction experiments have also been conducted on yeast, worms, monkeys, and some humans with similar results.

With the Okinawan people, it isn't uncommon to live past the age of 100. What's their secret? A quick study of their diet shows they keep their caloric intake to a minimum. Scientists don't dispute the validity of caloric restriction regarding life extension; they're just not clear or in agreement of why it works.

One theory as to why caloric restriction works has to do with the body sending a stress signal to a group of genes called "SIR2 genes" to produce more enzymes called "Sirtuins". Sirtuins switch on natural defenses that protect all the cells in the body. This in turn slows down aging and prevents diseases.

Research completed at Harvard Medical School shows that the molecules found in red wine mimic the life-extending effects of caloric restriction. The compound molecules, known as resveratrol activate the SIR2 longevity genes and thus mimic the effects of caloric restriction. Further studies at Harvard and the National Institute of Aging show that heavy doses of red wine extract lowers the rate of diabetes, liver problems and other fat related problems in obese mice. Fat related deaths dropped 31% for obese mice taking the extract, compared to those who weren't. The treated mice also lived far past their typical expiry date.

With mice, resveratrol has proven to be the fountain of youth. The big question remains... Will it work on humans?

While scientific studies haven't been conducted on humans yet, there are some very telling "social" examples. The French Paradox story was first reported on 60 minutes in 1991. The French it seems consume 50% more fat in their diet than Americans, yet had a 63% lower mortality rate caused by coronary heart disease. Italians in Sardinia commonly live to 100 and the world's oldest person Jeanne Calment lived to 122. What's the common denominator in these three cases? They all drink significant amounts of red wine. Calment was a daily red wine drinker.

Now before you head off to the liquor store let's clarify that the alcohol in red wine will still destroy your liver, kill your brain cells and rob your body of vital nutrients. But what if you could get all the benefits of red wine without the damaging alcohol? You can! Our supplement Resveracine provides 33mg of resveratrol in every capsule with no alcohol or its damaging side effects. You'd have to drink a full bottle of a good French Red Wine to get the same amount of resveratrol. Now I'm not saying that isn't a bad thing on occasion! But when it comes down to efficiency and ease of use, nothing beats Resveracine! With our supplement you'll never have any trouble getting up for work the next morning!



### Resveracine®

Formulated by Dr. James Chappell, a researcher, educator and nutraceutical/botanical clinician and physician for over 35 years, Resveracine contains resveratrol which promotes good health and longevity. It's rich in antioxidants, phytochemicals, anthocyanins and photosterols. One capsule contains 33mg of resveratrol. You'd have to drink an entire bottle of red wine to get the same benefits.

Other ingredients: Acai, Quercetin, Pycnogenol, Curcumin, Lutein, Lycopene, Selenium, Zeaxanthin, and Catalase.

**RSV01** Resveracine 90 Capsules - **\$35** (\$6 s/h)  
**RSV03** (3 bottles) - **\$90** (\$6 s/h)

## Sodium for Joint and Digestive Troubles

Is it just a given that as we age, we're forced to suffer deteriorating health? And why do some people seem to suffer more than others? Can you really turn back the clock or delay the aging process 10 to 20 years? Why suddenly in your 40's and 50's do your joints start to ache and your digestion starts going weird? That never happened when you were 25! Strange joint pain and digestive problems are common ailments that affect the middle aged body and often come as a team.

There it goes again...that annoying cracking sound in your knee that occurs every time you take a step or bend down to pick something up. It must just be old age right? Wrong! While the aging process does contribute to joint pain and deterioration, the more likely cause is calcium build up. Calcium deposits in the joints decrease your flexibility and your ability to heal. That pulled tendon in your ankle is going to take a whole lot longer to heal now than it did when you were in your twenties.

When the calcium leaches out of solution and into the body, that's when the real problems begin. Stiffness, backache, neck pain, bone spurs, kidney stones, and a host of other strange and annoying maladies are just some of the problems that might occur.

Another issue commonly filed under the "it sucks to grow older file" are stomach problems. Things like poor digestion, gas, bloating, acidic stomach, constipation, fatigue and sleepiness after eating, headaches, ulcers and heart burn. Joint and stomach troubles are often related because both the stomach wall and joints contain the largest reserve of sodium in the body. Since sodium reserves are constantly being depleted, sodium deficiency is a very common problem. Sodium you say? I thought salt was supposed to be bad for our health.

When you constantly sprinkle your food with table salt, you're definitely not doing your body any favors. That's because table salt is inorganic sodium that has many negative side effects. The good sodium refers to bio-organic sodium and is found in foods such as goat whey, celery and okra. But why is food sodium so important?

Sodium is an essential component in keeping the body functioning as it should. It alkalizes the lymph and blood and more importantly, keeps the calcium in our body in solution. All our connective tissues, internal organs, and muscles contain sodium. So does our saliva, urine, sweat, and tears. Women can even chalk up poor menstruation and morning sickness to a lack of sodium in their bodies.

Unfortunately sodium deficiency occurs over decades. It's like the thief that comes in the night and only steals a single penny from your piggy bank. Not too noticeable...at first. But when that thief comes every night, those pennies begin to add up. Eventually all that's left is a pot-bellied clay pig with a very empty stomach. Or a very active middle-aged person with a bum knee, creaky shoulder and heart burn. The first place the body goes to replenish the sodium stocks is the joints and stomach.

Don't despair! The situation can be corrected. It'll take some time but it's possible. So what do you do? The best solution is to feed your body with more sodium than it actually needs on a daily basis. That way the excess is returned to your joints and stomach where it belongs. As you build your sodium reserves back up, many of your "old age" problems will gradually disappear.

The richest source of food sodium is found in goat whey. Start slowly and work your way up to the recommended dosage. Give your body some time to adjust. If you don't, you may experience diarrhea, catarrh or excess gas...all of which can be very unpleasant. If this does occur, simply cut back on your dosage. Pure celery juice or an apple celery combination is another excellent source of organic sodium, as is steamed okra.



### Dehydrated Goat Whey

Dehydrated goat whey is rich in those all important alkaline minerals Sodium, Potassium and Calcium...minerals your body can't survive without but sometimes found lacking in our normal diets. It takes 23oz of goat milk to make 1 tablespoon of our dehydrated goat whey. We strive to make our products the purest and best available. That means all of the goat milk used comes from hormone and antibiotic free goats. No chemicals or preservatives added! We keep the processing to a minimum, so all the goodness goes straight to you!

**GW01** Goat Whey - 12.7oz - **\$25** (\$6 s/h) **GW02** - 50.8oz - **\$68** (\$9 s/h)

Order online at: [www.juicing.com/goatwhey.htm](http://www.juicing.com/goatwhey.htm)

## Mangosteen Juice, a Powerful Natural Food

**M**angosteen juice, mangosteen juice, mangosteen juice! Everywhere you go, people interested in health and healing are talking about mangosteen juice. We here at Perfect Health have been in the nutrition business for over 16 years and have yet to hear about a product with more buzz than mangosteen juice...endless testimonials about how the juice helped with all kinds of health problems, from aches and pains, simple rash conditions and even people recovering from terminal illnesses.

One man recently called to tell us how after 10 years, his wife's varicose veins disappeared completely after drinking mangosteen juice for only 3 weeks! Can you imagine? Now we realize that sometimes stories are just stories, especially when it comes to healing, which is why we were more than surprised to hear of medical doctors recommending the juice as an adjunctive therapy, in their family practices.

One of the great things about mangosteen juice is that it's a natural food and not a drug. Some of the medical doctors say that the juice is as good, if not better than many prescription drugs without the side effects. What great news! Our lives are already medicated enough. Hippocrates, the father of medicine once said, "Let food be thy medicine and let thy medicine be food." We couldn't agree more.

So what's the science behind the juice? Inflammation, pain and swelling are the result of prostaglandins (made from the COX2 enzymes) sent to the area of injury to help protect it from further injuries, which is a good thing. The body's natural mechanism is working to protect the damaged area while the healing is taking place. Intense and chronic inflammations are definite problems...a kind of excruciating pain that won't go away, such as arthritis, migraines, muscle pain, surgeries and much, much more.

To deal with pain and inflammation, non-steroidal anti-inflammatory drugs (NSAIDS) like aspirin and ibuprofen are commonly prescribed. They work by blocking the action of the COX1 and COX2 enzymes. Fewer prostaglandins are produced by blocking the COX2 enzymes. However, by blocking the COX1 these drugs have the side effects of bleeding and stomach irritation.



The next generation of pain medications was VIOXX and Celebrex, which blocked only the COX2 enzymes and protected the stomach. The side effects of VIOXX and Celebrex are increased risk of cardiovascular problems. In fact, VIOXX was pulled from the market on 9/30/04 due to safety concerns of an increased risk of cardiovascular problems (increased heart attacks and strokes).

So how do we solve our pain and inflammation problems? Pain is one of the greatest motivators and people will generally take anything to make it subside- regardless of the side effects. The natives of Southeast Asia have for centuries used the mangosteen rind to treat diarrhea and dysentery. Dysentery is characterized by inflammation of the intestine, especially the colon. Buoyed by the success of mangosteen and the colon, scientists began investigating to see if it would reduce inflammation in other parts of the body. While human studies are still preliminary, mangosteen juice is definitely showing some promise as a natural anti-inflammatory and pain remedy. That means no side effects! One known fact is that mangosteen juice doesn't block the COX1 enzyme and won't cause problems with bleeding and stomach irritation.

### Mangosteen Premium Plus™

- Over 80% Pure Mangosteen whole fruit.
- Xanthones, powerful antioxidants, are extracted from the hull/peel of the Mangosteen.
- 100% Natural. Mangosteen grown without pesticides, herbicides, or synthetic fertilizers. No gums, pectin or other artificial ingredients or fillers. No preservatives are added. No Potassium Sorbate or Sodium Benzoate.

**MPX01** Mangosteen Premium Plus (24.5 oz) - **\$30** (\$8 s/h)  
**MPX04** (4 bottles) - **\$85** (\$15 s/h)  
**MPX08** (8 bottles) - **\$164** (\$25 s/h)

Order online at: [www.mangosteen-juice.info](http://www.mangosteen-juice.info)

## Nut and Seed Milk For the Male/Female Glands

According to national statistics, 90% of women suffer from PMS every month - the cramps, bloating, swollen and tender breasts, depression and mood swings. Six million women between the ages of 15 and 44 are infertile and every year 180,000 women are diagnosed with breast cancer. And how about this statistic - every 10 minutes, 12 hysterectomies are performed in the United States. That's more than one a minute! Often the ovaries are removed, sending a woman into menopause overnight. Not a pleasant thought! These stats don't even include the increasing cases of ovarian and uterine problems, cancers and sexual weakness...the "not in the mood" syndrome.

Men have their own set of problems. Erectile Dysfunction (ED) occurs in 30 million men and stats show that 30% of men 40 and older and 65% of men 65 or older, experience ED regularly. When Viagra, the little blue miracle pill hit the market in 1998, it was a huge success. Over 35 million men rushed to buy it and last year alone, sales topped over \$1.7 billion. Many men also suffer from an enlarged prostate and one in six men are diagnosed with prostate cancer. That's over 186,000 a year! Next to skin cancer, it's the most common and the second most deadly cancer in men.

All of these problems outlined are reproductive disorders and hormonal problems where estrogen, progesterone, testosterone and DHEA are not at the proper levels. Many can be traced to both the male and female glands not getting the proper nutrients like calcium, magnesium, manganese, zinc, and Vitamin E. When the glands aren't functioning at optimal levels, the hormones over secrete or dry out - then the problems begin. So where can you find a food that contains this essential glandular nutrition? Seeds and nuts of course!

Seeds and nuts contain the life force and building materials to construct a new plant or tree - rebirth and re-generation. The same concept applies when eaten; the nuts and seeds have all the natural nutrients to feed the male and female glands, helping to build the next generation of humans. All seeds and nuts are rich in Vitamin E, which is good for the heart, helps bring oxygen to the brain and is essential to keeping an active sex life. Black walnuts contain high levels of Manganese, considered the "love element". In laboratory testing, rats deficient in Manganese would no longer nurse their young and even sometimes eat their children. Pumpkin seeds are a great source of Zinc, which is very essential for overall sexual health, production of sex hormones and the prostate gland. Overall, seeds and nuts are rich in calcium, magnesium and lecithin - a brain and nerve food.

Almonds, black walnuts, cashews, pine nuts and pecans (ranked in order) have the highest nutrition values for nuts, while sesame, sunflower, squash, and melon (ranked in order) are the recommended seeds. But remember, seeds and nuts are high in oil and hard on the liver, especially if it is small or diseased and it takes a healthy person to be able to digest them whole - so if you're sick, you need to stay away from whole nuts and seeds. Importantly, all seeds and nuts should be eaten raw as the heating or roasting process destroys the nutrients and makes digestion more difficult.

So to avoid all these digestion problems and still get all the nutrients out of the seeds or nuts, you need to make a raw seed or nut milk. The nutrients are very assimilated and raw nut or seed milk is very easy to digest, making it perfect for when you are sick. The old-fashioned method involves soaking the nuts or seeds overnight, blending them in water and then straining and squeezing the mixture through cheesecloth. It works but is messy and time consuming. The modern, easy, and convenient way is to use an automated nut and seed milk maker.



### Raw Nut and Seed Milk Maker

- Place the soaked seeds or nuts in the milk screen, pour water in the carafe, and press the on button. Makes almond, walnut, cashews, sesame, sunflower, squash, and melon milk in as little as 30 seconds. Grinding and straining is done automatically.
- Easy to Clean Stainless Steel carafe
- 1 Quart capacity

**TSB01** Nut and Seed Milk Maker - **\$120** (\$15 s/h)

## Highly Absorbable Coral Calcium

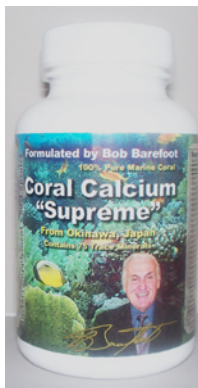
Everyone is talking about coral calcium lately. Bob Barefoot's infomercials on TV have made it very popular. Many people using coral calcium are getting fantastic results. That's great to hear because calcium deficiency is a big problem. Many elderly people know this because their doctors tell them their bones are porous and they need more calcium.

We all know the benefits of calcium to build strong bones and healthy teeth. What most people don't know is every cell of the body needs calcium. Calcium is important to calm the nerves and neutralizes acids in the joints and ligaments. The heart can't work right without calcium. Over 200 diseases have been linked to calcium deficiencies. Calcium is the most important mineral to replenish because the highest chemical composition of the human body next to water and air is calcium. If you don't provide adequate calcium from your diet, your body will get it somewhere else, like stealing it from your bones and teeth.

Calcium is so important that healing will not take place without it. If you cut yourself and you do not have enough calcium in your body, the wound will take a long time to heal. Digesting food becomes a problem if you're starving for calcium. If you suffer with PMS problems like pain, mood swings and stress, you'll feel like a new person when you add more calcium to your diet. Even the emotions are affected. Calcium deficiencies can make a person feel more fear, anxiety, and indecisiveness. If you're nervous all the time, try getting more calcium. If you're eating a lot of sugary foods and not exercising, you're definitely needing more calcium because you're robbing your body of calcium.

So is coral calcium any good? Yes, it's a very good absorbable source of calcium. Bob Barefoot, a renowned biochemist, has done a great job in promoting coral calcium through his infomercials and books. Many people are healing all kinds of calcium deficiency problems. Hundred of thousands of people are feeling better than they have in years. The most common testimonies are aches and pains going away and energy going through the roof. That shows what the body can do with good nutrition.

The only problem is it's become so popular, that it's now a big business. There is so much misinformation out in the market and so many unethical companies trying to make a quick buck. Bob Barefoot estimates that 90% of the coral calciums in the US market are the low-grade beach (rock, or fossilized) coral harvested from the beaches as compared to the high grade marine coral harvested from the ocean floor. Marine grade coral is 24% calcium and 12% magnesium, the perfect (2:1) nutritional ratio for maximum calcium absorption. Beach coral or fossilized coral is 37% calcium and less than 1% magnesium.



### Coral Calcium Supreme

Be careful which brand of coral calcium you buy. Read the label on the bottle carefully and we mean carefully. Many companies are trying to capitalize on Bob Barefoot's name. Many labels are written "as featured by Robert Barefoot." There are companies that name their products Barefoot coral calcium XXX without even asking for his permission. Robert Barefoot has nothing to do with many of those companies. Many websites post Bob Barefoot's picture on their sites and yet Bob Barefoot never formulated their products. Some unscrupulous companies are even labeling their products "marine grade coral" but actually using low grade "beach coral". Look for labels that read "Formulated by Bob Barefoot."

**Coral Calcium Supreme** is the same brand that you've seen on the TV infomercials. Coral Calcium Supreme is Robert Barefoot's formula and was developed to his exact specification. The quality of the product is personally monitored by Robert Barefoot himself, so you're assured it's of the highest grade "Marine Coral" available. We've also taken special precautions to make sure it's not been counterfeited.

(CCS01) 90 caps - \$28.50 (BR504) pH Testing Paper w/ Card - \$10 (Add \$6 s/h to total order)

Barefoot Books: (T5078) The Calcium Factor - \$18 (T5079) Death By Diet - \$18

Suggested use: Take capsules with water preferably with meals.

- A healthy person with a pH of 7.0 or higher, 3 capsules a day.
- pH between 6.0 and 6.5, recommend taking 3 capsules twice a day (6 capsules).
- pH below 6.0, recommend taking 3 capsules 3 times a day (9 capsules).



## Ginseng - The Herb for Long Life

On May 8, 1933, the London Times reported the death of a man considered to be the oldest human of our century. Chinese records show that Professor Li Chung Yun was born in 1677...if calculations are correct; he lived an astonishing 256 years!



Ginseng Root

He outlived 23 different wives and had 11 generations of descendents. Quite amazing! More amazing is the fact he died with all his own teeth, hair and didn't look a day over 50 according to those who knew him. Not bad for someone over the age of 200!

So what was his secret? Luckily for us, he left three specific diet guidelines:

- 1) Don't overeat on a hot summer night. Why? It causes your blood and energy to stagnate.
- 2) On those cold winter mornings, eat plenty of nourishing foods. They provide the body with extra essence and energy it has lost while trying to keep you warm.
- 3) Adopt a primarily vegetarian diet, eat goji berries daily and supplement your diet with ginseng, a life prolonging herb.

Professor Yun, a renowned Chinese scholar and herbalist, spent the first 100 years of his life studying and gathering wild herbs. Later, he turned to lecturing and educating people about the relationship between herbs and living a long life, including a lengthy talk before thousands of University students at the ripe age of 250! His recommendation for good health and longevity? Ginseng. He'd been drinking ginseng tea four times a day for over 200 years. The proof was in the teapot!

In the East, top-grade ginseng root is considered more valuable than gold or diamonds, especially Korean wild ginseng root, which can demand \$5000 to \$10,000 per root. It's extremely rare and the demand is high because of its superior quality.

Korean ginseng is thought to be the best in the world, containing 24 different varieties of ginsenosides. While American ginseng provides a higher percentage of ginsenosides, it only contains half the different varieties and it considered by the Chinese to be less stimulating and warming than the Korean ginseng. The cheaper ginseng from Siberia is inferior to Korean and American ginseng, both in quality and cost, being only one tenth the price of Korean ginseng.

Many ginsengs sold in American health food stores are low-grade quality. Even products labeled Korean ginseng are usually mixed with the cheaper Siberian ginseng and are not the pure, genuine, high quality ginsengs grown in Korea.



Ginseng Powder

### Imperial Elixir

Imperial Elixir brand uses authentic Korean Red Ginseng purchased directly from the Korean government to ensure high potency and quality. It is one of the few ginsengs sold in this country that is 100% pure, high quality Korean ginseng.

**GC02 Imperial Elixir Ginseng**  
100 Capsules (300mg) - **\$29** (\$6 S/H)

## CORRECT THE PROBLEMS CAUSED BY THE MODERN TOILET

Poor diet is not the only cause of bowel problems such as constipation, hernias, varicose veins, hemorrhoids, and appendicitis. Believe it or not, your toilet also causes bowel problems.

The modern toilet was designed without any understanding of the human anatomy. If we took into consideration the anatomy of our colon and our abdominal wall, we would find the squatting position to be the perfect position for elimination. When squatting, the bowel and abdominal wall are supported.

Dr. John Chiene discovered toilet users (verses squatting position users) suffered from incomplete elimination. He actually weighed and compared his own fecal mass passed on the toilet with that passed in a squatting position. His results were that he always eliminated less weight when he used the toilet.

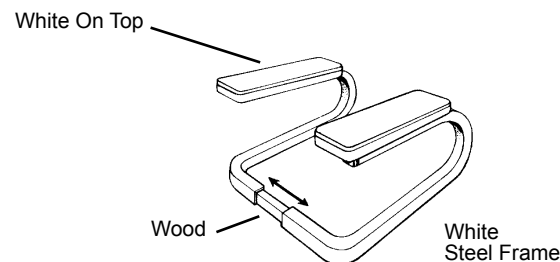
## THE SQUATING SOLUTION



### POSITIVE BENEFITS

- \* Complete Bowel Evacuation
- \* Freedom from Laxatives
- \* Fewer Hemorrhoids & Hernias
- \* Fewer Varicose Veins
- \* A Cleaner Bloodstream
- \* Vibrant Health

## DR. WELLES STEP



**WE02 Welles Step \$59.00** (\$8 S/H)

## What is more important: Juicing or Colon Cleansing?

Jay the Juiceman learned everything about health from his mentor Dr. Norman Walker, the founder of juice therapy and a man well-respected world wide for his contribution to health and nutrition. The number one secret to Dr. Walker's 130 years of vibrant health was colon cleansing. Juicing was a close second.

Autointoxication or "self poisoning" occurs when the colon is clogged. Colon cancer is the second most common cause of death in the US and leading health practitioners consider autointoxication to be the underlying reason for ALL DIS-EASE.

There are several symptoms of autointoxication:

- |               |                |                           |                    |
|---------------|----------------|---------------------------|--------------------|
| * Tension     | * Irritability | * Craving for food        | * Bad Breath       |
| * Fatigue     | * Nervousness  | * Anxiety and worry       | * Swelling of legs |
| * Allergies   | * Nausea       | * Insomnia                | * Asthma           |
| * Indigestion | * Depression   | * Abdominal discomfort    | * Poor Appetite    |
| * Headaches   | * Overweight   | * Menstrual problems      | * Loss of memory   |
| * Backache    | * Hemorrhoids  | * Lack of sexual response | * Skin problems    |
| * Colds/Flu   | * Acne/Pimples | * Smelly Body Odor        | * Poor vision      |

### WHAT CAUSES COLON PROBLEMS?

Most colon problems are caused by improper diet, insufficient exercise, stress, overeating and ignoring the "call of nature" when it arises. Even the modern toilet contributes because the body is in a sitting position and not squatting. Most of us have eaten anywhere from 10-40 years of refined, processed, fried and overcooked foods. Eating mucous producing foods like meat, dairy and flour causes dense, sticky bowel movements and is a definite sign of trouble. When these foods are expelled, they leave a glue-like coating stuck on the colon wall. As this coating accumulates layer by layer, a hard black rubbery crust is formed. Unfortunately, the body is incapable of eliminating the hardened mucous on its own and more often than not, it becomes a toxic burden stuck in the colon for the person's entire life.

### HOW TO CLEAN THE COLON?

The simple way to cleanse the colon is through irrigation. Colon irrigation is an internal water bath that helps cleanse away poisons, gas and accumulated fecal matter, without any discomfort, pain, or internal pressure...just a steady, gentle flow of water washing the inner colon walls. You'll be surprised to see foods you ate 2 to 3 years ago come splashing out!

### ARE THERE ANY SIDE EFFECTS TO COLON IRRIGATION?

No side effects, but it is common to experience a headache or cold symptoms after a session as the body reacts to the once dormant toxins being flushed out. Sometimes a small amount may be reabsorbed back into the body.

### WILL ENEMAS DO THE SAME THING?

Compared to colon irrigation, an enema uses very little water: 5 to 10 gallons for irrigation and only 1 or 2 quarts for the enema. If you're lucky, an enema will reach 8 to 10 inches into your colon, while a colon irrigation will cleanse the entire 5 ½ feet. Colon irrigations also allow you to lie on your back in a much more comfortable position so you can relax and massage your colon. If you're really constipated an enema is better than nothing but doesn't help much in terms of cleansing. It's like trying to wash your car with a single glass of water...you'll run out of water before the job is completed and your car will still be dirty.

## GRAIN MILL



Back To Basics

### Milling Fresh Grains

Hand Grinder for wheat, rice, oats, barley, soybeans, seeds and spices. Adjustable from fine to coarse textures. Precision machined, stainless steel burrs for long life. A sturdy, compact mill that outperforms larger, heavier hand grinders. Recipe booklet included. 13" high. 2 year warranty.

**BB02** Grainmill **\$75.00** (\$8 S/H)

## YOGURT MAKER

### Fresh Homemade Yogurt

Fresh homemade yogurt is one of the best natural source in supplying beneficial bacteria to our intestinal tract. Healthy bacteria helps with digestion and protects against fungal and bacterial infections.

All yogurt sold in stores is pasteurized. This means the milk is heated to a high temperature which kills live enzymes and many valuable heat sensitive nutrients.

The yogourmet yogurt maker allows you to make raw yogurt without killing live enzymes and nutrients.

2 Quarts capacity.

**YG01** Yogourmet II **\$70.00** (\$8 S/H)



Yogourmet II

## SHOWER FILTER

### Avoid wrinkles and toxicity

Regularly taking hot showers with chlorinated water poses a health risk. When chlorinated water is heated, chlorine gas is released into the air and into our lungs and body. If you can smell the chlorine, the concentration is already greater than 3.5 ppm (The lethal concentration for ten minute exposures of chlorine is 600 ppm).

Chlorine reacts with the oils in the skin and causes dry skin. Chlorine also has been linked to wrinkling and premature aging of the skin due to cell deterioration.

One of the most effective way to remove chlorine from your shower is to filter it through a KDF-55 media. This media has been proven to be more effective than carbon media. When considering a shower filter, make sure the filter media is 100% KDF-55.

#### Rainshower

- \* 100% KDF-55
- \* Effective life 15,000 gal

**RS01** Filter only - **\$52.00** (\$8 S/H)

**RS02** Filter with Chrome over brass shower head - **\$60.00** (\$8 S/H)



Rainshower

## HEALTH BOOKS

### Dr. BERNARD JENSEN

33965 **Foods That Heal** 18.00  
For the iridologist and layman alike who are looking to improve their health. Pinpoints which healing foods are missing from the diet and presents a common sense approach to health that can easily be incorporated into today's modern lifestyle. Dr. Jensen looks at his own pioneering work in the field of nutrition. Provides an easy to understand guide that includes a history, a buyer's guide, the therapeutic benefits and nutrient information of hundreds of fruits and vegetables. 240 pages.

26980 **Dr. Jensen's Guide to Better Bowel Care** 16.00

Toxic laden tissues can become a breeding ground for disease. Elimination organs, especially the bowel, must be properly taken care of to restore and maintain good health. Learn Dr. Jensen's bowel management program. Discover the importance of balanced nutrition, dietary fiber and regular exercise. A fatigued body allows toxic settlements to run rampant. A cleansing treatment will bring back energy, regenerate tissues and allow good food to let nature do its work in recovery.

### ANN WIGMORE

43740 **The Hippocrates Diet and Health Program** \$12.00

Through a diet of fresh fruits, vegetables, grains, nuts, and such supernutritious foods as sprouts and wheatgrass juice, the body is able to restore its internal balance. The Hippocrates Diet and Health Program also discusses body cleansing, disease prevention, life extension, and the problems associated with aging. Included are dozens of easy-to-follow recipes and money-saving health tips.

77220 **The Sprouting Book** \$10.00

Written for everyone who is interested in good nutrition at a low cost - and with great taste - this intriguing and highly practical book provides readers with all the information necessary to start and maintain an indoor sprout garden. The book discusses a variety of sprouts and sprouting methods, explains the sprouts' importance in a healthy diet, and presents a wealth of simple and delicious recipes.

87060 **The Wheatgrass Book** \$11.00

Written by the woman who introduced wheatgrass juice to America over thirty years ago, The Whatgrass Book contains all the practical information you'll ever need to grow and use your own vitamin- and mineral-rich wheatgrass for only pennies a serving.

70710 **Recipes For Longer Life** \$15.00

As attractive as it is useful, this beautifully illustrated book offers guidelines for a transition from a conventional diet to one of raw foods, sprouts, and food combining. Those new to "living" foods will be pleasantly surprised by the delicious variety that awaits them; those already familiar with them will find this book indispensable.

### Dr. NORMAN WALKER

34830 **Fresh Vegetables And Fruit Juices** \$8.00  
The juicing book classic written by the originator of "juice therapy". Jay the Juiceman learned everything about juicing from Dr. Walker. In this book, Dr. Walker describes the nutrients and therapeutic benefits of different vegetable and fruit juices. A treatment program, developed with Dr. Pope, provides suggestions for effectively treating various ailments.

19050 **Colon Health: The Key To A Vibrant Life** \$8.00  
Dr. Walker will take this forgotten part of your body and focus your full attention on it - and you'll never again take it for granted! This book shows how every organ, gland and cell in the body is affected by the condition of the large intestine - the colon. COLON HEALTH answers such questions as: Are cathartics and laxatives dangerous? Can colon care prevent heart attack? Is your eyesight affected by the condition of your colon? What are the ghastly results of a colostomy?

24690 **Vegetarian Guide To Diet And Salad** \$8.00  
The pitfalls of overindulgence in certain food elements, especially oil and sugar, have been well documented. Dr. Walker offers in his book DIET & SALAD both a cook book and a nutritional guide that belongs in every homemaker's kitchen. In it he supports current medical research about the harmful effects of milk - "It is generally assumed that cow's milk is one of our most perfect foods... Milk is the most mucus forming food in the human dietary, and it is the most insidious cause of colds, flu, bronchial troubles, asthma, hay fever, pneumonia, and sinus trouble ... cow's milk was never intended for a human infant."

85920 **Water Can Undermine Your Health** \$8.00  
Dr. Walker sees water pollution as a cause of arthritis, varicose veins, cancer, and even heart attacks - a major problem in virtually every community in the country. His treatment of water pollution is revealing, comprehensive, and scientific. His findings, and his recommendations for corrective action, offer new hope.

7650 **Become Younger** \$8.00  
BECOME YOUNGER might be called the "cornerstone" of the famous Walker Program. Dr. Walker suggests "when we embark on this program which may change our eating, drinking and living habits, we must have the courage of our convictions based on the knowledge which we can acquire through the principles involved in this program ... To "become younger" means to have attained a state of subline self-reliance and self-sufficiency which no one can take away from us."

61500 **The Natural Way To Vibrant Health** \$8.00  
Vibrant Health can only be realized by following a natural way of life, eliminating artificial processed foods and by stimulating your mind and body through proper nutrition and thought. Dr. Walker explains in detail how processed foods destroy our health and shorten our lives, and how firmness of body needs to be accompanied by mental soundness and character.

61530 **Natural Weight Control** \$8.00  
Dr. Walker offers "A DIET LIKE NO OTHER" - based on the body's need for vital, life-giving enzymes found only in nature's pure foods. Dieting doesn't work, counting calories doesn't work, taking dieting supplements doesn't work. FEEDING YOUR BODY LIFE-GIVING ENZYMES FOODS DO WORK.

## HOW IS COLON IRRIGATION ADMINISTERED?

There are two ways to administer colon irrigation: visit a professional colon hydrotherapist or do it yourself at home using the "COLEMA BOARD." Dr. Jensen, the world's leading authority on colon health, recommends 2-3 irrigations a day during his 7 day cleansing program, with the entire process repeated 5 times a year during the first year and once a year after that for maintenance. A professional treatment will cost about \$80 per session, so you'd better get out your wallets. Setting up self colon irrigation at home will not only save you a bundle of money but it will allow you to control the sanitary conditions, making sure the water is pure and the equipment is thoroughly disinfected. Not only is the convenience of being at home wonderful, you'll pay for your board after your fifth session...saving you hundreds of dollars and the board is yours to use whenever you like.

## Colema Board



### Deluxe Colema Board

CB02 Deluxe Colema Board \$285.00 (\$32 S/H)

## HOW DOES THE COLEMA BOARD WORK?

The Colema Board comes with its own kit containing the board, tubing assembly and tips, so all you need to add is a 5 gallon bucket, a chair and distilled or purified water. Fill the bucket with the water and place it on the bathroom counter above the toilet seat. The colema board lays on the toilet seat and the chair. Siphon the water to get it flowing through the tubing into the back of the board and into the tip. The tip is inserted into the rectum prior to water flow. Water enters the rectum, fills the colon and is then expelled along with waste material through the colon's natural peristaltic motion.

## IS THERE MORE INFORMATION?

The best source of information regarding conditions of the colon as related to the health of our entire body can be found in Dr. Bernard Jensen's book, "Dr. Jensen's Guide to Better Bowel Care." He explains what causes toxic build up in the colon and what to do to prevent it in the future. The colema board is described in detail along with his 7 day cleansing program. The book is available from Perfect Health for only \$16.00 (Item#26980. Add \$6.00 S/H)

Shipping charge is \$6 for any quantity of books.

## REMOVE TOXINS BY SKIN BRUSHING

When we think of eliminating toxins from our body, we think of waste from our bowels and urine from our kidneys. Did you know we have five main elimination channels? They all need to be taken care of because if one is not functioning well, then this puts an extra burden upon the other four elimination channels.

### 5 Main Elimination Channels

- 1) Skin
- 2) Bowels
- 3) Kidneys
- 4) Lungs
- 5) Lymphatic

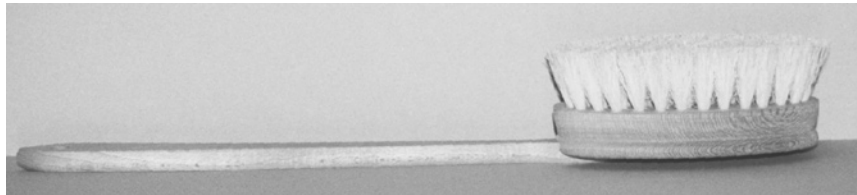
The skin is the largest elimination organ. It eliminates about two pounds (2 lbs.) of toxic material each day. The bowels and kidneys also eliminate about two pounds of waste each day. The skin has been called the third kidney because of its ability to rid the body of toxic waste material.

Dry skin brushing (not wet) is an excellent way in removing the old top layer of skin and let a new clean layer of skin come to the surface. This will help the pores of the skin from clogging and holding in toxic waste. Your whole body should be brushed three to five minutes, one-half hour after rising and again before retiring for the night. The powder coming off your skin as you brush are crystals of uric acid and other dried waste products.

In addition to the health benefits, your skin will feel and look beautiful and young again.

Your skin brush should be a detachable long-handled natural vegetable bristle brush. The long handle is attached for those hard-to-get-at places. Your face should be brushed with a special soft-bristle complexion brush.

When using a new brush, be very gentle in your brushing because of the new stiff bristles.



### Bernard Jensen Skin Brush

Long handle, natural vegetable bristles.

**BR01** Skin Brush **\$12.00** (\$6 S/H)

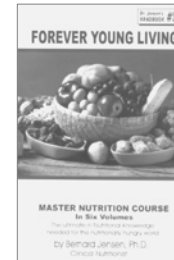
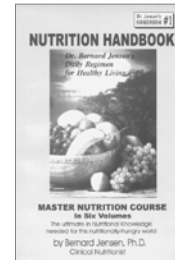


### Bernard Jensen Complexion Brush

Soft natural vegetable bristles.

**BR02** Complexion Brush  
**\$12.00** (\$6 S/H)

## Dr. Bernard Jensen's MASTER NUTRITION COURSE A Natural Food System



### Book #1: Nutrition Handbook

1. Recommended Daily Food Program
2. Health-Building Foods Begin at Home
3. Special Health-Building Foods
4. Whole Food with Seeds  
... And much more!

### Book #2: Forever Young Living

1. Changing Our Consciousness to Get Well
2. Times Have Changed and So Have Foods
3. Getting Down to Basics
4. What Our Foods Do For Us and To Us  
... And much more!

### Book #3: Special Foods for the Caring Kitchen

1. The 16 Chemical Elements
2. Learning About Our Foods
3. Learning About Objectionable Foods
4. Foods Easy to Digest, Laxative or Neutral Foods Containing Citric Acid  
... And much more!

### Book #4: Body Chemistry: The Dust Of the Earth

1. Man and the Sixteen Chemical Elements
2. The Body-Building Elements - Nitrogen and Carbon
3. Foods High in Potassium and Sodium Salts
4. Calcium: "The Knitter", and Magnesium: "The Relaxer"  
... And much more!

### Book #5: Food Wisdom for a Long Life

1. "Good Morning, Doctor!"
2. Why I Should Change My Food Habits
3. What Our Outside Tells Us About Our Inside
4. Four Chemical Elements You May Lack

### Book #6: Master Feeding Program

1. Dr. Jensen's Master Feeding Advice
2. Jensen's Health and Harmony Food Regimen
3. My Supplementary Feeding Program  
... And much more!



Master Nutrition Course  
6-Volume set

**99800**

Master Nutrition Course \$70 (\$8 s/h)

## ARE YOU CONFUSED ABOUT HEALTH ?

It seems the more books you read and the more people you listen to about health, the more confused you get. One author tells you to eat this and not that. The next author tells not to eat that food but to eat what the first author told you not to eat.

Health should be a science. There shouldn't be so many conflicting views. Everyone likes to theorize about health, and most of them sound very convincing. It's difficult to distinguish what's valid and what's not. Our advice would be to stay away from theories. You don't want to be experimenting with your own health. You don't want to find out a few years later that the author was wrong in his assumptions.

As we know, practical knowledge is much more valid than theoretical knowledge. So, if you want to know the practical way to live a long, happy and healthy life, then you must learn it from people who live it. What you should be doing instead of listening to people's theories is finding out what the old and healthy people throughout the world are doing.

The best examples of health and longevity are people like Li Chung Yun (256 years old) of China, Shirali Mislumov (168 years old), and Shirin Gasanov (153 years old) of Russia, and Peter Martin (185 years old) of Hungary.

Dr. Bernard Jensen did just that. He spent over 65 years researching and interviewing the world's oldest people. He traveled to over 60 different countries in seeking out the world's health secrets.

The information found in Dr. Jensen's books is invaluable. Listed below are books and videos that we recommend highly. They should be part of everyone's library. Descriptions of his books are found in the back of this catalog.

## DR. BERNARD JENSEN

### HIGHLY RECOMMENDED BOOKS

**33965** Foods That Heal - \$18.00  
**26980** Dr. Jensen's Guide to Better Bowel Care - \$15.00  
**50170** Juicing Therapy - \$15.50  
**99800** Master Nutrition Course - \$70

Add \$6 S/H to total order

**Getting well may be a matter of educating rather than medicating.**

**Dr. Bernard Jensen**

## REGAIN HEALTH BY MOVING YOUR LYMPH

Improving your lymph flow is essential in getting healthy. Flushing out toxic waste and moving white blood cells to fight foreign invaders and malignant cells are some important functions of the lymphatic system. On page 26, we will discuss the importance of exercising regularly to keep the immune system strong. Exercise does this by moving the lymph fluid throughout the body.

The big problem is sick people are always tired and don't have the energy to exercise. Sick people are sleeping and resting in bed most of the time. Also, many of them are in pain, and it's very painful for them to exercise. For many years, we didn't have an answer to help these customers.

Recently, we read about a naturopathic doctor who was trained in many advanced forms of lymphatic drainage techniques. He had advanced training in Dr. Vodder's Manual Lymphatic Technique, Chagnon Lymphatic Work, Chapman Reflex Lymphatics, traditional lymphatic drainage in addition to over 20 other forms of therapy with 25 years of private practice. It really caught our attention when he said the effects of 15 minutes on the "Sun Ancon Chi Machine" is equivalent to doing an hour of manual lymphatic drainage.

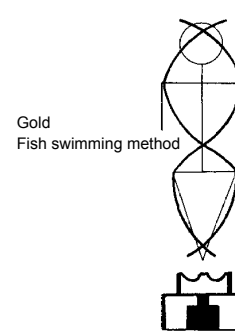
We tested this chi machine, and it worked wonders. It really helps with moving the lymph fluid throughout the body. Most people using it for the first several times will notice their urine turning very dark and having a strong odor. That's your lymph flushing out waste through your kidneys. Now, we have an answer for the sick who are too weak and tired to exercise. The chi machine is a wonderful tool.

### How to use the Sun Anacon Chi Machine

Using the chi machine doesn't require any effort. You just lie down on your back with your ankles on the machine. Set the timer for 5 to 15 mins and relax. The chi machine's side-to-side swing motion will do all the work in moving the lymph throughout your body.

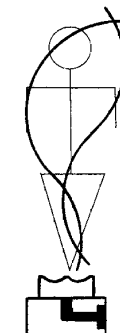


**HTE02** Sun Anacon Chi Machine  
 Price: \$470 (\$20 s/h)



Gold Fish swimming method

Sun Anacon



It may cause spinal injury

Copy Cat Product

Not all chi machines are alike.

Sun Anacon is the original chi machine. It moves in a symmetrically balanced gold fish swimming swing motion. Many cheaper copy-cat chi machines may cause spinal injury due to an asymmetrical swing motion.

## HEALING WITH FAR-INFRARED

The first time we heard of far-infrared therapy was in an article from Alternative Medicine magazine (Sept 2000, issue 37) titled "Too Hot For Cancer". The article discussed a renowned alternative cancer center in Bad Aibling, Germany called St. George Hospital where they used conventional and complementary cancer treatments. Their complementary treatments included hyperthermia (far-infrared), electrotherapy, detoxification, nutrition and psychotherapy.

Please keep in mind, Perfect Health does not endorse or recommend hyperthermia or other cancer treatments at St. George Hospital as a form of treatment for cancer. Cancer is a very serious life-threatening disease and conventional therapy should be your first step in treatment. If you choose to use hyperthermia (far-infrared) therapy while being treated for cancer, please check with your doctor.

So what is far-infrared therapy? It's simply heat therapy. If you sprain your ankle, you ice it first and then you apply heat to warm the injured area to speed up healing. Heat increases blood circulation which brings more nutrients and oxygen to an area. Heat also induces sweating which helps with detoxification through the pores of the skin.

The difference between a far-infrared heating lamp and a heating pad is the depth at which the heat penetrates. Far-infrared light can penetrate up to 1-1/2 inches where heating pads mostly heat at the skin's surface. Far-infrared saunas induce two to three times the sweat volume of conventional saunas while operating at a much lower temperature (110-130 deg F vs 180-235 deg F)

Infrared light is invisible to the human eye but we do experience it as heat. On a color spectrum, it would appear just beyond the red side of the rainbow. Sunlight contains the damaging UV waves, the visible light that we see and the warm healing infrared waves.

In energy healing, it's been said that healers emit energy or heat radiating from their hands to heal. The Chinese Chi-Gong masters claim to send out chi from their palms to heal. Current research conducted in Taiwan has measured significant far-infrared energy emitted from the hands of Chi-Gong masters.

### FIR Hot House



#### Benefits:

- \* Increases circulation
- \* Soothes aches and pains
- \* Increases relaxation
- \* Speeds up healing
- \* Induces sweating
- \* Makes you feel good

**HTE03** FIR Hot House  
Price: **\$889** (\$20 s/h)

#### Safe

Temperature is automatically controlled by a built-in, specially-designed regulator allowing only a safe set temperature. A safety device is also built in to prevent overheating due to any malfunctions.

#### Portable and simple to operate

Many far-infrared setups are big enclosed saunas. The hot house is small and portable and can easily be carried around. It's simple to operate, you just plug it into the wall, set the timer and relax. Electricity is very inexpensive, it costs about 5 cents per hour to operate.

## WHOLE FOOD CONCENTRATES



(446E) 60 Caplets - \$17

### AIM CRANVERRY®

Cranberry juice often is recommended for its positive effects on the urinary tract. Cranberries supply a good source of iodine, a trace mineral that is essential for the proper function of the thyroid.

CranVerry is made from concentrated juice, minus the fiber, making it easier for your body to absorb the available nutrients. CranVerry contains no added sugar.



(219E) 90 Capsules - \$22

### AIM BEAR PAW GARLIC®

Bear Paw Garlic (alpine wild garlic) is garlic with a difference. It comes from Allium ursinum (other garlic products come from Allium sativum) and the leaves of the plant, not the bulb, are used.

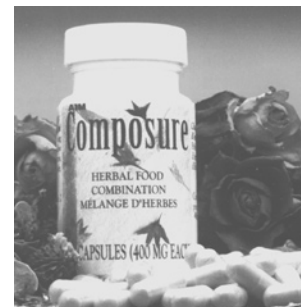
Alpine wild garlic contains higher amounts of the same active substances in domesticated garlic. In addition, it contains many more active substances not found in domesticated garlic.



(2120E) 60 Capsules - \$37

### AIM PROANCYNOL® 2000

Discover the antioxidant properties of proanthocyanidins (OPCs) with Proancynol. The antioxidants in Proancynol come from green tea, pine bark, and grape seed, and are 50 times more potent than those found in vitamin E, and 20 times more potent than those found in vitamin C. This is one of the strongest OPC formulas available today!



(419E) 60 Capsules - \$20

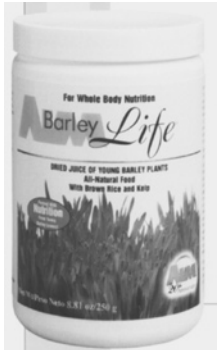
### AIM COMPOSURE®

In our modern world, with our hectic schedules and busy lifestyle, there are times when we feel tense and stressed. Composure contains eight soothing extracts of herbs to help you relieve stress.

Ingredients: shavegrass, marshmallow root, slippery elm bark, oat straw, Irish moss, alfalfa, passion flower, and yucca.

## WHOLE FOOD CONCENTRATES

Whole Food Concentrates shipping charges: Add \$6 to total order.



(4012E) 10.58 oz powder - \$45

### AIM BARLEY LIFE®

Barley Life is a whole food concentrate powder that captures the nutrients of young green barley grasses. It contains naturally occurring vitamins, minerals, enzymes, chlorophyll, protein (amino acids), and antioxidants.

Directions:

Mix with water or your favorite juice.

Take on an empty stomach, 30 min before or 2 hours after a meal.

Adults: Start with 1 teaspoon per day and gradually increase serving to 1 teaspoon 2 to 3 times per day.

Children: ¼ to ½ adult dosage..



(674E) 14.1 oz powder - \$42

### AIM JUST CARROTS®

Just carrots takes a half pound of organic carrots and turns it into a convenient 10 grams serving of 100% pure carrot juice crystals. Using a unique low temperature processing method, the fiber is removed from the carrots and the juice is crystallized, resulting in a residue-free, delicious, easy-to-drink mix.

Just Carrots contains all the nutrients found in fresh carrot juice.

Each 14.1 oz canister will produce thirty-three 6 oz glasses of carrot juice.



(1209E) 8.8 oz powder - \$32

### AIM REDIBEETS®

RediBeets takes a half pound of fresh organic beets and turns it into a convenient teaspoon serving of crystals. Using a unique low temperature processing method, the fiber is removed from the beets and the juice is crystallized, resulting in a residue-free, delicious, easy-to-drink mix.

RediBeets contains all the nutrients found in fresh beet juice. Beet juice helps build red corpuscles and contains a high-quality iron used easily and efficiently by our bodies.

Each 8.8 oz canister will produce twenty 6 oz glasses of beet juice.

## EASIEST BLENDER TO USE AND CLEAN

If you're like most people, you probably don't use your blender everyday. Just the thought of putting it together and taking it apart to clean keeps you from getting started. Plain and simple, it's a pain to use unless you're going to blend for many people.

Wouldn't it be great to prepare fresh smoothies, blended soups, salsa, pates, baby food and more without the hassles of a big blender. Yes, it would be wonderful, and it is now possible using the NEW Personal Blender.

The Personal Blender is a small portable blender that is as powerful as most good blenders but is as easy to clean as a drinking glass. You can use and clean the Personal Blender in less than one minute. For such a small machine, it has a powerful 200 watt motor that is powerful enough to crush ice. It can easily blend nuts and seeds into butters and flax seeds into flax seed meal.

All you mothers who want to make fresh baby food, here's your answer. You don't have to fill your big blender full to make it worth your while. You can make ½ to ¾ of a cup at a time. And remember, it's simple to use and clean.

### Benefits of the Personal Blender

#### Drink right from the blending container

- Your blender container is your cup. It saves you time from washing your blender and the cup you pour your drink into.

#### Convenient storage

- Each container comes with a screw on lid. You can store your leftover drink or food by simply screwing on the airtight lid and putting it in the refrigerator.

#### Easy to clean

- The container is as easy to clean as a 16oz glass. To clean, you put a little soap and water in the blender, run it for a few seconds and rinse. You're done.

#### Lightweight, compact and portable

- It's very small and compact. It weighs less than 3 pounds. Good to travel with.

#### Powerful Results

- It contains a powerful 200 watt motor. No problem in crushing ice, nuts, beans and seeds.

### Personal Blender



Personal Blender Includes:

- 2 - 16oz Blender containers with lids
- 1 - Four prong blender blade
- 2 - 8oz Grinder containers with lids
- 1 - Two prong grinder blade

**TB02 Personal Blender \$90 (\$9 s/h)**

## Juicing Nutrition Without The Hassles

Our company started in 1991 selling juicers. What we have found over the years was that after 3 months, most customers stop juicing. Even though we've always recommended the easy-to-use-and-cleanup juicers, juicing is still a lot of work. We all have busy lives. Most people are excited when they first get their juicer, but after a few months of buying and hauling large quantities of heavy produce, washing, scrubbing, cutting, juicing and then cleaning up, it becomes another chore.

Our busiest time has always been Jan 2nd, right after New Year's, just like the health gyms. People start their new year off right but soon after fall back into their same routine. For years we thought we needed to redesign an easier juicer. But now we've realized it's not the juicer, it's the entire process of juicing. For most people, it's just too difficult to do every day. The large amount of produce you need to buy also gets very expensive. So don't feel guilty that you've spent all that money for a new juicer that you hardly ever use. You are not alone. There are many juicers collecting dust on kitchen counters.

In the last few years, the low carb lifestyle has exploded. In the forefront are high glycemic foods. High glycemic foods are foods that raise the blood sugar very rapidly and then quickly drop the blood sugar back down. High glycemic foods put heavy work on the pancreas, which can lead to serious health problems. Carrot, beet, apple, and other sweet juices have a very high glycemic index. These juices are very high glycemic because once the fiber has been stripped out, their sugar content quickly rushes into the blood. Since these are the most common juices, it's important you don't overdo it.

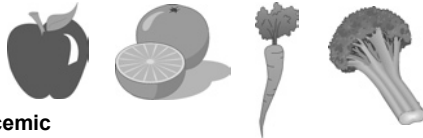
### Fruit & Vegetable Blend Juicing Capsules

\* **Contains all the nutritional benefits of fresh juices - naturally occurring vitamins, antioxidants, minerals, phytochemicals, enzymes and some fiber.**

\* **Simple and convenient.**

\* **Inexpensive**

\* **Sugar is removed - Low Glycemic**



These juicing capsules are made from the freshest, highest quality fruits and vegetables. They are carefully tested every step of the way to ensure that no pesticides or other contaminants affect the natural purity of the product. These fruits and vegetables are juiced to extract their nutritional essence, then reduced to powder using a proprietary process. This carefully monitored process is never exposed to high temperatures. Most of the active plant food enzymes and other vital nutrients found in the fresh, raw fruits and vegetables remain intact, making these capsules the next best thing to actually eating fresh, raw fruits and vegetables.

Fruit Blend - apples, oranges, pineapples, cranberries, peaches, papaya and acerola cherries. (Vitamin C of 4 oranges)

Vegetable Blend - carrots, barley, parsley, beets, kale, broccoli, cabbage, oats, spinach and tomatoes. (Beta Carotene of 3 carrots, more Vitamin E than several servings of spinach and broccoli)

Directions: For everyday maintenance 2 Fruit Blend capsules in the morning and 2 Vegetable Blend capsules at night.

#### JP01

Fruit Blend (60 Capsules) and Vegetable Blend (60 Capsules) - **\$50**

#### JP04

4 Fruit Blend (60 Capsules) and 4 Vegetable Blend (60 Capsules) - **\$180**

#### JP05 (Every 4 months Autoship)

4 Fruit Blend (60 Capsules) and 4 Vegetable Blend (60 Capsules) - **\$150**

(Add \$7.50 s/h to total order)

## Poly- MVA World's Most Expensive Supplement

Wow! \$360 for an 8oz bottle. That must be the most expensive nutritional supplement in the world. What is in it, gold? No, something even more expensive and rarer than gold, palladium and rhodium, two of the most expensive metals in the world.

We were introduced to Poly-MVA when a close friend was battling stage IV breast cancer at an alternative cancer clinic. Their program cost \$18,000 for 3 weeks. When asked why so much money, they responded the supplements they use are very expensive. Poly-MVA was the most expensive supplement they used. After reading about other alternative cancer programs using Poly-MVA, we discovered they were using as much as 4 bottles a month. That would amount to \$1440 per month. That's expensive.

If it cured cancer, that would be cheap compared to chemotherapy, radiation and the \$189 billion we spend each year treating cancer. But, we all know nutritional supplements and natural foods do not cure cancer because our medical doctors would prescribe them if they did. Cancer is a serious, life-threatening disease. If you have cancer, you should immediately seek the care of a qualified physician. Conventional therapy such as chemotherapy, radiation and surgery should be your first step in treatment.

Poly-MVA is a nutritional supplement to help support cancer patients undergoing cancer therapy such as chemotherapy and radiation. Many cancer patients undergoing chemotherapy and radiation significantly deplete many macro and micronutrients. Poly-MVA contains nutrients that will replace those depleted and will help improve the patients' quality of life. If you have cancer, please check with your oncologist before taking Poly-MVA or any other nutritional or herbal supplement.

Poly-MVA is created through an innovative, patented proprietary process whereby palladium (a rare metal) is chemically bound to alpha lipoic acid, a powerful antioxidant involved in cellular energy. This process dramatically increases the body's absorption of alpha lipoic acid at the cellular level and throughout the entire body. High dosages of Vitamin B1, B2 and B12 are added to this formula to help deal with the stresses associated with cancer. Amino acids (Formyl-methionine and Acetyl Cystiene), and trace amounts of Molybdenum, Rhodium, and Ruthenium are also part of this formula.



### Poly-MVA Benefits

- Less Fatigue
- Better Appetite
- Better Mental Clarity
- Overall sense of well-being

### Poly-MVA

Directions: To maintain optimum health: 1/4 to 1 teaspoon per day. For increased energy, extra support, extra cellular protection and optimum antioxidant function: 2 teaspoons 4x/day for the first week then reduce to half for the next 12 to 16 weeks.

Individuals respond differently so higher dosage may be maintained longer than 1 week if need be.

#### PMV01

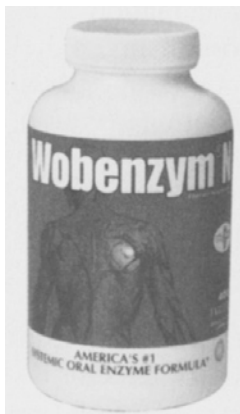
Poly-MVA (8 oz) - \$360 **On Sale \$230** (\$8 s/h)



## Wobenzym® N - Natural Pain Reliever

People suffering with headaches, arthritis, chronic back pain, including elite athletes with sport injuries will take pain relievers for pain. Long-term use of most pain relievers can cause kidney problems, gastrointestinal irritations/bleeding and ulcers. Most of you already know that pain-relieving drugs have many side effects, and if you're in pain, especially excruciating pain, nothing matters except a quick remedy.

The good news is there is an all-natural remedy, it's called Wobenzym® N. It's not a drug; it's safe with no side effects. It's simply healthy digestive enzymes. It will stop your pain quickly, improve your circulation and help you digest your food better all at the same time.



Wobenzym® N was used for pain relief by East Germany Olympic athletes in the 1970s when corticosteroids were banned from international competition. Many European clinical studies have been conducted since 1979 on measuring the effectiveness of Wobenzym® N on inflammation and pain from sports and athletic injuries. In all studies, Wobenzym® N helped reduce the inflammation and pain. It also sped up the healing of the injuries.

The studies that support Wobenzym® N are well documented. They have been published in a wide range of peer-reviewed journals. They work as well as over-the-counter pain relieving drugs, and they are safe. Many clinical studies have shown the product has no serious side effects and is safe, even when taken in large quantities or for long periods of time.

### Wobenzym® N for Lymph Circulation

The proteolytic enzymes in Wobenzym® N perform many important functions that improve lymphatic circulation. They help lower inflammatory levels and cause lysis, or breaking down of lymphatic plugs, restoring fluidity to lymphatic passages.

#### Directions:

Dosage - Take 3 to 5 tablets, two to three times daily, between meals. If your pain is severe, you may want to increase your dosage to 10 - 30 tablets, followed by similar or smaller amounts two or more times during the day. Since Wobenzym® N has blood-thinning properties, people on prescription blood thinners should consult their physician.

### Wobenzym® N Natural Enzyme Formula

Wobenzym® N has been used by German physicians for over 25 years. Wobenzym® N is the world's most thoroughly researched systemic enzyme preparation, is second only to aspirin in over-the-counter sales in Germany and ninth overall for sales among all "drugs" in Germany. The only difference is Wobenzym® N is not a drug; it's an all-natural supplement.

(Add \$6 s/h to total order)

#### NY43243

Wobenzym® N - 200 Tablets - \$49

#### NY43221

Wobenzym® N - 800 Tablets - \$162

#### Enzymes contained in 3 tablets:

Pancreatin 300 mg  
Papain 180 mg  
Bromelain 135 mg  
Trypsin 72 mg  
Chymotrypsin 3 mg  
Rutosid 150 mg

## CONSUMER GUIDE TO JUICERS

WHAT IS THE BEST JUICER ON THE MARKET? Is it the ACME, Omega, Champion, Juiceman, Vitamix, Phoenix, Miracle, or Norwalk? Shopping for a juicer is very confusing. Everyone gives you conflicting information.

Who do you believe? Do you believe the company that tells you the "complete juice" is the best and then tries to sell you a \$400 blender? Do you believe the health store that tries to talk you out of the juicer you want and then tries to sell you what he has on the shelf? Do you believe the man on TV that says he had the best juicer by comparing it with cheap \$40 juicers.

We're not going to tell you there is one juicer that's the best. Our goal is to educate you so you have a better understanding on what to look for in a juicer. We want you to be able to make your own decisions in selecting the right juicer for your needs. We don't want you to buy some juicer because it looks good on TV. We want you to have the facts.

Our company is made up of technical engineers and nutritional experts. The information listed below is based on our thorough technical evaluation of each machine, our knowledge in nutrition, and our years of experience with juicers. If you have any questions, feel free to talk to our technical specialists and nutritional consultants.

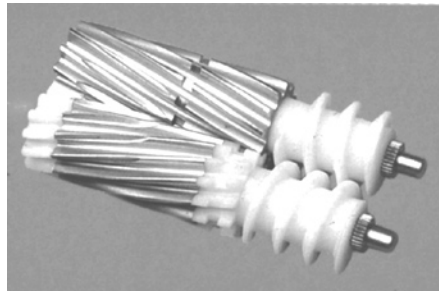
### WHAT TO LOOK FOR

- 1) EASE - This is by far the most important requirement because the easier a juicer is to use and clean up, the more often you will use it. None of the other criteria listed below matters if you don't use the juicer.
- 2) YIELD: The amount of juice extracted from the fruit or vegetable. It is important that you maximize the amount of juice extracted. An efficient juicer can get as much as 40% more juice. Juicers that eject the pulp outside the machine yield about 30% less juice than juicers that keep the pulp in the basket. 30% less juice is equivalent to throwing 1 glass of juice down the drain for every 2 glasses you drink.
- 3) TYPE - Centrifugal, Low Speed and High Speed Masticating and Hydraulic Press Juicers. Centrifugal juicers introduce oxygen into the juice, creating oxidation. Oxidation degrades nutrients not immediately but over time. To maximize the nutrients of the juice, we recommend you drink the juice as soon as you make it. Low speed masticating juicers produce a higher quality juice because they don't produce as much oxidation. High speed masticating juicers can be problematic if heat is generated. Heat will destroy nutrients on contact, unlike oxidation, which occurs over time. Hydraulic Press juicers produce very little oxidation, and therefore produce the highest nutrient juice.
- 4) JUICE QUALITY: Different juice extraction processes produce varying quality juice in terms of nutrients.
- 5) RELIABILITY - A good juicer is built to last many years. They are usually guaranteed with warranties of 5 to 10 years. An inexpensive juicer lacks reliability, and is typically warranted 90 days to 1 year. Most inexpensive juicers were not built for daily use. The cutting blade usually wears out after 2 to 4 months, and the motor burns out after your warranty expires.
- 6) POWER - A powerful motor will allow you to juice harder produce quicker without straining the motor. Power is measured by watts and not RPMs. RPMs measure the number of rotations per minute. The higher the RPM, the faster the nutrient from the produce is destroyed by oxidation. A motor rating of 450 watts or greater is recommended.
- 7) REPLACEMENT PARTS - Finding replacement parts for unknown juicers can be a nightmare. Getting replacement parts from some manufacturers can take 4 to 8 weeks. Once you get into juicing every day, 1 week is too long to go without a juicer. Imagine not having a toothbrush for 4 to 8 weeks!
- 8) CONSTRUCTION - Good juicers are made of stainless steel parts, the bowl, basket, cutting blade and lid. Most inexpensive machines are made of plastic. Plastic tends to stain with dark produce like carrots and beets and will crack if dropped during clean up.

## EXCELLENT JUICER TECHNOLOGY & THE BEST LIVE FOOD APPLIANCE



**GREEN STAR JUICER**  
(Formerly called Green Power)



**"TWIN BLADE"  
TECHNOLOGY**

### WHAT'S SO SPECIAL ABOUT GREEN STAR?

- 1) It juices almost every vegetable, fruit and sprout. It will juice everything from carrots, celery, apples, pineapple, spinach, parsley, kale, and collard greens.
- 2) Green Star extracts the pulp so you can do continuous juicing. The pulp is very dry, so you know you're not losing much juice. This new twin blade technology does an excellent job in pressing the juice out.
- 3) The nutrient quality of the juice is excellent. It's a masticating juicer turning very slowly - 110 RPMs. There is no centrifugal action, so oxidation is minimized. This type of juice is ideal for people who juice in the morning and drink it later in the day at work. The juice is stable up to 48 hours compared to 15 minutes for juice made with centrifugal juicers.
- 4) This machine was designed for the Live Food lifestyle. The low RPMs prevent heat from building up during the masticating process. It does an excellent job in grinding (without heating) all your raw nut butters like almond and sesame. All your sprouted grains like sprouted wheat go through nicely and come out very smooth. Frozen desserts, like banana ice-cream, come out just perfect.

### HOW RELIABLE IS THE PRODUCT? WILL THE COMPANY BE AROUND WHEN I NEED THEM?

Green Star is definitely today's leading edge juicer technology. Green Power (new model now called Green Star) won the grand prize at the 9th Annual International Invention/New Product Expo held in Pittsburgh, in May 1993. It offers everything you ever wanted in a juicer and more. But leading edge technology is not everything. Long-term reliability of the product and the strength of the manufacturer standing behind it are also important.

Green Star is not a new product. It's been in the US market for 13 years. Its reliability has been put to the test with minor problems. This latest model, Green Star has corrected previous problems. Our engineers were very impressed with the high quality and advanced technology of this machine.

These days, many small startup companies are marketing the latest and greatest products. Be careful, because many of them will not be around 5 years from now. Our company has been in the juicer business 17 years. We've seen many juicer companies come and go. We've seen startup juicer companies offering lifetime warranties, but today they're not around to honor their warranties. We recommend you stick with a company with a good proven track record in case you need parts or repair.

## PROBIOTICS: Good Bacteria vs Bad Bacteria

Not all bacteria are bad. We're sure most of you have heard of friendly flora in the colon. They help fight off bad bacteria that may cause infections, diarrhea and a host of illnesses. We cannot get rid of all the bad bacteria in our body, but we can improve the ratio of the good versus bad bacteria in our colon.

In our opinion, the liberal use of antibiotics prescribed by doctors to kill bacterial infections is a major cause of the good bacteria being destroyed. Antibiotics indiscriminately kill good and bad bacteria very quickly. Chlorine is another one. It's used to kill bacteria in our drinking water. Chemicals in our food, pollution and poor diet are also factors that reduce the good bacteria.

Probiotic supplementation is an excellent way to start building a healthy floral colony. After researching many different brands of probiotics, we are excited to tell you about Primal Defense™. Most probiotic formulas we've researched contain 2 or 3 strains such as Lactobacillus Acidophilus and Bifidobacteria Bifidum. Primal Defense™ uses Homeostatic Soil Organisms (HSOs) which contains 14 probiotic strains. These are beneficial microorganisms that were found naturally in our soils before modern farming. Today, most of these living organisms have been wiped out due to the pesticides, herbicides and chemical treatments of our soils. Some experts have said that ingesting these HSOs is like eating a plant grown in pristine soil thousands of years ago.

The 14 strains are:

Lactobacillus Acidophilus, Lactobacillus Salivarius, Lactobacillus Plantarum, Lactobacillus Brevis, Lactobacillus Rhamnosus, Lactobacillus Paracasei, Lactobacillus Caseii, Bifidobacterium Breve, Bifidobacterium Lactis, Bifidobacterium Longum, Bifidobacteria Bifidum, Saccharomyces Boulardii+, Bacillus Subtilis, Bacillus Lichenformis.

All strains are grown in a non-dairy nutrient-rich substrate of 100% bio-available predigested Superfoods (Spirulina, Chlorella, Dunaliella, Kamut Grass, Wheat Grass, Barley Grass, Oat Grass, Alfalfa Grass), Whole Food Blend containing PhytoSterols/Sterolins (Sweet Potato, Flax Seed, Sesame Seed, Sunflower Seed, Pumpkin Seed, Ginger), Ionic Plant Based Minerals.

Primal Defense™ does not contain live cultures; therefore, they are not temperature and age sensitive and require no refrigeration. The HSOs in Primal Defense are made dormant using the Microflora Delivery System, which protects the probiotics and delivers them directly to the GI tract where they multiply and flourish.

A simple test you can try at home to measure the ability of a probiotic to produce enzymes and break down or predigest food is to simply add the probiotic you're testing to 2-4 ounces of milk and leave at room temperature for 24-48 hours. If the milk changes to a thick yogurt-like consistency, that shows it's working.

### Primal Defense™

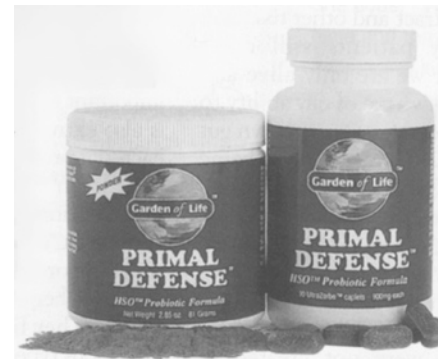
**GOL01**  
Primal Defense Powder - \$45

**GOL02**  
Primal Defense 90 Caplets - \$45

(Add \$6 s/h to total order)

#### Directions:

Adults may take 1 caplet 3 times per day with 8 oz of water or juice. For advanced usage take 6-12 caplets per day for 90 days, followed by a maintenance level of 3 per day for life. Best taken on an empty stomach. Children 12 and under may take 1 caplet per day. Safe for all ages. Great for pets.



## OXYGEN - Nature's Natural Healer

Oxygen therapy has been a very controversial subject in the alternative health field. Proponents for oxygen therapies like ozone and hydrogen peroxide therapies have made outrageous claims like cures for Cancer, Aids and almost every other incurable disease. Opponents of oxygen therapies have said just the opposite that it is extremely dangerous because of the unstable oxygen free radicals. Please keep in mind, Perfect Health does not recommend or endorse oxygen therapy as a form of treatment for a disease.

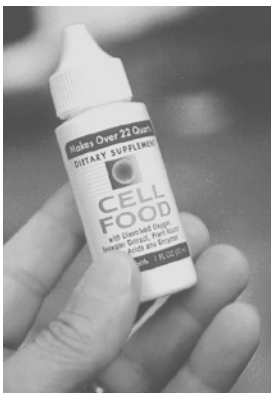
For many years, we've stayed far away from oxygen products because we did not want to introduce our trusted customers to products that could potentially be harmful. Although there were many positive health benefits by adding more oxygen to the body, we purposely stayed away because we could not support a supplement that possibly might introduce more free radicals to the body.

Recently, we were introduced to a very stable oxygen product call "Cellfood." It was invented in 1946 by Everett Story, a man who was called "a genius" by Albert Einstein himself. Everett Story developed a "water splitting" technology - a process that could cause oxygen and hydrogen to split from one another and be released from the water. Unfortunately, in the 1940s, the military got hold of his technology, which they later used to create the hydrogen bomb.

After the war, Everett Story vowed never again to have anything to do with destruction of any kind. Soon after, Storey and his colleagues discovered a more personal crisis: they were dying of radiation poisoning resulting from their exposure to nuclear testings. He then developed Cellfood using the same water-splitting technology. By utilizing hydrogen's deuterium isotope, a blend of required trace minerals, enzymes and amino acids, he created an electromagnetic equation that could release vital oxygen and hydrogen into the bloodstream, remove toxic radiation, add nutrients and rebuild the body. It worked, this formula saved his life and restored him to health.

The free radical concerns we had of other oxygen products had been solved in Cellfood due to Everett Story's unique water splitting technology. Free radicals are positively charged ions of oxygen. Cellfood releases negatively charged nascent oxygen molecules. In fact it's an antioxidant, it seeks out and neutralizes these dangerous free radicals in the body.

### Original Cellfood



Each batch takes over 9 months to produce. Cellfood is shipped with a 10-year expiration date. However, actual 25-year old samples have tested to be as potent as when originally bottled.

#### Directions:

Adults - 8 drops in 8 ozs purified water or juice, 3x a day. Children use 1/4-1/2 that amount.

720 drops per 1oz bottle.

#### Benefits:

- Oxygenates the body's cells
- Increases energy
- Boosts the immune system
- Detoxifies the body
- Normalizes pH levels
- Increases cellular respiration
- Balances body's metabolism
- Delivers nutrients in an ionic form
- Increases absorption of other nutrients

#### LH02 Original Cellfood 1oz - \$25.00

Cellfood is not just an oxygen product, it's a combination formula containing dissolved oxygen, 78 ionic minerals, 34 enzymes, 17 amino acids, and electrolytes. It oxygenates, cleanses and feeds every cell in the body.

#### LH03 Cellfood Oxygen Gel 2oz - \$27.00

Helps rejuvenate & revitalize skin with aloe and chamomile.

#### LH04 Essential Silca 4oz - \$30.00

Helps support bones, joints, skin, hair, teeth, heart & brain.

(Add \$6 S/H to total order)

## LOW SPEED MASTICATING JUICERS



### Green Star

TYPE: Low speed masticating twin gear  
 EASE: Medium to Difficult to operate and clean.  
 YIELD: 20 to 35% more juice than self-extracting pulp centrifugal juicers.  
 JUICE QUALITY: Excellent nutrient quality juice. Juice will store 48 hours.  
 RELIABILITY: 5 year warranty  
 POWER: 190 watts motor. 110 RPM. (4 HP equivalent)  
 REPLACEMENT PARTS: All parts are readily available.  
 CONSTRUCTION: Plastic construction with stainless steel gears.  
 COMMENTS: Recommended for the serious juicer. It does take time to clean and operate the machine. The juice quality is excellent.

GS02 Green Star \$580 (\$27 s/h)



### Omega 8001 Wheatgrass Juicer

TYPE: Low speed masticating single gear  
 EASE: Medium to Difficult to operate and clean.  
 YIELD: 20 to 35% more juice than self-extracting pulp centrifugal juicers.  
 JUICE QUALITY: Excellent nutrient quality juice.  
 RELIABILITY: 5 year warranty  
 POWER: 150 watts motor. 80 RPM. (2 HP equivalent)  
 REPLACEMENT PARTS: All parts are readily available.  
 CONSTRUCTION: Plastic construction with plastic gears.  
 COMMENTS: Highly recommended for wheatgrass.

OM08 Omega 8001 \$250 (\$22 s/h)

## THE JUICER LINE UP

7001  
Discontinued  
Model



Optional  
Citrus Attachment

### ACME

**TYPE:** Centrifugal without self extracting pulp mechanism.  
**EASE:** One of the easiest to use and clean. Disposable filters allow easy clean up.  
**YIELD:** 20 to 35% more juice than self extracting pulp juicers.  
**JUICE QUALITY:** Cleanest pulp free juice. Good nutrient quality juice as long you drink it right away.  
**RELIABILITY:** 5 (5001) and 10 (6001) year warranties  
**POWER:** 550 watts motor. 3600 RPM.  
**REPLACEMENT PARTS:** All parts are readily available.  
**CONSTRUCTION:** Plastic Bowl and Lid (5001); Stainless Steel Bowl and Lid (6001)  
**COMMENTS:** Highly recommended.

**AM06** Acme 6001 **\$270** (\$18 s/h)  
**AM05** Acme 5001 **\$195** (\$18 s/h)

### OMEGA 1000 (formerly OLYMPIC)

**TYPE:** Centrifugal without self extracting pulp mechanism.  
**EASE:** One of the easiest to use and clean. Disposable filters allow easy clean up.  
**YIELD:** 20 to 35% more juice than self extracting pulp juicers.  
**JUICE QUALITY:** Cleanest pulp free juice. Good nutrient quality juice as long you drink it right away.  
**RELIABILITY:** 10 year warranty  
**POWER:** 630 watts motor. 3600 RPM.  
**REPLACEMENT PARTS:** All parts are readily available.  
**CONSTRUCTION:** Stainless Steel Bowl, Plastic Lid  
**COMMENTS:** Highly recommended

**OM01** Omega 1000 **\$215** (\$18 s/h)



## CHLORELLA THE ANTI-AGING FOOD

When Dr. Jensen went to visit Charlie Smith, the oldest living American, Charlie was 135 years old. He was healthy, clear-minded and had a wonderful memory. Dr. Jensen's first question was "What have you been eating for the last 30 years?" Charlie's reply was canned sardines and crackers.

Dr. Jensen couldn't believe it. But after some investigation, he found out that canned sardines were the highest-known food in RNA. Eating foods high in RNA/DNA provides the material for the repair and production of human RNA/DNA. It is the breakdown of RNA and DNA in the cells that is believed to be a major factor in aging and in degenerative diseases.

Today, research from Japan has shown chlorella pyrenoidosa, a green single-cell fresh water alga, to be the highest-known food source in RNA. Chlorella is 20 times greater than sardines in RNA. (Sardines are 0.59% RNA, Chlorella is 10% RNA.)

There is also another amazing property of chlorella called the "Chlorella Growth Factor" (CGF). This is a property that has baffled scientist throughout the world. Scientists have not been able to explain why chlorella grows faster than any food crop known to man. It quadruples itself every 20 hours. When the CGF is consumed into the human body, it dramatically increases the rate of rebuilding and healing in tissues and it multiplies the growth rate of the lactobacillus (beneficial bacteria) in the bowel.

### OTHER BENEFITS OF CHLORELLA

**HIGH CHLOROPHYLL** - highest chlorophyll in any known plant source

**HIGH B<sub>12</sub>** - Chlorella and a few other algae are the only plant sources that contain any significant amounts of this vitamin. If you're a vegan, this vitamin is essential because it is not found in any other vegetable source. Lack of vitamin B12 is a common problem in ALL VEGAN DIETS. Deficiencies of B12 can lead to pernicious anemia and impairment of brain and nerve tissue that may result in permanent neurological damage. A major concern with B12 deficiency is that it is not easily recognized before it has already caused physiological damage.

**HIGH PROTEIN** - Beef, Chicken, and fish are 18 to 30% protein. Chlorella is 60% protein.  
**HIGH IRON, HIGH CALCIUM** - One tablespoon of chlorella provides 320% of the RDA of iron and 120% of the RDA of calcium.

**VITAMIN A, FOLIC ACID, NIACIN, ZINC** are all rich in chlorella.

Chlorella seems to have everything necessary to rebuild health. We've only mentioned a few of the many benefits of chlorella. There are hundreds of scientific research papers documented in Japan on the health benefits of chlorella. Chlorella is the best-selling health food in Japan.

### Sun Chlorella

This is the brand of chlorella we recommend due to the cleanliness and quality control of their facility. They also are the only one using the patented dyno-mill process which allows easy digestibility.

Chlorella Granules (1 pack per day)  
**SC01** 20 packs - **\$30.00** (\$6 S/H)  
**SC02** 100 packs - **\$130.00** (\$6 S/H)

Wakasa Gold - Chlorella Extract  
 (1 oz per day)  
**SC03** 33 oz - **\$150.00** (\$8 S/H)  
 15 times more concentrated in RNA/DNA and CGF than granules.



## BARLEYGREEN FOR SUPER NUTRITION



**23E Barleygreen**  
7 oz powder **\$40** (\$6 S/H)

Many of our customers have been asking where are all the wheatgrass juicers we carried in the past. Well, we stopped carrying them two years ago because since then we've discovered something even better-- Barleygreen. It's more nutritious, it tastes better, you don't have to deal with growing and juicing it and the results we've seen have been just incredible!

You're probably asking how we can even compare a dried-up green juice powder against fresh wheatgrass juice. We asked that same question a few years ago when we saw all these raw foodists and natural juicing therapy cancer practitioners using Barleygreen. Dr. George Malkmus in his all-raw Hallelujah Diet was using Barleygreen as

his main raw food. Dr. Malkmus has the largest raw food following with over one million people that have been on his all-raw Hallelujah Diet. Dr. Lorraine Day, MD in her personal triumph against breast cancer was juicing freshly made carrot juice and consuming Barleygreen. Dr. Francisco Contreras, MD, who runs the Oasis of Hope Cancer Hospital in Mexico, was using nutrition and Barleygreen on his patients. Dr. Julian Whittaker, MD was interviewed and he talked about using Barleygreen.

Why were these raw foodists and highly respected alternative care practitioners who used juicing and natural foods in their healing program using Barleygreen? Our investigation led us to Dr. Yoshihide Hagiwara, MD, the scientist behind Barleygreen. Dr. Hagiwara has a long and distinguished history in medicine and pharmacology. In fact, he owned one of Japan's largest pharmaceutical companies until he discovered the chemicals used to make his drugs were slowly killing him. At the age of 38, his hair had turned gray, his teeth had decayed and his mental health had declined.

In desperation, he quickly changed his attention to nutrition and natural healing. He has spent over 30 years researching green foods and is considered the world's foremost authority on green foods. Almost every research paper on chlorophyll and green food nutrition has reference to his research. We've received many information packets from other green food manufacturers that reference Dr. Hagiwara's research.

He had extensively tested over 400 green plants and algae and has found barleygrass to have the widest spectrum of naturally occurring nutrients from a single source. Essentially, he's saying it's the most nutritious single food that we know of on planet earth. That's a big statement but he has the credentials and research to back it up.

Once barleygrass was identified to be the most nutritious food, the big problem lay in processing the juice into a powder without destroying the valuable nutrients. Dr. Hagiwara had to develop his own patented spray dry in a vacuum process because every industry process he analyzed from freeze drying to heat drying was destroying the most essential nutrients in the barleygrass juice. Barleygreen is the only product produced this way. Processing is done at a low temperature and in a vacuum. This process is probably the best in the industry to preserve the live enzymes.

Now, do you know why we don't bother with wheatgrass juice? Growing and juicing wheatgrass is a tremendous amount of work. With Barleygreen, you simply scoop it out of the bottle and mix it with water or juice. You can even scoop it straight into your mouth under your tongue for instant nutrition. The testimonies are unbelievable. People are reporting more energy. People are telling us they're not getting any colds and flues anymore because their immune system is stronger. And the healing taking place -- Wow! The testimonials we've heard would knock your socks off.

You have to try it! We're confident Barleygreen will make a big difference in your health, as it has with hundreds of thousands of other people. It's amazing what the human body does when given super nutrition.

### OMEGA 9000

**TYPE:** Centrifugal without self extracting pulp mechanism.  
**EASE:** One of the easiest to use and clean. Disposable filters allow easy clean up.  
**YIELD:** 20 to 35% more juice than self extracting pulp juicers.  
**JUICE QUALITY:** Cleanest pulp free juice. Good nutrient quality juice as long you drink it right away.  
**RELIABILITY:** 15 year warranty  
**POWER:** 630 watts motor. 3600 RPM.  
**REPLACEMENT PARTS:** All parts are readily available.  
**CONSTRUCTION:** Stainless Steel Bowl, Stainless Steel Lid  
**COMMENTS:** Highly recommended

**OM09 Omega 9000 \$250** (\$18 s/h)



### OMEGA 4000

**TYPE:** Centrifugal with self extracting pulp mechanism.  
**EASE:** Easy to use, clean up is simple however the plastic does stain with some dark produce.  
**YIELD:** 20 to 35% less than Centrifugal Juicer  
**JUICE QUALITY:** Nutrient quality is good as long you drink it right away.  
**RELIABILITY:** 15 year warranty  
**POWER:** 456 watts motor, 5200 RPM  
**REPLACEMENT PARTS:** All parts are readily available.  
**CONSTRUCTION:** Stainless Steel Bowl and Plastic Lid.  
**COMMENTS:** Good juicer to juice more than a quart of juice at a time.

**OM04 Omega 4000 \$250** (\$18 s/h)



**JUCEMAN II**

TYPE: Centrifugal with self extracting pulp mechanism.  
 EASE: Easy to use, clean up is simple however the plastic does stain with some dark produce.  
 YIELD: 20 to 35% less than Centrifugal Juicer  
 JUICE QUALITY: Juice is not completely pulp free. Nutrient quality is same as centrifugal juicer.  
 RELIABILITY: 1 year warranty  
 POWER: 690 watts motor, 6300 RPM  
 REPLACEMENT PARTS: Available.  
 CONSTRUCTION: Plastic Bowl and Lid.  
 COMMENTS: Good juicer to juice more than a quart of juice at a time.  
**JM02 Juiceman II \$180 (\$18 s/h)**



**JUICELADY**

TYPE: Centrifugal with self extracting pulp mechanism.  
 EASE: Easy to use, clean up is simple however the plastic does stain with some dark produce.  
 YIELD: 20 to 35% less than Centrifugal Juicer  
 JUICE QUALITY: Juice is not completely pulp free. Nutrient quality is same as centrifugal juicer.  
 RELIABILITY: 1 year warranty  
 POWER: 690 watts motor, 6300 RPM  
 REPLACEMENT PARTS: Available.  
 CONSTRUCTION: Stainless Steel Bowl and Plastic Lid.  
 COMMENTS: Good juicer to juice more than a quart of juice at a time.  
**JL02 Juicelady \$200 (\$18 s/h)**

**REBOUND EXERCISE**

Rebounding is the only exercise we know of that meets all three requirements: it exercises nearly all 75 trillion cells, it provides the least amount of stress to the joints, and it's convenient to use 3 to 5 times per day.

**And it's fun for everyone: Kids, Adults and Seniors.**

**Just 5 mins, 3 times a day will keep the doctor away.**

**The perfect senior exercise**



Stabilizing Bar

**Keep an eye on the kids**



Carrying Case

**Great for travelling or taking to the office**

**Needak Rebounders**

- Permatron mat (unlike nylon, canvas or plastic) is a unique fabric that will not stretch out of shape.
- #80 carbon steel springs - high grade of wire to make the springs
- Folding model available
- Stabilizing bar available so even the seniors and handicapped can use it sitting down.
- Soft bounce model offer's an additional 20% shock absorption.
- 5 year warranty, designed to last a lifetime

<b>ND01</b> Needak Folding Rebounder .....	<b>\$250</b> (\$22 S/H)
<b>ND02</b> Needak Soft Bounce Folding Rebounder * .....	<b>\$250</b> (\$22 S/H)
<b>ND03</b> Needak Non-folding Rebounder .....	<b>\$220</b> (\$35 S/H)
<b>ND04</b> Needak Non-folding Soft Bounce Rebounder * .....	<b>\$220</b> (\$35 S/H)
<b>ND05</b> Stabilizing Bar .....	<b>\$50</b> (\$18 S/H)
	(\$12 if shipped with Rebounder)

\* Soft Bounce - people weighing under 200 lbs.

## HOW TO TRIPLE YOUR IMMUNE SYSTEM IN 1 MINUTE

Your body is constantly being attacked by bacteria, viruses, fungi and parasites. They're everywhere, on your skin, in your mouth, in your lungs, in your digestive system and even in the membrane lining your eyes. Your body is even being attacked from the inside by malignant mutating cells.

Luckily, you have an immune system made up of monocytes, neutrophils, macrophages and lymphocytes. They are more commonly referred to as your white blood cells. Your white blood cells are constantly fighting 24 hours a day to keep you healthy. They're destroying all those foreign invaders and eating up all those malignant cells. The American Cancer Society Cancer Book states: "Only when the immune system is incapable of destroying these malignant cells will cancer develop".

As you can probably conclude, your immune system is essential in keeping you healthy. So how do you keep your immune system strong and active?

Exercise is extremely important to keep your immune system strong and healthy. After a single minute of exercise, the number of white blood cells increases two to three times normal. One hour after that it returns to normal.

Most of your white blood cells are located in your lymph nodes and travel through your lymphatic system. The speed in which they go after an invader depends on the speed of your lymph-flow. Body movement is what moves your lymph because your lymphatic system doesn't have a pump system like your heart in your cardiovascular system. Exercise increases your lymphatic flow as much as 10 to 30 times than at rest.

Do you now understand why people who live sedentary lives are always sick? Do you know why elderly people who sit in a chair all day long get weaker and sicker? Poor circulation refers to circulation of the lymph not the blood. Our blood has the heart to pump it, our lymph moves only when our body moves.

It is a fact, you cannot be healthy with a poor lymph flow. It's a fact, you cannot be healthy without exercising regularly. Exercise is just as important as a healthy diet and it should be done at least 3 times a day, just like you eating 3 meals a day.

### From a health prospective, these are the 3 most important considerations when selecting an exercise

- 1) All cells should be exercised - All of our 75 trillion cells in our body should be exercised, not just an isolated area of the body.
- 2) Stress on the joints should be minimal - Injury is the biggest problem that keeps people from continuing an exercise program. Getting injured is unhealthy because healthy cells are being destroyed and added strain is put onto the immune system to repair the damage. Exercises that stress the joints (knees, ankle, lower back, shins etc..) should be avoided.
- 3) Convenience - Since our lymphatic system has no pump, we must manually pump our lymph throughout the day. Exercise should be convenient 3 to 5 times per day. We don't have to exercise to a point where we are sweating or huffing or puffing. 5 to 10 minutes at a time is enough. But it must be done frequently enough throughout the day so we can continuously pump our lymphatic system.



### CHAMPION

TYPE: High Speed Masticating  
 EASE: Difficult to operate and clean. Need special brushes for clean up and need to be lubricated after each use.  
 YIELD: 20 to 35% less than centrifugal juicer  
 JUICE QUALITY: High speed masticating process creates high friction, thus heating and sometimes steaming produce. Nutrients, especially live enzymes are destroyed by heat. Juice is not completely pulp free.  
 RELIABILITY: 10 year warranty on parts, 3 year warranty on motor.  
 POWER: Household: 540 watts motor. 1725 RPM.  
 Commercial: 650 watts motor. 1725 RPM.  
 REPLACEMENT PARTS: All parts are readily available.  
 CONSTRUCTION: Stainless Steel Parts.  
 COMMENTS: Versatile machine, makes great banana ice cream and other frozen deserts, and fresh peanut butter. Can be used as a grater and homogenizer. As a juicer, it's difficult to use and the juice is heated up.

CP01 Champion Household Juicer **\$220** (\$27 s/h)  
 CP03 Champion Commercial Juicer **\$260** (\$27 s/h)



### CHAMPION GRAINMILL ATTACHMENT

Adjustable for coarse or fine grinding.

Ideal for making your own flour, corn meal, and other dried grain materials.

CP02 Champion Grainmill **\$75** (\$8 s/h)



### MIRACLE ULTRAMATIC (MJ-7000-1)

TYPE: Centrifugal with Self Extracting pulp mechanism  
 EASE: Easy to use, clean up is simple.  
 YIELD: 20% to 35% less juice than a centrifugal juicer  
 JUICE QUALITY: Juice is not completely pulp free. Nutrient quality is same as centrifugal juicers.  
 RELIABILITY: 3 year warranty  
 POWER: 450 watts motor. 6300 RPM.  
 REPLACEMENT PARTS: All parts are readily available.  
 CONSTRUCTION: Stainless Steel Bowl and Lid.  
 COMMENTS: Great juicer for making large amounts of juice.

MR01 Miracle Ultramatic MJ-7000-1 **\$260** (\$18 s/h)

## JUICING ACCESSORIES

### NORWALK

TYPE: Hydraulic Press  
 EASE: Most difficult and time consuming to use and clean.  
 YIELD: Highest YIELD of any juicer.  
 JUICE QUALITY: Best quality. All nutrients are preserved.  
 RELIABILITY: 12 year warranty  
 POWER: N/A  
 REPLACEMENT PARTS: Available.  
 CONSTRUCTION: ALL Stainless Steel parts.  
 PRICE: \$1900 - \$2100  
 COMMENTS: Great juicer for maximum yield and excellent juice quality. The price is usually too prohibitive for most consumers. Used mostly by health institutions.

### VITA-MIX

Comments: This machine should be classified as a blender and not a juicer. It doesn't separate the pulp from the juice. The juice is very thick and usually not drinkable, especially carrot juice. This machine goes against the whole concept of juicing. The concept of juicing is to separate the pulp from the juice so that your body can immediately take in the nutrients and not spend energy trying to breakdown the fiber.

The Vita-Mix is a good machine for blending. Most Vita-Mix owners also own another machine for juice extracting.

### PANASONIC, JUICEMAN JR, BRAUN, MOULINEX, MIRACLE MJ100, OSTER, JUICE TIGER, FINGERHUT, PROCTOR SILEX, TEFAL, HAMILTON BEACH, SINGER, PERFECT JUICER, KRUPS, ...

COMMENTS: These are all inexpensive juicers under \$100. The small, less than 450 watts motors, were not built for daily juicing. The most common complaint is that these motors are overstrained and they burn out within 6 months, right after your warranty runs out. If you plan to juice regularly, we would not recommend any of these juicers.

Buying a good juicer from the start is well worth it. It will last you 20 or more years.

### ACME Citrus Attachment

Instantly converts your Acme Juicer into a professional citrus juicer. This optional attachment gears your ACME Juicer from 3600 rpm's down to 250 rpm's providing all the power necessary to squeeze virtually every drop of juice out of oranges, grapefruit, lemons and limes.

**AM03** Acme Citrus Attachment **\$75** (\$8 s/h)

### Omega Citrus Attachment

Instantly converts your Omega Juicer into a professional citrus juicer. This optional attachment gears your Omega Juicer from 3600 rpm's down to 250 rpm's providing all the power necessary to squeeze virtually every drop of juice out of oranges, grapefruit, lemons and limes.

**OM02** Omega Citrus Attachment **\$45** (\$8 s/h)

### ACME or Omega Filters

The ACME and Omega juicers are the easiest juicers to clean with these filters. Without them, they are the hardest juicers to clean. These filters line the inside of the strainer basket, making removal of pulp very simple. Filters are made of cellulose fibers. No chlorine bleach is used. 200 filters in a pack.

**CM01** Acme/Omega Filters **\$12** (\$6 s/h)

### Champion EZ Clip

You can now attach the plastic bag to the champion juicer pulp spout without using a rubber band. The EZ Clip takes the place of the rubber band, it clips like a clothes pin around the plastic bag.

**EZ01** Champion EZ Clip **\$7** (\$4 s/h)

### Fresh Fruit & Vegetable Juices by Dr. N.W. Walker

The juicing book classic written by the originator of "juice therapy". Jay the Juiceman learned everything about juicing from Dr. Walker. In this book, Dr. Walker describes the nutrients and therapeutic benefits of different juices. A treatment program developed with Dr. Pope provides suggestions for effectively treating various ailments.

**34830** **\$8.00** (\$6 s/h)

### Juicing Therapy by Dr. Bernard Jensen, Ph.D.

This is not just another juicing book. Dr. Jensen is a doctor who believes in preventative medicine. He has received a multitude of prestigious awards and honors worldwide for his work in nutrition and the healing arts. This book details the therapeutic benefits of juice therapy based on his years of clinical experience with his patients.

**50170** **\$15.50** (\$6 s/h)

### JUICER PARTS

Champion, ACME, Omega, Juiceman, Juicelady available. Call or email us.