

## QUINT ESSENTIALS

Quint Essentials combines the power of 5 of the most powerful berries and fruits in the world, Goji, Noni, Mangosteen, Acai and OptiBerry® (a patent pending blend of Wild Blueberry, Strawberry, Cranberry, Wild Bilberry, Elderberry, and Raspberry seed extracts), in one

**GREAT TASTING**

100% Juice Drink.

There are **no preservatives** of any kind, no citric acid, **no added sugars** or sweeteners, no added water or fruit juices and no added gums etc. for taste. **JUST PURE 100% JUICE** extracted from each berry and fruit.

**THIS IS AS HEALTHY AS IT GETS.**

**Other Ingredients:**  
ABSOLUTELY NONE - JUST JUICE

**Suggested Use:** Take one to two ounces daily on an empty stomach (the bottle cap holds one ounce).

**Caution:** Always consult a health care professional before taking any dietary supplements. If you are pregnant, nursing, or have a medical condition, consult a physician before using.



**Product Benefits:**

**Goji:** Promotes Improved Memory Function, Restored Libido, Healthy Immune System Function, a Younger Looking Appearance, Proper Liver and Kidney Function, Eye Health, Balanced Blood Sugars and Reduced Anxiety and Stress.

**Noni :** Promotes Healthy Immune System Function, Increased Joint Mobility and Healthy Kidney Function. It is also A Natural Detoxifier that Alkalinizes the Body and is 100% Bio-Active and Bio-Available. In addition, it is an Analgesic for Pain and Headaches, an Anti-Inflammatory and a Daily Tonic when used with other Supplements. Conditions reported to respond to Noni are Cancer, Heart Disease, Stroke, Diabetes Types 1 & 2, Arthritis, High Blood Pressure and Obesity.

**Mangosteen:** Is an Anti-Inflammatory, Anti-Allergen, Anti-Viral and Anti-Depressant. It also assists in Lowering LDL and Promotes Healthy Immune System Function, Youthful Cellular Regeneration and Healthy Aging. In addition it Supports Cardiovascular Health by Acting as a Free Radical Scavenger.

**Acai:** Promotes Energy and Stamina, Mental Focus and Improved Sleep. It also is an Immune System Stabilizer and Promotes Healthy Cholesterol Levels. In addition, it is a Nearly Perfect Essential Amino Acid Complex and has Fatty Acid Content Similar to Olive Oil.

**OptiBerry® A Patent Pending Blend of Berries:** Promotes Healthy Brain Function and Mental Clarity, Healthy Vision, Cardiovascular Health, Urinary Tract Health and Healthy Blood Sugar Levels.

**Supplement Facts**

Serving Size: 30 milliliters (30g)

Amount Per Serving

**Calories** 15 Calories from Fat 0

% Daily Value\*

**Total Fat** 0g **0%**

Saturated Fat 0g **0%**

*Trans Fat* 0g

**Cholesterol** 0mg **0%**

**Sodium** 10mg **0%**

**Potassium** 51mg **1%**

**Total Carbohydrate** 3g **1%**

Dietary Fiber 0g **0%**

Sugars 3g

**Protein** 0g **0%**

A Proprietary Blend of:  
Goji, Noni, Mangosteen, Acai and OptiBerry®

Vitamin A 0% Vitamin C 0%

Calcium 0% Iron 0%

\*Percent Daily Values based on a 2,000 calorie diet

Do not use if safety seal is broken.  
Store in a cool, dry place.

\*These statements have not been evaluated by the Food and Drug Administration. This Product is not intended to diagnose, treat, cure, or prevent any disease.

**REFRIGERATE AFTER OPENING**

## **GOJI: (LYCIUM BARBARUM) FROM THE "HEAVENLY MOUNTAINS" OF CHINA**

- LONGEVITY FRUIT ~ ANTI-AGING
- KNOWN AS "HAPPY BERRY" FOR MOOD ENHANCING
- CONTAINS 19 AMINO ACIDS
- RICHEST SOURCE OF CAROTENOIDS OF KNOWN FOODS.

### **BENEFITS**

- ANTI-AGING ~ RAISES IgA ~ STIMULATES HGH
- IMPROVED MEMORY
- RESTORED LIBIDO
- YOUNGER LOOKING
- IMMUNE SYSTEM
- LIVER, KIDNEY FUNCTION
- EYE HEALTH  
Zeaxanthin dipalmitate a carotenoid postulated to lessen the risk for age related macular degeneration and offers UV protection of the retina and improved night vision.
- REDUCE ANXIETY & STRESS
- BALANCE BLOOD SUGARS

## **NONI: (MORINDA CITRIFOLIA) FROM THE TAHITIAN ISLANDS**

NONI HAS BEEN USED FOR OVER 2,000 YEARS AS THEIR MOST IMPORTANT HEALTH REMEDY. TODAY, SCIENTIFIC STUDY HAS CAUSED SCIENTISTS TO VALIDATE NONI'S DYNAMIC HEALTH BENEFITS.

### **BENEFITS:**

- PROMOTES HEALTHY IMMUNE SYSTEM FUNCTION
- ANALGESIC FOR PAIN AND HEADACHES
- ANTI-INFLAMMATORY
- ADAPTOGEN NORMALIZING
- DAILY TONIC WHEN USED WITH OTHER SUPPLIMENTS
- INCREASED JOINT MOBILITY
- PROMOTES HEALTHY KIDNEY FUNCTION

### **CONDITIONS REPORTED TO RESPOND TO NONI**

- CANCER
- HEART DISEASE
- STROKE
- DIABETES TYPE 1 & 2
- ARTHRITIS
- HIGH BLOOD PRESSURE
- OBESITY

## **MANGOSTEEN: (GARICINIA MANGOSTANA)**

- XANTHONES ~ MOST POWERFULL ANTI-OX IN FAMILY PHYTONUTRIENTS
- XANTHONES ~ 1ST IDENTIFIED IN MANGOSTEEN
- MANGOSTEEN HAS MORE XANTHONES THAN ANY OTHER SOURCE

### **BENEFITS:**

- IMMUNE SYSTEM ~ CANCER, LEUKEMIA (INHIBITORS)
- CARDIO ~ LOWERS LDL

- ANTI-INFLAMMATORY
- ANTI-ALLERGEN  
Proven in a paper called Inhibitions of Histamine Release & Prostaglandin ES Synthesis by Mangosteen.
- ANTIVIRAL
- ANTIDEPRESSANT
- BLOOD PRESSURE

#### **ACAI: (EUTERPE OLERACEA) FROM THE AMAZON IN BRAZIL, SOUTH AMERICA**

- RANKED # 1 OF 10 SUPER FOODS IN "THE PERRICONE PROMISE"

*"...Studies have shown that this little berry is one of the most nutritious and powerful foods in the world!" "An almost perfect essential amino acid complex in conjunction with valuable trace minerals, vital to muscles."*

*Dr. Nicholas Perricone, M.D.*

*NY Times Best Selling author & guest on the Oprah Winfrey Show*

- 90% NUT
- 30 TIMES THE ANTHOCYANINS OF RED WINE
- SYNERGY OF MONOUNSATURATED FATS, FIBER & PHYTOSTEROLS.
- NEARLY PERFECT ESSENTIAL AMINO ACID COMPLEX
- FATTY ACID CONTENT SIMILAR TO OLIVE OIL

#### **BENEFITS**

- ENERGY & STAMINA (GREAT FOR ATHELETES)
- MENTAL FOCUS
- INSULIN LEVELS
- CARDIOVASCULAR ~ LOWER CHOLESTEROL
- IMMUNE SYSTEM ~ CANCER FIGHTING
- IMPROVED SLEEP

#### **OptiBerry®: (A Dynamic, Patent Pending, Blend Of Wild Blueberry, Strawberry, Cranberry, Wild Bilberry, Elderberry and Raspberry Extracts)**

- CONTAINS STANDARDIZED LEVELS OF BIOLOGICALLY ACTIVE ANTHOCYANINS FORMULATED AND TESTED TO PROMOTE OPTIMUM SAFETY, BIOAVAILABILITY, ANTIOXIDANT AND ANTI-ANGIOGENIC (The Ability to Reduce Unwanted Growth of Blood Vessels, Which May Lead to Varicose Veins and Tumor Formation) ACTIVITY.

#### **BENEFITS – OPTIBERRY® PROMOTES:**

- HEALTHY BRAIN FUNCTION AND MENTAL CLARITY
- HEALTHY VISION
- CARDIOVASCULAR HEALTH
- HEALTHY SKIN
- URINARY TRACT HEALTH
- HEALTHY BLOOD SUGAR LEVELS



## A KEY TO LIFE AND HEALTH CLEANSE-ZYME

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### CLEANSE-ZYME

**Enzymes can help fight over 150 conditions. Every cell of your body requires enzymes to function. Enzymes are apart of our every day life.**

Combinations of 9 plant-based enzymes that help digest animal proteins- including dairy- carbohydrates, starches, sugars, and all plant foods. The unique blend of 77 ionic minerals enhances the effectiveness of these enzymes. In the past, our food was our primary source of enzymes. Many of today's foods are loaded with additives, preservatives, and artificial colors and flavors, plus they are radiated, heated, canned, dried, and stored for months or years. This kills the enzymes in the food. Even the heat of cooking can kill enzymes. Is it any wonder that the actual enzyme activity level of our foods is depleted?

### EACH ENZYME IN CLEANSE-ZYME HAS A UNIQUE PURPOSE

#### ALPHA GALACTOSIDASE

Breaks down carbohydrates. Prevents gas and other intestinal disturbances that occur from eating beans, grains, and gas-producing vegetables such as broccoli and cabbage.

#### TYPE I AND TYPE II DIABETES

A digestive enzyme product, like Cleanse-Zyme, is recommended by Dr. Anthony Cichoke for the treatment of both Type I and Type II diabetes to improve digestion and absorption, and to help break down fats, carbohydrates, and proteins.

**PROTEASE** breaks down protein. Aids digestion. Fights inflammation and acute conditions such as sports injuries, surgery, and wounds.

**AMYLASE** breaks down carbohydrates such as starch, glycogen and related polysaccharides and oligosaccharides. Used to aid digestion (usually in combination with other enzymes).

**LIPASE** breaks down lipids (fats). Improves fat utilization in the body. Aids digestion. Decreases fat level in stools.

**CELLULASE** breaks down cellulose (the indigestible fiber found in many fruits and vegetables). Aids digestion.

**SUCRASE** breaks down carbohydrates, specifically sucrose (sugar cane and sugar beet) and maltose.

**LACTASE** breaks down lactose (milk sugar). Aids digestion. Used to treat lactase insufficiency.

**MALTASE** breaks down the carbohydrates maltose and starch. Aids digestion.

**BROMELAIN** breaks down protein. Aids in overall digestion and absorption of nutrients. Fights inflammation and inhibits swelling. Speeds recovery from injuries. Improves respiratory conditions. Fights arthritis and other degenerative bone and joint disease. Fights cardiovascular problems such as blood platelet aggregation, phlebitis, varicose ulcers, peripheral venous disease, blood clots, and heart attacks. Bolsters the immune system. Fights viruses and bacteria. Improves antibiotic absorption. Fights cancer and activates a tumor fighting substance in the body called tumor necrosis factor (TNF). Prevents intestinal bacteria infections. Helps extend life.

## **SYSTEMIC ENZYME THERAPY**

When enzymes are taken in between meals, they are able to pass directly into the blood stream (this is call systemic). Then they can help fight disease and injury in the body's organs and at the cellular level. Taking enzymes 1 1/2 hours before or after meals will allow the enzymes to go directly into the intestines and not have to compete with food and its digestion.

## **CANCER AND AGING**

Enzyme therapy pioneers, Max Wolf, M.D. and Karl Ransberger, Ph.D., have used enzyme therapy for decades to prevent spreading of cancers and prolong the life of their patients.

## **ENZYMES IN FOOD ALL**

Fresh foods contain enzymes. Enzymes are destroyed by heat and light. Many foods, when freshly picked, even contain the enzymes that help digest them. Processing, freezing, canning, cooking, microwaving, and improper storage can all reduce the natural enzymes in plants, meat, dairy products, and other foods.

## **DEGENERATIVE DISEASES**

Degenerative diseases can be caused by a lack of complete digestion. Cleanse-Zyme can help restore digestion of proteins, carbohydrates, fats, and plants, Better digestion and the addition of enzymes into your body are the keys to preventing and reversing aging, cholesterol and plaque buildup, and removing harmful toxins.

## **AGING**

As people get older, their bodily functions begin to slow down. Stress and pollution play a role in accelerating aging. Often as digestion begins to slow down (due to aging or stress) upset stomachs, bloating, acid reflux, reduced bowel activity, and frequent indigestion begin to occur. Cleanse-Zyme contains nine different digestive enzymes to help restore faulty digestion.

## **BEDPAN BULLETS**

According to Dr. Julian Whitaker in a special report titled "The Great Vitamin Hoax," nurses call undissolved multivitamins 'bedpan bullets,' and they see a lot of them. Natural digestive enzymes are essential to break down many of the multivitamins and mineral that people take. The people who work at the sewer treatment plants joke about the undigested multivitamins they see in their screens, which they call the most expensive sewage in the world.

Imagine paying for supplements and then not being able to break them down because of a lack of digestive enzymes! Americans are flushing millions of dollars of supplements down the sewer because they don't take digestive enzymes to help break them down.

## **DIABETES AND HYPOGLYCEMIA**

Stabilized blood sugar levels are essential for constant energy and good health. When blood sugar levels are either high (diabetes) or low (hypoglycemia) it causes a stress in the body that can trigger many different health problems. The human brain needs a constant and regulated supply of blood sugar to function. Without this basic fuel you might experience symptoms like lack of concentration, insomnia, lethargy, irritability, mental fatigue, depression, anxiety, or confusion. These are the most commonly discussed symptoms of hypoglycemia or low blood sugar. Many Type I (insulin dependent) diabetics experience low blood sugar symptoms an hour or so after the administration of insulin. The enzyme amylase helps the storage and utilization of

sugar in the blood. It has been used to help diabetics and other people with blood sugar swings for over 60 years. Amylase is in Cleanse-Zyme.

## **THE ROLE OF ENZYMES**

Digestive enzymes break down food particles for storage in the liver or muscles and other enzymes convert it back into energy when the body needs it later. Enzymes help the blood coagulate to stop bleeding. Enzymes trigger the conversion of uric acid into urea, thereby preventing gout. Enzymes assist the kidneys, liver, lungs, colon, and skin in removing wastes and toxins from the body. Enzymes are necessary for the construction of new muscle tissue, nerve cells, bone, skin, and glandular tissue. Enzymes help the body eliminate dangerous waste materials by breaking them down into harmless substances that can be excreted.

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## IMMUNE PLUS KEEPING YOUR IMMUNE SYSTEM STRONG

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### IMMUNE PLUS

**An amazing combination of plant-seed sprouts that effectively reduces cholesterol levels and builds up your immune system.**

This amazing combination of natural herbs has been used for over 600 years by healers, medicine men, and medical doctors to cure or alleviate immune and auto-immune disorders, lower cholesterol, and reduce the harmful effects of stress.

### MADE FROM SPROUTS

Immune Plus is made from sprouts that have not been heat treated, so all their healing properties have been left intact. This new and improved formula is made from sprouted seeds common in North America: buckwheat, barley, fenugreek, sunflower, and flaxseeds. All chosen for the new formula developed by Nutritionist and Author, Kathleen O'Bannon, CNC, because of their high content of sterols and sterolins.

Earlier similar products were made from sprouted seeds native to other parts of the world, but recent research shows that these common foods in North America are highest in the active ingredients known to modulate the immune system, help lower cholesterol, and reduce inflammation.

### STEROLS AND STEROLINS

The major healing components of Immune Plus are the phytonutrients (from plants) sterols and sterolins, including beta-sitosterol.

"The immune system is the benefactor of plant nutrients in that phytonutrients have the ability to enhance the body's self-protective powers. Plant constituents known as sterols and sterolins help the immune system to stop cancer, kill bacteria, destroy viruses or slow the aging process. Although there are many immune-enhancing nutrients and foods, none has the immune-enhancing effects of our unique product, [Immune Plus]. This combination of sterols and sterolins has been shown to have powerful healing effects on cancer, AIDS, tuberculosis, and auto-immune disorders." -From The Immune System Cure.

### IMMUNE SYSTEM

Your body's immune system is essential to your very survival. The immune system is a complex network of specialized cells and organs that defends your body against attacks by foreign invaders.

When functioning properly, the immune system seeks out, finds, and destroys pathogens and infectious agents such as bacteria, viruses, fungi, and parasites. When it malfunctions, however, a number of diseases can develop, from allergies to arthritis, cancer, MS, or AIDS; or the immune system could see its own cells as foreign and attack them. This is called auto-immune disease. An abnormal production of the chemical interleukin-6 by the body is associated with auto-immune disorders and inflammatory and allergic conditions. Plant sterols and sterolins block this abnormal production of interleukin-6 and, thereby, help prevent auto-immune disorders, inflammation, and allergic conditions.

## **AUTO-IMMUNE DISORDERS**

Common auto-immune disorders include rheumatoid arthritis, multiple sclerosis (MS), juvenile and insulin- dependent diabetes mellitus, Grave's disease, Crohn's disease, celiac disease, psoriasis, pernicious anemia, systemic lupus erythematosus, myasthenia gravis, and anky- losing spondylitis. Sterols and sterolins have also been proven helpful through extensive research for allergies, allergic rhinitis, asthma, benign prostatic hypertrophy (BPH), cancer, cold virus, fibromyalgia, chronic fatigue syndrome (CFIDS), hepatitis, HIV, AIDS, tuberculosis, and urticaria.

## **CANCER**

Plant sterols were reported in a case-controlled study to reduce the risk of lung cancer by 50 percent. Any one who smokes, used to smoke, or breathes in other people's smoke should be taking sterols or sterolins to reduce the risk of lung cancer. Plant sterols, like those found in Immune Plus, have been proven to reduce the risk of lung cancer. Research at the University of Buffalo has shown that B- sitosterol, one of the sterols, reduced prostate-cancer cell tissues by 28% in only five days. In another study done at the University of Buffalo, breast-cancer cells were reduced by 66% in only five days.

## **IMMUNE MODULATING PROPERTIES**

Plant sterols and sterolins have been used in animal studies as well as human clinical trials. These studies showed that a combination of plant ingredients, like those in Immune Plus, exhibited anti-inflammatory and immune- modulating properties and normalized the levels of harmful cortisol. The study concluded that sterols would be effective in cases of chronic viral infections (like AIDS or herpes), tuberculosis, rheumatoid arthritis, allergies, cancer, and all auto-immune diseases.

## **AIDS AND HIV**

A study begun in 1993 of 323 HIV-infected patients used a combination of herbs similar to Immune Plus to treat half of the people in the study. The other half were the control group and did not receive treatment. After six months, the treatment group had no drop in T-cells, where as the control group did. When T- cells begin their downward spiral of decline, as they do in people infected with HIV, the risk of death is great. The difference in the health of the two groups was so dramatic, the study was stopped and the control group was given the treatment to decrease their risk of death.

## **HIGH CHOLESTEROL**

A STUDY PUBLISHED IN February 1999 in the Journal of the American Medical Association concluded that youth as young as 15 years old were exhibiting the beginning stages of atherosclerosis. A study done in 1953 on the same age group, reported very little evidence of the fatty streaks in their arteries. These fatty streaks are partly responsible for atherosclerosis at any age. In the newest research, these fatty streaks were more prominent in people who had elevated cholesterol levels or who smoked, but all the young people had the fatty streaks. Immune Plus can help reduce cholesterol levels in people of all ages. It is not just for adults.

Research is showing that because of the fast-food high- fat diets of young people, they are in need of having their cholesterol levels lowered. If they continue with smoking and high cholesterol levels they will begin to exhibit the same health risks that were previously thought to be only for older adults.

## COMMON IMMUNE DISEASES

- Allergies
- Frequent Colds
- Bouts of Flu
- Systemic Candidiasis
- Type II Diabetes
- Repeated Infections
- BPH (Benign Prostatic Hypertrophy)
- Prostatitis
- Fibromyalgia
- Chronic Fatigue Syndrome
- Asthma
- Allergic Rhinitis
- Eczema
- Fatigue
- Hives and Rashes
- Environmental Illness
- Slow Wound healing

## COMMON AUTOIMMUNE DISEASES

- Digestive enzymes break Aids (Autoimmune Deficiency Syndrome)
- Rheumatoid Arthritis
- MS (Multiple Sclerosis)
- Type I Diabetes
- Psoriasis
- Juvenile Diabetes
- Crohn's Disease
- Celiac Disease
- Ankylosing Spondylitis
- Myasthenia Gravis
- Systemic Lupus
- Erythematosis
- Grave's Disease
- Pernicious Anemia
- Bright's Disease
- TB (Tuberculosis)



## PRO-FLORA PLUS - RESTORE BETTER HEALTH

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**Pro-Flora Plus is an effective probiotic/prebiotic blend of “friendly” intestinal bacteria intended to restore proper intestinal bacterial flora.**

A newborn child at birth has no bacteria in the intestinal tract. Through breast-feeding, the child receives helpful bacteria through the mother’s milk. These bacteria are part of the child’s defense against unwanted disease producing bacteria and viruses. Low immune systems, allergies, digestive and bowel problems can all be traced back to a poor start of helpful bacteria. Today, the “friendly” probiotic bacteria found in Pro-Flora Plus are your body’s first line of defense against “disease producing” bacteria. The body’s natural way of defending itself from disease is by having an abundance of “friendly” bacteria throughout the digestive tract. These bacteria coat the intestinal wall, creating a living barrier to protect against invading bacteria, viruses and yeast.

### PROBIOTIC DESTROYERS

Antibiotic Drugs Anti acids Anti-inflammatory Drugs Stress Alcohol Tobacco Cooked Foods Processed Foods

**TODAY IN THE U.S.A.** One-third of the population of the United States has been estimated to have an overgrowth of Candida Albicans (yeast). Due to poor eating habits, stress and antibiotics, Candida Albicans becomes predominant in the digestive tract, causing all kinds of imbalances in the body. Indicators of bad bacteria are gas and bloating, low immune system, chronic infections, yeast, lactose intolerance, food allergies, fatigue, poor elimination, body odor and bad breath. With today’s life style (stress and the wide use of antibiotics), bad bacteria usually wins out. Good bacteria coat the intestinal wall and act as a barrier, keeping bad bacteria and Candida Albicans from attaching to the intestinal wall. Good bacteria produce B vitamins, natural antibiotics, and acids that destroy unwanted bacteria.

### PROBIOTIC PROPERTIES

Anti-carcinogenic and Anti-tumor properties. Reduce Bad Breath, Bloating, Stomach Cramping and Diarrhea. Help to Reduce Serum Cholesterol Levels. Aid in the Production of Immune Bodies. Help to Reduce Yeast.

### IRRITABLE BOWEL DISEASE

Colitis, or Irritable Bowel Disease (IBD), is a group of conditions characterized by gut wall inflammation. Doctors generally treat the symptoms of IBD with steroids, immunosuppressive drugs and salicylic acid derivatives. However using these drugs causes unfavorable effects including anemia, easy bruising, frequent infections and mood swings. Thus, many people prefer the disease symptoms to the side effects. Pro-Flora Plus contains “friendly” bacteria, addressing the root cause rather than just treating the symptoms, by attacking disease-producing bacteria that cause intestinal inflammation.

### PRO-FLORA PLUS BACTERIA AND THEIR FUNCTIONS

**Lactobacillus acidophilus DDS-1** A super strain of friendly bacteria that resides mostly in the small intestines and produces beneficial B vitamins as well as the Lactase enzyme eliminating Lactose intolerance. Acidophilus also produces natural antibiotics and acids (lactic acid, acidolin,

acidophilin, lactocidin, and bacteriocin).

**Lactobacillus Salivarius** The effectiveness against food poisoning microorganisms is so great that people have reported relief within 30 to 60 minutes.

**Bifidobacterium bifidum Resides** mostly in the large intestine and also produces beneficial B vitamins. These special bacteria consume old fecal material and keep the colon clean. They support the liver and help stop the formation of cancer causing agents.

**Lactobacillus plantarum** Works in the small intestine and helps eliminate harmful microorganisms such as E. coli.

**Inulin (FOS) Fructooligosaccharides** A sugar molecule with unique bonds that the body cannot digest. These sugars pass untouched into the intestinal tract where they feed the beneficial bacteria. Probiotics are able to digest this special type of sugar and use it for food. A combination of Probiotics and FOS helps insure a healthy colony of beneficial bacteria.



**Health First**  
TECHNOLOGIES, INC.

*Better Products Better Health...*

## Body-Right Plus

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Being overweight, even 10-15 pounds, can put a strain on your heart, lungs, lower back, knees, or ankles. Not only can this cause health problems, but also bring on fatigue, stress, aging, sleep problems, and reduced stamina.

The stress of being overweight can cause blood sugar and insulin problems leading to even more exhaustion and fatigue of muscles and metabolic processes. Stress can contribute to the production of excess cortisol leading to aging, free-radical production, and reduced energy production at the cellular level through the reduction of adenosine triphosphate (ATP). ATP is the body's principal source of cellular energy manufactured in the body by the conversion of biological fuel (food especially carbohydrates and fats).

When you feel this way most of the time you don't want to exercise or eat correctly. Impaired blood sugar metabolism creates a loss of appetite control and encourages binge eating, overeating at meals, or total lack of appetite, and often creates a craving for sugars and starches whose extra calories add more weight on an already overweight and fatigued body.

### Now There Is Help!

The revolutionary new weight loss formula from Health First Technologies can help improve your health and well-being AND create weight and fat loss like no other product you have ever tried. You will begin to feel better and more energetic within days of starting the new Body-Right Plus metabolic enhancer, a proper healthy diet and lifestyle of eating fresh whole foods, and exercising daily.

### Here's How It Works

**Calcium Alpha Ketoglutarate** and **Coleus Forskohlii** both contribute to the production of ATP in the body. ATP increases endurance and stamina, burns fat, and stimulates the thyroid to produce weight loss.

### Coleus Forskohlii

Coleus Forskohlii is an Ayurvedic herb used in India for hundreds of years to benefit the cardiovascular system and improve respiratory health as well as to stimulate the breakdown of stored fat. This is an especially useful herb for losing weight. Forskolin, the more common name used, contributes to thermogenesis (fat burning) and an increase in the basal metabolic rate. Forskolin has been shown to not only enhance lipolysis (breakdown of fat for fuel), but also to inhibit fat storage from occurring. Coleus Forskohlii is also known for its ability to increase the flow of digestive enzymes, allowing for better digestion and assimilation of food.

Many dieters using forskolin find that they have an increased ability to perform aerobic exercise. This is so essential to a well-rounded weight loss program. Increasing lean muscle mass can improve weight loss even during the time you aren't exercising just by the increase in the resting metabolic rate. Body-Right Plus is a new and improved formula designed to build lean body mass and reduce excess fat or adipose tissue. Lean muscle mass is metabolically more active than fat mass. A pound of muscle on your body will burn more calories at rest than a pound of fat. The more lean muscle you have, the higher your resting metabolic rate, and therefore the more fat you will burn.

### Rhodiola Rosea

**Rhodiola Rosea** is an adaptogen meaning that it helps the body adapt to internal and external stressors, without the use of stimulants. Adaptogens help reduce the feelings of stress, thereby giving more feelings of increased energy and stamina. Rhodiola also blocks production of cortisol and acts as an appetite suppressant. Excess production of cortisol causes free-radical damage and aging and leads to fatigue and weight gain, especially in the areas where fat tends to accumulate like the tummy, hips, thighs, and buttocks.

Stress, whether emotional or physical, can contribute to overeating and cause dysfunction of blood sugar metabolism, a major contributing factor to depression, fatigue, weight gain, and yo-yo dieting. Stress causes the production of cortisol in the body. Taking a supplement containing Rhodiola Rosea can help reverse stress, overeating, and weight gain. Rhodiola Rosea is also a powerful appetite suppressant and, when coupled with octopamine, produces maximum appetite control.

## Alpha Lipoic Acid

**Alpha lipoic acid** (ALA) is one of the most potent anti-oxidants available today. ALA helps increase glutathione contributing to detoxification of the fat that is being broken down in the body. ALA has been used by diabetics to reverse polyneuropathy for many years because of its ability to re-grow nerves and reverse nerve damage. Alpha lipoic acid helps the body use glucose better and thereby improves blood sugar levels. High blood sugar and/or insulin levels are known to be involved in overweight and obesity.

## Green Tea Extract (EGCG)

**Green tea extracts**, especially those containing the active ingredient epigallocatechin gallate (EGCG), are showing promise for weight loss as well as reversing various kinds of cancers. Research at the University of Chicago conducted in 2000 showed that the use of EGCG in rat experiments caused the rats to lose up to 21 percent of their body weight. After seven days on the program the rats were eating up to 60 percent less food due to the appetite suppression effects of the EGCG. EGCG is an effective stimulator of thermogenesis, the generation of heat allowing fat molecules to be "burned". Green tea has been used as a powerful weight reducer in the Orient for thousands of years and now western science is proving that it really works.

## Only Two Capsules a Day Produce Results

Body-Right Plus is unique in that it also contains added enzymes and minerals increasing the potency of the other ingredients. For this reason the new Body-Right Plus is so powerful that you only need to take one capsule twice a day about a half hour before meals to have the maximum effect of weight loss and energy enhancement.

## Exercise

**Exercise is a great way to increase energy and help burn calories, as well as build the lean muscle mass that can accelerate fat loss. Start easy when you start an exercise program.**

**Most people can do walking, swimming, and bicycling at an easy pace with no problems. And that is what we suggest you start with as your first form of exercise. Go about adding in exercise slowly and steadily to be safe and to avoid extreme changes. It is always a good idea to check with your doctor before beginning any kind of exercise and weight loss program.**

## Food Choices For Maximum Weight Loss

**A low carbohydrate, moderate fat kind of diet is best. If you eat grains, make sure they are only whole grains, and try not to have more than two or three servings a week while you are losing weight. Low carbohydrate fruits are the best choice like**

blueberries, raspberries or strawberries. Avoid the high sugar foods like bananas and fruit juices unless you are doing a lot of physical work and need the carbohydrates for energy that will be burned up.

### **Complete Weight Loss Program**

For a comprehensive program, download the brochure "Turn Your Body Into a Fat Burning Machine."



## All In One Plus

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At last there is a comprehensive vitamin, mineral, antioxidant and anti-aging formula supplement that covers all your needs-whether you are 12 or 120 years old. Because The All In One Plus contains the optimum dose of nutrients, not the minimum daily allowance, it may even replace many of the individual nutritional supplements you now take.

### Amino Acid Chelates (AAC)

The minerals in The All In One Plus are amino acid chelates utilizing our enzyme complex to break down the minerals, making them bioavailable in the body. This unique and exclusive process is found only in The All In One Plus.

### Enzyme Delivery System

This exclusive enzyme delivery system means that all the nutrients will be broken down and made bio-available in a way that has never been possible before. Because of this, you can be assured that you will be receiving as high a percentage of all the nutrients in The All In One Plus as is conceivable.

### All Vegetarian

The 46 vegetarian source ingredients in The All In One Plus are synergistically combined to give you complete absorption and utilization of all the nutrients in a way that isn't possible when they are taken individually.

### Free Radicals And Your Health

Free radicals are believed to play a role in more than sixty different health conditions, including the aging process, cancer, cardiovascular disease, immune-system decline, brain dysfunction, and cataracts. Free radicals are caused by oxidation in your body. Oxidation can be the result of deficiencies of vitamins B12, B6, B3, C, E, folate (also known as folic acid), iron or zinc. These deficiencies can mimic the damage caused by radiation, the major cause of oxidative stress in the body. Other forms of oxidative stress can come from intense exposure to the sun, smoking, coffee drinking, exposure to environmental toxins, and over consumption of red meat.

### Designed With Your Well-Being In Mind

The All In One Plus is designed to counteract exposure to oxidants and oxidative stress with the inclusion of these antioxidants: Vitamins A, C, and E, beta-carotene, selenium, coenzyme Q10, bilberry, grape seed extract, pine bark extract, ginkgo biloba, as well as the building blocks that help the antioxidants work in your body: manganese, zinc, and copper. If you live or work in a polluted environment, smoke, are near tobacco smokers, eat red meat (especially broiled or grilled meats), spend time in the sun, drink coffee regularly, or eat fast food, you will want to protect yourself from free radical damage and premature aging by taking The All In One Plus regularly.

### Stress And Your Health

Stress of all kinds can take a toll on your health. Stress uses up all your B complex vitamins so that you can't withstand any stress at all. Another way stress affects you is to stop your digestion

and thereby prevent your being able to absorb any nutrients from your foods. The B complex vitamins (B1, B2, B3, B5, B6, B12, folic acid, choline, inositol, PABA, and biotin) can help prevent stress and give you the stamina and nutrients you need to resist any further stress. The B complex vitamins always work best in a balanced complement, exactly as they are in The All In One Plus.

Vitamin B5 (pantothenic acid) is often called the "anti-stress vitamin" because it is essential for the adrenal glands to produce their hormones. Healthy and full-functioning adrenal glands support a healthy body that can withstand stress. A deficiency of B5 can also lead to depression, fatigue and even insomnia. Chromium is an important mineral for helping to overcome the effects of stress, mainly because it helps to prevent the dangerous drops in blood sugar that often accompany stress and stress reactions.

## **Stress And Relaxation**

The B complex vitamins are essential to prevent and overcome stress and stress related health problems, but calcium and magnesium are essential for relaxation. Without calcium and magnesium, your muscles will not contract or relax properly. It is important to have adequate and bioavailable supplies of body. The All In One Plus has both these nutrients in the most bioavailable form: AAC (amino acid chelate).

## **Magnesium And Your Heart**

Magnesium has received a great deal of publicity lately because scientists and medical doctors are finding that it is useful for normal heart and muscle function, neurological function, normal metabolism of fats and it reduces arrhythmias of the heart, high blood pressure, anxiety, insomnia, fatigue (including chronic fatigue syndrome and fibromyalgia), allergies, nervousness and irritability, as well as hyperactivity and bed wetting in children. Magnesium is robbed from your system by the consumption of caffeine, alcohol, and sugar.

## **Depression**

Many nutrients are useful to prevent or reverse depression, including magnesium. Other nutrients that, when low, can contribute to depression are: Niacinamide (B3), B6, B12 (especially in older people), choline and inositol (especially manic depression), biotin, and iron, all of which are in The All In One Plus. Phenylalanine (found in spirulina) is an amino acid, a building block of protein, which can be converted in the body to L-dopa, norepinephrine, and epinephrine. These three compounds are involved in the functioning of the nervous system and, when low, can be responsible for causing depression.

## **Eye Health**

Many nutrients affect the eyes. Vitamins A and E can help keep eyes healthy. Vitamin A and beta-carotene have been shown to help prevent cataracts and macular degeneration and have long been known to prevent night blindness. Bilberry, a European species of blueberry, can enhance vision and adaptation to the dark; as well as improve capillary circulation, especially in the retina of the eyes. Bilberry is useful for the treatment and prevention of visual deterioration that can come with advancing age from cataracts, diabetes, hardening of the arteries, and age-related macular degeneration. For many years natural practicing physicians have used rutin, the bioflavonoid found in buckwheat, for glaucoma.

## **Skin Nutrients**

Vitamins A, D and E are often considered the skin vitamins because they are essential for healthy skin and mucus membranes. A daily dose of 10,000 IU vitamin A and 150 IU vitamin E can help keep your nose and sinuses healthy and prevent irritation from outside influences like pollen,

animal dander, dust, and mites.

Manganese is a mineral that also is needed for healthy skin, bone and cartilage formation. Acne and slow wound healing can be helped with the mineral zinc. Zinc is considered to be essential for overall health and well being.

## **Osteoporosis**

You have probably heard that calcium is useful for osteoporosis, both in preventing it and reversing it. However, the research has shown that calcium alone cannot do much for osteoporosis. You must also consume magnesium, vitamins K and D, and boron in order for the calcium to be absorbed. The All In One Plus contains the perfect balance of these nutrients to be the most effective for your health. Research reported on by the United States Department of Agriculture in 1990 showed that calcium metabolism was not even possible without boron and magnesium. The use of amino acid chelated minerals allows them to be even more bioavailable. The All In One Plus contains calcium in the form of citrate/malate, which has been shown to be the most absorbable form of calcium, and since it is an amino acid chelate, it is very bioavailable.

## **Immune System**

Many nutrients are helpful for supporting the functioning of your immune system. A low level of zinc has been shown to be responsible for infections during aging. A recent report by the Immunology Center of the Italian National Research Centers on Aging showed that zinc was involved in the maintenance of an effective immune response. When zinc levels are low, there is more susceptibility to infection. Zinc not only boosts immunity, but also protects against free radicals. The anti-oxidant vitamin E has been shown in several published reports to preserve adequate function of immune cells especially for older people. Vitamin C aids in supporting the functioning of the immune system and so does copper. All of these ingredients are in The All In One Plus. To help maximize and normalize your immune system, Immune Plus is recommended. Immune Plus contains a combination of ingredients known to support the immune system.

## **Heart Disease**

Atherosclerosis affects a large percentage of baby boomers and older people, and the latest news is that children as young as 11 and 12 years old are beginning to show signs of atherosclerosis. This is a major health problem in North America! Ginkgo biloba, vitamin E, and ginseng are all shown to help and they are in The All In One Plus! Ginkgo biloba, potassium, and coenzyme Q10 are also known to help with congestive heart failure. Coenzyme Q10 and potassium have also been used successfully in cases of hypertension.

## **Whole Food Ingredients**

Spirulina, bee pollen, and royal bee jelly are three whole foods that have been used for over 20 years for their contribution to health. Spirulina is a blue-green algae that contains protein and all the essential amino acids, carotenoids, vitamins and minerals and essential fatty acids. Since spirulina is a green vegetable it can augment the diet of those people who choose not to eat green vegetables, thereby giving them the necessary nutrients essential for a healthy life. Because it contains chlorophyll it is useful in preventing halitosis (bad breath). The RNA and DNA from spirulina are often referred to as the "essence of life" or the "substance" which retards the aging process. Bee pollen is often referred to as the world's most perfect food and it is easy to see why. It contains over 18 amino acids and is high in vitamins, minerals, enzymes, and co-enzymes. Many athletes use it to increase muscular vigor, energy and stamina. It is also used by allergists in the treatment of hay fever.

## **Bioflavonoids**

Bioflavonoids are a class of water-soluble plant pigments. They have wide ranging uses as anti-

inflammatory, antihistaminic, and antiviral agents. Bioflavonoids are known to block the “sorbitol pathway” that is linked to many of the symptoms of diabetes. Their main function is to protect blood vessels and reduce platelet aggregation. There are many different kinds of bioflavonoids like citrus bioflavonoids, rutin, anthocyanidins (found in bilberry) and the oligomeric proanthocyanidins like grape seed extract and white pine bark extract. Bioflavonoids also help protect vitamin C against deterioration from light, heat, and water and improve its absorption. The addition of the bioflavonoids complete the vitamin C complex. Rutin has long been used to improve broken blood vessels and blood circulation, especially in the legs. The All In One Plus includes six different kinds of bioflavonoids.

## **Incredible Ingredients**

Ginseng, coenzyme Q10 and alpha lipoic acid is three incredible ingredients that have been used medically over the last 20 years. Ginseng has been used for over 2,000 years in Oriental medicine to increase energy, counter the effects of stress, and enhance intellectual and physical performance. In modern times we also use it for stabilizing blood sugar and supporting immune function. Coenzyme Q10 is used for heart conditions and for all kinds of inflammatory periodontal diseases including gingivitis.

Alpha lipoic acid is one of the most exciting new discoveries in modern medicine! It has successfully been used in cases of diabetic polyneuropathy in Europe with the result that it indicated long- term improvement in motor and sensory nerve conduction in the lower limbs of diabetics. Alpha lipoic acid has also been shown to be useful for modulating insulin sensitivity in type II diabetics in several studies. Alpha lipoic acid is being used as part of an antioxidant approach to the treatment of hepatitis C along with selenium and the herb silymarin at the Integrative Medical Center of New Mexico.

## **More About B Vitamins**

The B vitamin complex is useful for a lot more than helping to overcome stress. B vitamins have been shown to be useful for cataracts, canker sores in the mouth, carpal tunnel syndrome, diabetes, bursitis, high cholesterol and triglycerides, asthma, atherosclerosis, kidney stones, photosensitivity, PMS, morning sickness, Crohn’s disease, infertility, vitiligo, athletic performance, Peyronie’s disease, scleroderma, eczema, and cradle cap. B vitamins are damaged by light, heat, and water so they are easily destroyed in food sources. That is why it is so essential to take a B vitamin supplement three times a day to give a continual supply to your body.

## **How To Take The All In One Plus**

Five capsules of The All In One Plus per day are all you need to receive all of the above-mentioned benefits. Take two with breakfast, two with lunch and one with the evening meal, along with your Cleanse-Zyme and 8 ounces of water, for the optimum effect.

## **It’s The All In One Plus**

The All In One Plus is your best and most complete source of vitamins, minerals, anti-oxidants, and anti-aging nutrients to help you live a long and healthy life.

## **Each Capsule Contains**

- |                          |                          |
|--------------------------|--------------------------|
| 1. Vitamin A (Palmitate) | 24. Choline (Bitartrate) |
| 2. Beta Carotene         | 25. Inositol             |
| 3. B-1 (Thiamine)        | 26. Iodine (Kelp)        |
| 4. B-2 (Riboflavin)      | 27. Boron (AAC)          |
| 5. B-3 (Niacin)          | 28. RNA (Spirulina)      |

6. B-5 (Pantothenic Acid)
7. B-6 (Pyridoxine HCL)
8. B-12 (Cyanocobalamin)
9. Biotin
10. Folic Acid
11. Vitamin C (Ascorbic Acid)
12. Vitamin D-3 (Cholecalciferol)
13. Vitamin E (d-alpha-tocopherol succinate)
14. Calcium (Citrate/Malate)
15. Magnesium (AAC)
16. Manganese (AAC)
17. Zinc (AAC)
18. Copper (AACO)
19. Iron (Sulfate)
20. Selenium (Methionate)
21. Chromium (Polynicotinate)
22. Potassium (AAC)
23. PABA
29. DNA (Spirulina)
30. Chlorophyll
31. Carotenoids (Spirulina)
32. Spirulina
33. Bee Pollen
34. Royal Jelly 3X
35. Ginseng (Siberian)
36. Grape Seed Extract 95% OPC
37. Ginkgo Biloba Extract 24/6%
38. Citrus Bioflavonoids
39. Quercetin
40. Rutin
41. Bilberry Extract 25%
42. Pine Bark Extract 90% OPC
43. Coenzyme Q10
44. Alpha Lipoic Acid
45. Enzyme Delivery System
46. Ionic Minerals



## A Slimmer You Weight Reduction System

### Turn Your Body Into a Fat Burning Machine With the Health First Technologies Fat Burning Diet & Exercise Program

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#### You Can Have a Slimmer You!

THE HFT FAT BURNING PROGRAM contains the complete instructions to turn your body into the ultimate fat burning machine. Weight loss, especially fat loss, can be easy when you have the support of a sensible diet and exercise program added to proper supplementation designed to make losing weight as easy as possible.

**CARBS VS. FAT.** A good fat burning program includes high quality low carbohydrate foods, low-fat protein sources, exercise, and fat burning aids that help stabilize blood sugar levels, reverse cortisol production, increase thermogenesis, and improve digestion.

**DIGESTION AND ABSORPTION** of foods and nutrients is imperative for health and fat burning. Cleanse-Zyme™ is designed to aid digestion of all foods including fats, protein, carbohydrates, fiber, sugars, and even beans and whole grains.

**STABILIZING BLOOD SUGAR**(glucose) levels and preventing insulin spikes and drops will allow your body to burn fat, produce energy for your daily activities, help you think better, prevent cravings and binge eating, control your appetite, and improve sleep. Body-Right Plus™ has been specifically formulated from a combination of natural herbs, minerals, and phytonutrient extracts to help stabilize blood sugar levels, increase fat burning, and stabilize hormonal levels while dieting.

**CORTISOL PRODUCTION** during stress and blood sugar swings can stimulate your appetite, thereby causing constant hungry feelings, binge eating, and overeating, as well as the accumulation of fat in the mid-section of your body. The main ingredient in Immune Plus™, beta-sitosterol, has been shown in research to prevent cortisol production during stress.

**LOW-GLYCEMIC INDEX** FOODS have been shown to produce less effect on the blood sugar levels thereby helping stabilize blood sugar levels and increase fat burning rather than storing it on your body. Pure Protein Plus™ is a low-glycemic protein meal replacement food with the essential enzymes included for full absorption of the total protein, making it an ideal addition to any weight loss and fat burning program.

**THERMOGENESIS** is possible when you build lean muscle mass, exercise sensibly, and eat the right nutrients for you lifestyle. Thermogenesis is the ultimate in fat burning and the ingredients in the New and improved Body-Right Plus were specifically chosen by Troy Apperle, CNC, to help improve your body's thermogenesis.

**THE HFT FAT BURNING PROGRAM, A Slimmer You, contains the complete instructions to turn your body into the ultimate fat burning machine.**

## Daily Routine

**FIRST THING IN THE MORNING** eat 1/2 cup of berries or pineapple or drink 6-8 ounces of vegetable juice with no sugar or salt. Take 1 Body-Right Plus and 1 Cleanse-Zyme with 8 ounces of water or vegetable juice.

**EXERCISE** for at least 30 minutes. Walking, swimming, bicycling, dancing, or skipping rope are good exercises

**EAT A HIGH-PROTEIN, LOW-GLYCEMIC INDEX (GI) BREAKFAST** like a Pure Protein Plus shake or the meals listed under Meal Suggestions. Take 2 Cleanse-Zyme, 1 Immune Plus, and 2 All-In-One-Plus with 8 ounces of water.

### EAT A MID-MORNING SNACK

**35-45 MINUTES BEFORE LUNCH** take 1 Body-Right Plus and 1 Cleanse-Zyme with 8 ounces of water or vegetable juice.

**EAT A PROTEIN AND VEGETABLE LUNCH** Take 2 Cleanse-Zyme, 1 Immune Plus, and 2 All-In-One-Plus with 8 ounces of water, veggie broth, or 1% milk.

### EAT A MID-AFTERNOON SNACK

**35-45 MINUTES BEFORE DINNER** take 1 Cleanse-Zyme with 8 ounces of water or vegetable juice.

**EAT A PROTEIN AND VEGETABLE DINNER** Take 2 Cleanse-Zyme, 1 Immune Plus, and 2 All-In-One-Plus with 8 ounces of water or 1% milk.

**EAT A MID-EVENING SNACK** unless you are going to bed early. Don't eat within two hours of going to bed.

**STRETCH FOR 20-30 MINUTES** to relax your body and mind. Or take a brisk walk.

### SLEEP 6-8 HOURS

## FOOD IDEAS

### FOODS THAT ENCOURAGE FAT LOSS

#### Protein

3-4 ounces only Fish, Chicken, Lamb, Veal, Beef, Tofu, Shrimp, Lobster, Turkey, Sashimi, 2 Eggs, 1/2 Avocado, 3-4 Sardines, 1/2 can Tuna fish, 1/8 cup Nuts and/or Seeds, 4-6 ounces natural yogurt (low fat), 1 serving Protein Plus with 1% milk, water, or vegetable juice

#### Fruits

1/2 cup Blueberries, Raspberries, Strawberries, Marion Berries  
1/2 Apple, Pear, or Grapefruit

**Vegetables** Eat 4-5 half-cup servings a day Broccoli, Kale, Summer squash, Zucchini, Collard or Mustard greens, Spaghetti squash, Asparagus, Sprouts, Celery, Red or green peppers, Leaf lettuce, Romaine lettuce, Butter lettuce, Spinach, Endive, Tomatoes, Nappa cabbage, Cabbage, Green or yellow beans, Brussels sprouts, Bok choy, Parsley, Cilantro, Garlic, Green onions Eat 1-2 servings a day Winter squash, Sweet potato, unsweetened Pinto or Romano beans or Chick peas

## Fiber

1-2 servings a day allowed

Whole grains like whole oats, barley, brown rice, and Sprouted whole grain breads, Rolls, Pita bread, Chapatti, Wraps, or Tortillas.

## SNACK SUGGESTIONS

1. 2 Lettuce leaves spread with 1 tablespoon nut butter like almond, sesame, or cashew
2. Celery filled with small amount of cream cheese or nut butter
3. Baby carrots with dip or 1 ounce cheese
4. 3-4 small cheese cubes or one string cheese stick
5. 5-6 red, green, or yellow bell pepper strips
6. 5-6 slices cucumber
7. Small serving unsweetened yogurt with 1/2 serving of listed fruit
8. 2 Sardines
9. 6-8 ounces vegetable juice
10. 1 ounce cold meat (not processed)
11. 1 Hard boiled egg
12. 6 ounces unsweetened cow or soy milk
13. 4-5 high fiber or low carbohydrate crackers, 1 ounce cheese or nut butter
14. 1/2 Peanut butter sandwich with leaf lettuce on sprouted grain or Ezekiel bread

## MEAL SUGGESTIONS

2 Egg frittata with peppers, onions, garlic, parsley, cilantro, or dill  
Stir fried veggies and 1 serving protein. (Use a light coating of natural oil spray on the pan for cooking.)

1 Serving protein (can be Pure-Protein Plus), 3 servings of veggies

1 Serving protein (can be Pure-Protein Plus), 2 servings veggies, 1 serving whole grains (includes sprouted grain breads)

1 Serving protein (can be Pure-Protein Plus), 1 serving veggies, 1 serving beans, 1 serving salad greens

Soup with meat, veggies, spices, herbs

Soup with meat, veggies, spices, herbs, whole grain barley or wheat

Vegetable stew, use the veggies from the list of veggie suggestions

## IMPORTANT TIPS

- **Always eat breakfast**
- **Eat lots of fresh vegetables and some fruits every day**
- **Eat all the meals and snacks suggested.** The more high fiber, low-glycemic foods you eat, the more weight you will lose
- **Avoid the empty calories** of sugar, white flour, soft drinks, and refined grains
- **Avoid caffeine in all forms** including coffee, soft drinks, and energy drinks
- **Eat low-fat meats and proteins as much as possible.** Avoid foods like cheeseladen nachos, baked potatoes with butter and/or sour cream, fried chicken, bacon, pork chops, ham, hot dogs, and all luncheon meats.
- **Always chew everything very well.** It should be so well chewed that it feels like liquid

in your mouth when you are ready to swallow.

- **Drink at least six 8-ounce glasses of water a day.**
- **Protein, like the protein in Pure Protein Plus, can build lean muscle mass, which accelerates fat loss.**

These statements have not been evaluated by the Food and Drug Administration. The HFT Products and product information are not intended to diagnose, cure, or treat any disease.

## Suggested Reading

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## Pure Protein Plus

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**Pure Protein Plus** is an easy to blend protein powder made from whey, rice, egg, and dairy proteins. The added digestive enzymes help increase the absorption and utilization of the proteins. Inulin (FOS), an immune building natural fiber and prebiotic, is added to improve texture and increase the absorbability of minerals plus reduce intestinal gas while maintaining the “good bacteria” in the intestinal tract.

**Pure Protein Plus** has a fabulous light and natural taste that is not too sweet and never chalky or clumpy.

The ingredients in **Pure Protein Plus** have been shown to help improve the following health conditions.

- High blood pressure
- Elevated cholesterol
- Elevated low-density lipoprotein (LDL)
- Coronary heart disease (CHD)
- Overeating
- Overweight
- Poor calcium and magnesium absorption
- Lowered quality of life in COPD
- Out of control blood glucose in type 2 diabetes
- Poor digestion
- Poor bone mineral density (BMD) in elderly women
- Increased cellular stress after exercise
- Reduced antioxidant levels
- Reduced immunity
- Tendency to cancer
- HIV
- Osteoporosis
- Hepatitis B or C
- Gastrointestinal problems

## What Is Protein?

**Protein** is essential to life. Every cell is composed of protein and protein is used to rebuild the cells from the effects of stress, wear and tear, exercise, poor diet, smoking, and caffeine intake. That’s why proteins, composed of amino acids, are the building blocks of the cells in our body. Whey protein contains all the essential amino acids making it a “complete protein” suitable for all ages from infants to the elderly.

## All Protein Is Not Created Equal

All foods contain some amounts of protein; meat, fish, dairy, and eggs contain the most concentrated amounts, but nuts, seeds, and beans also contain useable protein. The most digestible form of protein for the majority of people comes from whey, rice, and egg. This is why they are the main proteins used in Pure Protein Plus.

## Enhanced Digestibility

By adding specific digestive enzymes to **Pure Protein Plus** like acid stable protease, papain, alpha galactosidase, amylase, lipase, and lactase; protein digestion is improved and more health-giving benefits can be enjoyed.

## High Blood Pressure, Cholesterol, and LDL

In a new study, called the Optimal Macronutrient Intake Trial to Prevent Heart, 164 adults with either prehypertension (high blood pressure) or stage 1 hypertension were given three different kinds of diets: high carbohydrate, monounsaturated fat, or protein. The results published in the November 16, 2005 issue of JAMA (vol 294, pp2455-2464) showed that each of the diets helped to reduce levels of blood pressure, and cholesterol but the diet rich in protein had the greatest effect. The conclusion of the trial is that more protein and less carbohydrate in the diet can help lower blood pressure, cholesterol, and triglycerides as well as reduce the overall risk for coronary heart disease.

**Pure Protein Plus** is an easily digestible protein source that tastes great and can be taken several times a day to increase protein in the diet without adding unnecessary cholesterol and saturated fats.

## Overeating And Overweight

At present, 64 percent of American adults are overweight or obese and 16 percent of children are obese. This is more than half of all adults in this country! Adding more protein to your lifestyle can help overcome this problem. (J AM Diet Assoc Sept 2005 and Am J Clin Nutr July 2005)

Eating more protein can actually make you feel fuller for longer and reduce your appetite and cravings for the wrong foods. You will even feel like eating less food and not feel deprived or hungry as often as you would on a regular reduced calorie diet. Since protein helps to restore and rebuild muscle, you will gain more muscle mass as you lose fat. This gives an even greater advantage since we now know that muscle mass helps you burn more calories.

A good way to use **Pure Protein Plus** for weight loss is to put serving sized portions in little snack baggies and keep it with you, no refrigeration required. Between meals or instead of skipping meals, just stir it into vegetable juice, broth, or milk. You will have all the weight loss advantages of adding protein to your diet and have a tasty snack or meal handy. Eating small frequent meals of low-fat protein is a great addition to any weight loss plan. And it can help reduce your risk of cardiovascular disease! (Am J Clin Nutr June 2005)

## Protein And Abdominal Obesity

Weight gain around the waist and in the abdominal areas is considered a risk for type 2 diabetes and chronic heart disease. Research done in Hamilton, Ontario, Canada showed that substituting low-fat protein for some of the carbohydrates in the diet can help reduce abdominal fat in most ethnic groups and therefore also reduce the risk factors for type 2 diabetes and heart disease. (J Nutr, May 2005)

## Enhanced Calcium And Magnesium Absorption

Calcium and magnesium, so essential for relaxing and heart health, are best absorbed in an intestinal environment of positive flora. The older you get the more important it is to make sure that you have this flora or "good bacteria" in your intestines. Inulin intake is a good way of ensuring adequate flora. Research conducted in France showed that calcium and magnesium absorption was increased with the addition of inulin to the diet and was most effective in older subjects. (Nutrition Journal 2005) Inulin is in **Pure Protein Plus**. Inulin is made from chicory, beet, or mangle roots and is an excellent fiber that is often used to improve immune function as well as improve intestinal function.

## Quality Of Life

Many people who suffer from COPD (chronic obstructive pulmonary disease) have a poor quality of life because they do not take in enough high quality foods to give them energy. A study done in Spain showed that an oral nutritional supplement rich in proteins (with 50% from whey protein) and a low fat diet helped them have more energy and therefore a better quality of life. (Clin Nutr June 2005)

## Type 2 Diabetes

Whey protein can help to stabilize blood glucose in type 2 diabetics, especially in a meal with carbohydrates in it. (Am J Clin Nutr. July 2005) This means that adding whey protein to meals where carbohydrates are eaten can help modulate the blood sugar response. Great news for type 2 diabetics.

## Digestion

Often times the protein eaten is not properly digested so it cannot be absorbed and utilized. **Pure Protein Plus** contains the digestive enzymes required for digesting protein. This allows you to take in less protein and get more out of it. Since stress stops digestion, most people are not digesting their proteins fully. The fight or flight response to stress causes your heart rate to speed up, breathing to become shallow, digestion to stop or slow down, muscles to tense up, all to prepare your body to run or fight. Stress is a really vague word these days because there are so many triggers of the stress response: going without eating more than four hours, eating a high starch or sugar meal or snack, taking caffeine or nicotine regularly, and the usual kinds of stressors like death of a loved one, job loss, or lack of sleep. The best way to re-start your digestion is to take digestive enzymes with each meal. When you stir **Pure Protein Plus** into a beverage, you will be getting the exact digestive enzymes needed to digest the meal.

## Cellular Stress After Exercise And Reduced Antioxidant Levels

Most athletes realize that arduous aerobic training can result in weakness and fatigue afterward. Energy is expended and needs to be replaced. Protein builds muscles and the easily digested protein in **Pure Protein Plus** can be taken before and after aerobic exercise to help prevent a drop in energy and muscle wasting. Whey protein was used in a study done in Alberta, Canada showing that the high concentration of glutathione in whey protein helped restore the glutathione that was reduced because of aerobic exercise. (Intl J Food Sci Nutr March 2004)

Glutathione is an antioxidant that protects the cells against environmental toxins and carcinogens. Glutathione is essential to keep your immune system healthy and functioning properly, even under stress. Many degenerative diseases such as cancer, cardiovascular disease and arthritis, as well as viral infections respond to the addition of glutathione in the diet.

## Reduced Immunity

In order for your immune system to function efficiently the appropriate nutrients are required. Protein calorie malnutrition and zinc deficiency can compromise your immune system resulting in reduced immunity and increased infections. (J Allergy Clin Immunol June 2005) By increasing the protein in your diet from a low-fat source of digestible proteins it is possible to improve immune function that is often exacerbated by protein malnutrition. Increasing zinc by taking All-In-One Plus can also improve immunity.

## Cancer, HIV, Osteoporosis, Hepatitis B or C

A recent review of The Therapeutic Applications of Whey Protein demonstrates with research that whey protein has been used in various clinical settings to help with cancer, HIV, osteoporosis, and Hepatitis B and/or C. (Alternative Medicine Review, 2004)

## Protein History

Protein has only recently been thought of and researched as doing anything more than building muscles and rebuilding cells. We have known for many years that it was essential to life and health. In 2004 and 2005 much research has been published showing that protein, especially whey protein, can be useful for more than just building muscle and rebuilding cells.

Skipping meals is essentially a danger to your health, especially if you have any kind of blood sugar problem, heart disease, or reduced immunity. Fortifying your lifestyle with meals and snacks of digestible protein is a great way to maintain or regain health. You don't have to eat a huge steak to do it! You can just eat meals and snacks that include Pure Protein Plus.

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