



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

"Now we know in part...." | Corinthians 13:12

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If you like to do jigsaw puzzles, perhaps you have seen the kind that has pictures on both sides of the pieces. Or, the kind that has no picture on the box cover. We used to get a catalog that featured only puzzles. They were rated by difficulty. The two kinds I described were labeled "very difficult."

If you read health and nutrition magazines, or even newsmagazines, you have probably noticed that nutrition is not an exact science. Nor is conventional medicine. It appears that from one year to the next, or oftener, the latest news about the connection between diet and health, or disease and prescription drugs, seems to change radically.

If you grew up in the 40s or 50s, you took for granted that when your mother noticed that your cheeks were flushed, a glass thermometer would be placed under your tongue. Only recently has there been recognition that what was once an essential component in a first aid kit could actually make you sick. The Sept/Oct 2001 issue of *Sierra* spends two pages describing "The Hidden Life of Thermometers."

If you still have a mercury thermometer, you will want to handle it carefully. "Break one and the elemental mercury within can evaporate, becoming an indoor pollut-

ant. Toss one away and the discarded mercury might end up in a waste incinerator's smokestacks, which will spread the poison over a huge area. Or if it goes to a landfill, it can creep into local water supplies instead.

"When airborne mercury eventually settles in a body of water, bacterial metabolic processes take over and transform it into more dangerous methylmercury, a compound that climbs through the food chain, from bacteria to plankton to fish. As larger predators like shark, tuna, and swordfish consume mercury-tainted prey, the poison accumulates in their muscle fiber and gets passed on to people who eat these fish.

"The majority of fish consumption advisories in the US are issued because of mercury contamination. Forty states warn people against eating fish from their waterways, and *Consumer Reports* cautions parents not to serve their kids more than one tunafish sandwich a week....The Centers for Disease Control found that one in ten women of childbearing age is at risk of having a newborn with brain damage because of mercury consumption. The federal government has been slow to protect consumers, says Michael Bender, executive director of the Mercury Project

[www.mercurypolicy.org], who notes that the FDA's 20-year-old standards were based on 'safe' doses for adults. Stronger rules could protect both children and adults from potential ill effects of mercury exposure, which includes nervous system damage, sensory impairment, numbness or tingling in the extremities, and loss of coordination....

"While coal-burning power plants are the single-largest source of manmade mercury emissions, the EPA reports that medical- and municipal-waste incinerators together account for 1/3 of the 150 tons of annual mercury pollution in the US. (Other mercury-laden refuse from hospitals include blood pressure measuring instruments, gastrointestinal devices, and preservatives.)"

The rest of the article explains that mercury got its name from the Roman messenger god—the one depicted on old dimes—and what economic considerations prevent us from banning its use. Sweden phased out mercury thermometers in 1992, and some communities are taking steps to restrict them. Michigan has banned mercury in schools. San Francisco and Minnesota have banned the sale of mercury thermometers.

Local waste management

routed me to Hazardous Waste, when I called to find out how to dispose of our old mercury thermometers.

But mostly I wonder why two other sources of mercury are not addressed. At the time Dick and I were wearing contact lenses, thimerosal, a mercury derivative, was a commonly used preservative in wetting solution. Thimerosal is still used in vaccines, and many of the activists we have met at information meetings about the dangers of immunizations are convinced that their children, once healthy and developmentally on schedule, were brain damaged by or died as a result of the vaccines they received. Be in touch if you are interested in "Do you know what's in a vaccine?" [Free.]

The other common source are "silver" fillings, which are 50% mercury. A superb book on this subject is *Solving the Puzzle of Mystery Syndromes* available from Dental Amalgam Mercury Syndrome (DAMS) of Des Moines for only \$5.95+s/h, 1-800-311-6265.

There will always be puzzles. Our winter newsletter will have news about "Making Connections that Count," a seminar at St Olaf College, July 29-31. We try to help you put the pieces together. May it be so. +++

Is nutrition theory a moving target?

"In looking back over the past 25 years since *Environmental Nutrition's* first issue, we are pleased that much of what we said back then still holds true today. Still some nutrition trends—including theories espoused by experts—have changed considerably. Looking back, however, *EN* has always been on the leading edge of these shifts in wisdom."

***Environmental Nutrition*, January 2002.**

In its 25th anniversary issue, *Environmental Nutrition*, a monthly newsletter that's better than many, admitted that "nutrition is an evolving science, and a relatively recent one at that. It's no surprise, then, that our knowledge base continually shifts as new studies emerge." Here are some excerpts from a chart that compares nutritional knowledge 25 years ago versus January 2002: *"What we believed then; what we think now."*

Butter vs margarine: 1977: Margarine was considered a better choice for lowering cholesterol and preventing heart disease. Today: "Margarine is not necessarily better if it contains *trans* fats, which like butter raise blood cholesterol." Most of the sources I use in my classes are less complimentary, and call margarine "a plastic fat."

Calcium and osteoporosis: 1977: "Calcium is needed to maintain healthy bones and prevent osteoporosis." Today: "Osteoporosis is more than just a calcium deficiency; other nutrients needed include vitamins C, D, K, and [the minerals] magnesium and potassium. Exercise is essential."

Carbs: 1977: All car-

bohydrates are healthful. Today: "Refined carbs are in disfavor; emphasis is on healthful whole grains."

Fats: 1977: "Fat is at the root of many illnesses, particularly obesity, heart disease, and cancer; little distinction made between types of fats." Today: "Fat is in good favor if amounts are moderate; unsaturated fats—especially monounsaturated—may even help reduce the risk of some chronic diseases. Fat-free foods haven't solved obesity."

Fiber and colon cancer: 1977: High-fiber diets lower the risk of colon cancer. Today: "Other components in fruits, vegetables, and grains are probably more influential than fiber in lowering risk."

Fruits and vegetables: 1977: "Offer an array of vitamins, minerals, and fiber, but those not rich in nutrients (eg, celery, grapes, onions) have little to offer." Today: "A powerhouse of newly discovered disease-fighting phytonutrients (eg, ellagic acid, lycopene, quercetin, and zeaxanthin) are making fruits and veggies even more valuable than we ever realized."

Herbal medicine: 1977: "Herbs like echinacea, St John's wort, and saw palmetto are virtual unknowns to Americans and are ig-

nored by American doctors." Today: "Herbs take center stage in many medicine cabinets, 30 million Americans using them in place of over-the-counter drugs; researchers and physicians now take them seriously."

Organic foods: 1977: Organic produce available only at a few food co-ops, farm stands, and natural food stores; no legal definition exists. Today: "Organic foods are mainstream, with sales growing by more than 20% a year in the last decade; national standards provide uniform guidelines."

Sodium and blood pressure: 1977: A sodium-restricted diet is prescribed for practically everyone with hypertension. Today: "Though sodium restriction is still often prescribed, only some need worry about it as a trigger for high blood pressure. It can be managed better by eating more fruits, vegetables, and low-fat dairy foods, as well as by losing excess weight and exercising."

Sugar and diabetes: 1977: Sugar is off-limits for those with diabetes. Today: "Sugary foods acceptable in diabetic diets as long as the total amount of carbohydrates is controlled."

Stay tuned. +++

“Fishy, fishy in the brook, come and bite my little hook” ...or maybe not

Has your doctor told you to eat more fish? Many magazine menus feature fish, because it has essential fatty acids and unless it's breaded and fried, it's lowfat. It doesn't get the bad rap that red meat does.

On the other hand, according to other reports, the state of the oceans, rivers, and lakes is alarming. Here are some excerpts from some of the articles I have uncovered:

www.naturalheath.com: *“Salmon tops the list of fish with proven health benefits,” says Dun Gifford, founder and president of Oldways Preservation and Exchange Trust, a Boston-based non-profit that promotes healthy eating. ‘The omega-3 fatty acids in salmon may protect against breast and other cancers, and relieve autoimmune diseases like rheumatoid arthritis and asthma. Eating a diet rich in fatty fish like salmon can also decrease your risk of heart disease, according to several epidemiological studies. Omega-3 fatty acids in fish reduce blood clotting and triglyceride levels and normalize heart rhythms....Your head, as well as your heart, needs omega-3s. They keep your brain working.’”*

Environmental Nutrition, April 2003: *“Frequent fish consumption may help fend off prostate cancer, especially metastatic cancer, according to data from nearly 48,000 men. Those who ate fish four or more times a week were significantly less likely to develop prostate cancer over 12 years than men who ate less fish....The omega-3 fatty acids may suppress tumor cell growth, the researchers suggest....”*

Natural Health, May/June 2003: *“Inexpensive and convenient, tuna ranks as this country's favorite fish; we buy more than 800 million pounds a year, mostly in cans.... Fresh tuna steaks aren't a great choice. They come from larger, older fish, which harbor the highest mercury levels, [and they] are usually yellowfin, a species with low levels of omega-3 fat. If you are pregnant or trying to conceive, you should limit your consumption of canned tuna to one serving a month and avoid fresh tuna.... Doing so will limit your exposure to mercury, which can damage developing brains.”*

Reader's Digest, August 2003 *“Hidden Dangers in ‘Healthy’ Food” [cover story about a physician who discovered that her most health-conscious patients were experiencing nausea, aching joints/muscles, brain fog, and extreme hairloss, apparently from eating fish too often]: “How could a metal so dangerous be so prevalent—and Americans not know about it? The answer was fairly straightforward: Government regulations have long assumed that Americans didn't eat enough fish to get mercury poisoning. And for years, the FDA argued that the mercury levels in most fish weren't high enough to raise concern....”*

The Green Guide, May/June 2003: *“The CDC report on body burden concluded that 8% of women between the ages of 16 and 49 had methylmercury blood levels higher than the EPA's precautionary standard. Fish consumption is the primary way that adults are exposed to this nervous system toxin, which can cause sensory and cognitive dis-*

turbances, dermatitis, developmental delays, and muscle wasting. Methylmercury also can cross the placenta from mother to fetus, causing damage to the developing nervous system at high levels of exposure.”

US News and World Report, “Fished Out,” June 2003: *“America used to be fishstick and tuna salad country...but times have changed. In 2001, shrimp overtook tuna as America's favorite seafood...An international fleet of fishing vessels works year-round to supply the new hunger in the West and to feed the growing demand in the affluent areas of Asia. Fishers now scour every corner of the ocean, snapping up everything from sea urchins at the water's edge to orange roughies in the abyss, thousands of yards down. Spurred by government subsidies, guided by sonar, satellites, and aircraft, and deploying acres of nets and lines 50 miles long, this global armada has taken one recreational fishfinder's boastful motto—‘the fish have nowhere to hide’—and made it the simple truth...Many depleted species, like the North Atlantic cod, may never recover because their habitat has been destroyed or too few survivors remain to find mates. Extreme fishing pressure can also force magnificent fish to evolve into something less grand....In Alaska, the average size of a spawning pink salmon has dropped by 35% over the past two decades because only those thin enough to squirm through the mesh of a gill net survive to reproduce....So why is there still so much seafood in stores?...Most of the salmon, shrimp, and shellfish come from fish farms, not from wild sources....”*

Environmental Nutrition, April 2003: *“If all six billion people worldwide [ate at least two servings of fish per week]...would there be enough fish in our oceans and fish to go around? A consensus of world experts emphatically say no. Enter fish farming.... There's no doubt that marine aquaculture increases supply....Farmed fish, however, do contain antibiotic residues and have a negative environmental impact.”*

The Green Guide, Nov/Dec 2002: The UN Food and Agriculture Organization estimates that by 2030, aquaculture farms will be providing more than half of the world's seafood. Farmed fish are not necessarily a healthier or ecologically sound alternative. *“More wild fish are fed to farm-raised fish like salmon and shrimp than are harvested from farms—resulting in a net loss to the oceans....And shrimp farms, built over coastal wetlands and mangrove swamps, are destroying crucial habitat for wild fish and ocean shrimp....Net pens and some ponds also pollute waters with spilled food, antiparasite pesticides, feces, and antibiotics that are routinely fed to farmed fish....Traces of chloroamphenicol, an antibiotic banned for food use in this country because of its links to leukemia, have been found in farmed fish from China and Vietnam....Farmed carnivores like salmon may be...contaminated with toxic pollutants that collect in animal fats.”*

This matter deserves our attention—see also p. 4 for a guide to choosing your next meal of fish. +++

Let's Be Well, Inc

...serving health seekers since 1992. How may we serve you?

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If you eat fish, you'll want to limit mercury

Below is a guide to safe fish eating drawn from government and academic data. The oldest and biggest fish consistently score high in mercury. There's another reason to avoid them: studies show their numbers are severely depleted, owing to overfishing.

Safe	One meal per week	Twice a month
salmon	mahi mahi	swordfish
sardines	orange roughy	shark
sole	sea bass	tilefish
freshwater catfish	red snapper	king mackerel
farmed trout	flounder	marlin
shrimp *	halibut	
clams	freshwater bass	
scallops	grouper	
oysters	trout	
canned tuna	fresh tuna	

Note: This list from *Reader's Digest*, Aug 2003, does not distinguish between biblically clean and unclean fish, nor does it account for environmental impact; eg. *for every lb of shrimp harvested, 4-10 lbs of unwanted marine life are tossed.

Q: I am puzzled by your saying that you are no longer a vegan because you have learned that you are protein-deficient. I thought Genesis 1:29 was God's ideal diet. What about all the protein in vegetables? How much protein do I really need?

A: Let's answer your last question first: it depends on your age, sex, and body weight.

You can calculate your daily needs from the following table:

PROTEIN NEEDS

Infants 0-1/2 yr: ___ [weight in pounds divided by 2.2] x 2.2 = ___grams protein needed daily.

Infants 1/2—1 yr: ___ [weight in pounds divided by 2.2] x 2.0 = ___grams protein needed daily.

Adults over age 22: ___ [weight in pounds divided by 2.2] x 0.8 = grams protein needed daily.

If pregnant, add 30 grams daily and if lactating, add 20 grams. Babies need a higher proportion of protein for their size because they are growing. Ages 1-22 are not represented in the chart, but you can estimate them from the following range: recommended allowances for children vary from 23 grams for a one-year-old child to 56 grams for a 22-year-old male. So where are some places to

get protein?

PROTEIN IN VARIOUS FOODS

	grams
1/2 c dry beans, cooked	8
1 c milk	8
1 oz lean meat/fish/fowl	8
1 oz cheese	7
1 egg	7
2 T nuts/seeds	7
1 c cereals	2-7
1 slice bread	4
1 large fruit	2
1 c vegetables	2

When I was a vegan, I did not sit down and use this chart daily to plan our meals. In fact, I found it yesterday when I was cleaning files. It is from a July 1985 *Better Homes and Gardens*. We did not become vegans until 1993, so I am not sure why I saved it. I don't remember being interested in nutrition in the 80s.

In the 90s, we met many people who believed that Genesis 1:29 was God's ideal diet, and the story of my recovery from 15 years of arthritis appeared in *God's Way to Ulti-*

mate Health, by the Rev. George Malkmus, in 1995. We are thankful for having discovered the connection between our food choices and our health. The first several years as vegans we did very well. Some health issues have surfaced in the last few years that have caused us to rethink our commitment to Genesis 1:29, even though many people apparently thrive on it; we have a friend in TX whose 92-year-old mother has been a vegetarian for 60 years who drives long distances, lives in and takes care of her own home, mows her own lawn, and enjoys excellent health.

When you look at the numbers in the chart, you may notice that those with food allergies to soy or nuts, or who have digestive issues that make eating beans problematic, will find it difficult to get adequate protein on a vegan diet. Hypoglycemic people can eat too often, causing weight gain. When you subtract milk/meat/fish/eggs/cheese from the chart, you

need dishpans full of vegetables, especially if you are sensitive to the sugar in fruit, and without adequate fat, you still don't feel satisfied on a vegan diet. Because dairy triggers arthritis, I avoid it for the most part, but we are learning to enjoy 3-4 oz portions of organic beef, a real poached egg once or twice a week, and small amounts of chicken about twice a month. Dick has been told by a neurologist and a urologist that fish needs to be in his diet often.

Right now, connections we are making have led us to other scriptures, eg, Gen 9:3, that present a more complete picture of what the Bible says about how to live a long, healthy life. That's why we were pleased to discover Dr Dr Gordon Tessler, our keynote speaker, July 29-31, 2004. We also note that Romans 14 makes room for vegetarians and for carnivores, for sabbath keepers and those who do not keep sabbath. Can I do less? +++

Circle of influence



fall 2003

LET'S TALK ABOUT EDUCATION

There's no **one** way to serve people. Because who we are is shaped by our gifts and life experiences, we do what we most enjoy. I like to serve our network by writing newsletters, and hosting classes and seminars. I am teaching-motivated, and I value education. My wish is that everyone cared as much about reading, research, and writing as I do, but my hope is that those who don't have time to do the research will find some value in our newsletters, classes, and events.

I often use this space to encourage our network to take teleclasses, and to attend any member-hosted events that I am aware of. We also like to send people cassettes and videos, though we sometimes feel like the ratio of acknowledgement we receive is far less than the one in ten, described in Luke 17, who thanked Jesus after they were healed. We thank God when we hear good reports-- see below.

We hope that you will share your questions for me to research, as well as your stories of how the AIM products have impacted your life. We admire people who look for solutions to their health issues until they find answers. I have permission to share the following from Steve Lorence, an old [actually young] friend who became a Director this summer:

"Since 1984 I have been battling digestive problems. I was a high school kid involved in wrestling and weightlifting. I thought nothing could stop me. I was wrong. With little knowledge of a wrestler's diet, I ate poorly. There were times when I did not eat or drink anything for three days. Little did I know, stomach enzymes fade away then there is no water present in the body. In my senior year of high school my brother rushed me into the emergency room. I felt like I was hallucinating. The doctor told me I was dehydrated.

"At that point I was unable to wrestle at the same weight. So, I ate enough to wrestle up two weight classes to finish my senior year at the state high school wrestling team tournaments. As days went on, I battled my poor health. I was drinking 2-3 pots of coffee per day to stay awake. I then went to see several doctors. Most of them said they could find nothing wrong with me. One doctor told me I would need to have enzyme shots every week. I opted not to take the shots. I saw two more doctors, and they said to stay away from foods that affected me

"So I started a healthy diet, and I still was not feeling well. My body was not able to assimilate the nutrients in the foods I was eating. In 1988 a friend of mine introduced me to the world of Chinese herbs. I was eating the herbs for about 15 years with some results. I was spending an average of \$300-500 per month. At this point I was starting to get very frustrated.

"In 1991 I was introduced to AIM, and I began to use some of their products but not faithfully. Since April 2003 I have been using AIM products faithfully with exceptional results. The products have helped my body to become balanced with tremendous energy and vitality.

"I have learned that in order to feel well, your cells need to be healthy. The AIM products build strong cells. I was a little skeptical when I started, but now I would not be without the products. The following are symptoms that I have lived with for the past 18 years. I am finally able to say goodbye to them. No more: digestive problems, stomach pains, constipation, skin rashes, chronic fatigue, flu symptoms, joint pains/stiffness, muscle weakness, poor memory, constant back pain, knee pains/weakness, nausea, or canker sores.

"In my experience AIM products are far superior to anything I have found. I have been feeling so great that I want to tell everyone. I would encourage anyone who wants to have superior health to try the AIM products. Of all of them, I would have to say that I like the Garden Trio the best. It has really been the balance of all three, BarleyLife, Just Carrots, and Redibeets that has given me my health as it is today.

"Remember, if you do not feel well, you are limiting your potential in life to impact people in a positive way." Steve Lorence.

Networking works: Steve told Holly who told Vicki. Here's an e-mail we received yesterday:

"Thank you for the packet with great information. I would appreciate being on your list for information that can help me help others as they strive to have the best health they can have.

"I purchased BarleyLife from Holly, because I woke up every morning exhausted and barely able to get out of bed. My husband is a chef, and we eat very nutritional meals--five fruits/vegetables each day, low fat, and little salt, very little red meat, etc. [But] I was always dragging!

"I could tell within two days that BarleyLife had something my vitamins (GNC) and good eating wasn't giving me. Within a week I was sold. I also noticed a reduced appetite--what a plus. [For the past 3-4 weeks I have taken] the Garden Trio religiously every day, and I start the day with a juice with BarleyLife powder. My rosacea has almost completely cleared up. I gave some to my parents to try (81 and 78 years old). My dad asked me to order him some, because he could tell in a few days that his legs felt so much better. That made me think that my knee (which has a little arthritis) wasn't bothering me at all; I didn't even think of this before. So the benefits are manifesting themselves continuously. I can hardly wait to give others a week of the Trio to try. Steve and Holly are great to have shared so much information." Vicki Shipley.

As Gerald Phillips says in his Sept 2003 newsletter *For Your Information*, a good testimony provides a "before and after" word picture. Both Steve's and Vicki's testimonies are effective because they describe the firsthand experience of satisfied users of AIM products. We'd be pleased to have your report of benefits you have noticed as you consistently used one or more AIM products. **Gerald, by the way, is one of our favorite nutrition educators. If you sign up for his Sept 29 teleclass on the Garden Trio, you'll understand why Steve, Holly, and Vicki are getting the results described above.**

Promotions: Although we try not to miss anyone, we are sorry if your promotion has not been recognized. If we missed you, please let us know! Also, owing to space limitations, we are not able to acknowledge most promotions in a timely fashion. We are glad for your efforts, and thank God for each of you. Ultimately, of course, according to Psalm 75:6-7, promotion comes neither from the east, nor the west, nor the south, but from God....

To *Preferred Member*: **Pauline Blasing**, Edina MN; **Wayne Craven**, Mpls MN; **Rev. Robert Duhs**, Brandon MS; **Nellie Greer**, Shoreview MN; **Beverly Gunter**, Pontotoc, MS; **Lynn Lau**, Burnsville MN; **Jim/Jane Sewald**, Frisco TX; **Dennis/Donna Watson**, Hope AR; to *Product Consultant*: **Judy Hendricks**, Springbrook WI; **Holly Lorence**, Roseville MN; **David Spooner**, Breckenridge MN; to *Group Builder*: **Vicki Andren**, Mpls MN; to *Director*: **Vicki/Wayne Andren**, Bloomington MN; **Steve Lorence**, Lakeville MN; **Marcia/Don McKenzie**, St Paul MN. We are pleased to recognize your efforts. Congratulations!

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BARLEYLIFE® UPDATE - September 2003

Over the years, you have heard AIM speak of "Commitment to Excellence." We are dedicated to continually providing excellent products that will improve the quality of people's lives. Because of our commitment to excellence, the 2003 BarleyLife® has greatly improved!

We are pleased to report that this July marked the first full year since the introduction of BarleyLife®. The results people are experiencing are absolutely tremendous. BarleyLife®'s second year production, which just finished in New Zealand, yielded incredible improvements. Visit our website at www.theaimcompanies.com to view a five-minute video of the 2003 New Zealand BarleyLife® harvest and production.

SOD (superoxide dismutase) averaged 30% higher than last year, which were already the highest in the industry! Instead of the 1060U/g average for 2002, the SOD in the 2003 BarleyLife® production averages 1382U/g! SOD is a powerful antioxidant that helps combat free radicals, it also helps prevent damage that is implicated in tissue degeneration associated with aging and works as an anti-inflammatory enzyme. SOD and all the other enzymes in BarleyLife® are naturally higher because of our cold process technology.

What's more? BarleyLife®'s 2003 value levels increased across the board -- antioxidant activity increased 21%, Protein 11%, Beta Carotene 20%, and Calcium 15%. This is commitment to excellence, just as was promised! But we will not stop there. It is our ongoing promise to continue to improve on the quality of BarleyLife® for years to come.

There is more protein (amino acids) in the 2003 BarleyLife®, which means more minerals and vitamins will make it into the blood stream. BarleyLife®'s high protein content is a result of getting closer to fresh-juiced barley. This means more of all the precious nutrients our bodies crave are retained in BarleyLife®. Amino acids and enzymes are essential to great health!

Our commitment to excellence is evident in our technology. AIM invested tens of thousands of dollars in the invention of a "real time" antioxidant tester to insure that BarleyLife® contains the highest possible antioxidant content. Every stage from the leaf through the finished barley powder is tested. No other company has this technology of real time testing.

AIM's cold concentration process that stores the juice immediately in the field produces the highest quality fresh barley juice in the world. Immediate juicing and cooling systems assure that the fragile chlorophyll does not break down while being transported to the factory. BarleyLife®'s chlorophyll content averaged 662 mg/100g in 2003. We also developed an extensive testing program, which insures there are no chemical residues while maintaining the highest nutrient content to date.

AIM has continually worked with third parties who have researched barley leaf extract for many years. This research has just scratched the surface in understanding what's in the barley leaf, which has resulted in the wonderful benefits barley juice users have experienced.

More barley juice powder is produced, used and sold by AIM Members than any other barley juice powder in the world. Why? Because AIM Members care for people and these people are seeing great results with BarleyLife®! And because of the 2003 BarleyLife® improvements, your motto for the remainder of the year should be "What's in store for 2004?"

In order for a network marketing company's Members to really succeed, they need products and formulas that are exclusive and not sold in retail stores. This is exactly what AIM has given its Members -- "BARLEYLIFE®" **EXCLUSIVELY**.

If you have been contacted by anyone promoting another green product, you can be confident when you tell people that BarleyLife® far surpasses our previous barley powder in nutrient levels, antioxidant content, enzymes and freshness! BarleyLife® is the most affordable, high quality green juice product on the market today.

In Partnership For Life with BarleyLife®,

Errol Lester, Senior Vice President, AIM International