

## MARCH SPECIALS

### WEIGHT LOSS & THYROID

3/1/10-3/31/10

#### **CHICKWEED, HOODIA COMBINATION, KELP, T.-W & W.L.-W**

**Purchase 3 bottles  
receive the 4th bottle free.**

**To take advantage of the special, all 3 bottles must be the same product, same size and purchased at the same time.(Purchase Volume will not be paid on free bottles).**

**CHICKWEED** – Chickweed is one of the all-purpose herbs. It has the effect of soothing and healing whatever it comes in contact with. It has been used on shrunken tissues such as the drawing up of the fingers where tendons will not relax. Congestion of the liver is often opened up with Chickweed by internal and external use. The ranges of chest troubles covered include pleurisy, coughs, colds, bronchitis, and hoarseness. In addition to this, the list of known relief includes the following: rheumatism, inflamed and weak bowels, stomach inflammation, kidney trouble, scurvy, ease the heat of hemorrhoids and their sharp pains, and open the tiny blood vessels around the liver so that it is soft and functioning. It should also be mentioned that Chickweed is much prized by the American Indians for swelling of all kinds, redness of the face, boils, blood poisoning, cancer-swollen testes, and ulcerated throat and mouth. Safe fat burner to help lose weight. DOSAGE: 20 to 60 drops three times per day in tea or under the tongue. Can be applied externally over the kidneys on gauze soaked with the extract.

**HOODIA COMBINATION** – Hoodia gordonii is a proven weight loss herb. It helps you to keep from being hungry and not eat as much so you can lose weight. However, when you lose weight you may run into poisons that love to hide out and get stored in only the fat tissues. This can make a person feel a bit agitated or aggravated at times. To counteract this we use the powerful poison neutralizing effects of the Acerola Cherry. Its proven and powerful antioxidants (poison antidotes) will help make the person more comfortable. Chlorella and Bladderwrack work in combination to mop up heavy metals and usher them out of body. Bladderwrack also helps regulate and clean your thyroid gland, which acts as the body's thermostat. This in turn will help assist the body to burn fat. Red Raspberry Leaf is added to this combination because it contains a very active type of manganese, which works to keep skintight, as weight is lost. Red Raspberry Leaf is what the first American women used to prevent stretch marks during pregnancy when Columbus discovered America. We add Pumpkin Seed because of its balanced zinc and copper activity to produce skin with youthful elastic tissue. Dandelion Leaf and Sunflower Seed provide a vegetable source of vitamins A and D, which act to grow healthy new skin as you lose weight. Horsetail uses its rich active silicon mineral content to put a smooth finish on the skin. As the weight is being lost you want to make sure to flush the poisons and residues down the drain to complete the process. In order to do that we use the time proven reliable herb Cascara Sagrada. All in all, you have here a very impressive array of team helpers to assist you in getting the results you want. COMBINATION: Hoodia gordonii, Acerola Cherry, Red Raspberry Leaf, Pumpkin Seed, Sunflower Seed, Dandelion Leaf, Horsetail, Bladderwrack, Chlorella, Cascara Sagrada. DOSAGE: 40 drops to 1 teaspoon as needed.

**KELP** – This valuable sea vegetable, growing as tall as 100 feet (approximately 30 meters) up from under the water, supported by balloon like gas bladders, can be put to the same uses as Irish Moss (see: Irish Moss). Hands and feet that stay cold year around, hands that tremble when they are extended and the fingers are spread, "thick neck" (the base of the neck is swollen due to an enlarged thyroid gland), unusual fears, not wanting to wear tight fitting clothes around the neck, weak or brittle nail and hair growth, easy weight gain; any, or all of these, are indications of needing food for the thyroid gland. Kelp differs, however, in generally containing more iodine salts and is therefore, more aggressive in its support of thyroid function. A person should use smaller amounts in the beginning to become accustomed to its stimulating effects. Kelp is known as an excellent storehouse of other minerals, including an impressive amount of calcium and magnesium, as well as vital trace elements. Kelp is considered a must by many natural practitioners as part of the diet, when dieting, to prevent mineral depletion due to reduced food intake. Kelp increases the metabolism of the body to burn calories more rapidly. This is quite important in people that tend to gain weight very easily. Kelp is also

highly valued as a diuretic if excess fluid build-up. DOSAGE: 10 to 20 to 40 drops per meal or three times per day. This amount can be doubled if the hands and or feet do not warm up.

**T.-W – (THYROID)** - Organic, natural iodine and more for the thyroid. The thyroid is a large gland with the appearance of a bunch of flattened grapes, which sits at the base of the neck under the voice box. Here is the sub-station in control of blood calcium levels and calm nerves, strong nails, weight control, energy, hair that does not break off and healthy skin. When the thyroid is properly nourished, hands and feet warm up and fibroid tumors are prevented and/or reabsorbed. Remember, not just the thyroid requires a high-grade natural source of iodine; the ovaries store iodine also for their proper health. The thyroid, however, is a "hog" and takes its iodine first. If there is not enough for both, or either, the thyroid takes it all and thus, fibroid tumors occur. If the thyroid does not get enough nutrients it may swell in size in an attempt to absorb more by getting bigger. The base of the neck may become fat and or the thyroid may enlarge internally. This is a common cause of feeling like there is always something in the throat that cannot be swallowed. If the chemical iodine added to salt actually worked, with all the salt in the typical diet, there would be no problems as listed here. White salt is refined salt, which is another way of saying it has been robbed of every thing except sodium and chlorine and chemical iodine, which may be added to it. If a person has a "taste" for salt, then assume they are mineral deficient and lacking the assortment of the many true mineral salts, which should be in the body and would be found in unrefined salt. Much better than unrefined salt, would be to take the mineral salts from the living lattice of sea vegetables which have them organized in a form to support life. With that in mind, we take V.M.-W (Vital Minerals), T.-W or A.C.S. (All Cells "Salts" minerals) for a balanced mineral profile. Most so-called "weight loss diets" do not result in weight loss because they do not address proper thyroid nutrition and thus regulate the speed at which food is burned and energy is released. You may also find, with proper thyroid nutrition, the fingers no longer shake when the arms and hands are extended and the fingers spread apart; as well as strange fears that simply disappear. COMBINATION: Dulse, Bladderwrack, Wild Lettuce, Irish Moss. DOSAGE: 10 to 40 drops, 3 times per day. In cases, of severe depletion, then 40 to 80 drops, 3 times per day. If you feel "nervous" after taking, simply reduce the amount and the feeling will go away shortly. If you feel nothing, gradually increase the amount until you do feel more energy. Note: T.-W can be applied externally to the base of the neck under the voice box, if desired, rather than taking it internally. You may have to use a little more than would be the case for internal use. Apply externally 3 times per day. If very sensitive skin, apply Vitamin E from 100 to 400 i.u. capsules first.

**W.L.-W – (WEIGHT LOSS)** - The object of weight loss is not just to take weight off of you. You can do that easily enough by starvation, hunger diets, or a short trip to a concentration camp. The real object of weight loss should be the loss of excess pounds until you feel your best, whatever weight that is. In the process, we expect to have you looking great and feeling even better in an improved state of health. Then you can move around again without having to "sit this one out." How many times have you seen people forcibly lose weight and achieve it? And then someone says, "Oh, I bet you feel so much better and you look so much better." And they don't. They look "haunted" or "tortured" and feel like they just managed to escape from a forced-labor chain gang camp, where they were on starvation rations. Friend, if you think you are overweight, you had better get the glands and organs of digestion and organs of elimination working again and change your diet for the better, before you dump all that extra weight. Let's take a quiet, unemotional approach to this problem. The best series of events would be to eat the proper food and digest it correctly. Then we have energy to move, and energy and material to repair the body's daily wear and tear, as well as past abuses. Now we have to escort the rest of the used and/or unused food out of the body through the proper exit. Along with this, we have to collect and take out the garbage of dead cells and cellular poisons thrown off in the routine processes of living. If you don't have a bowel elimination 2, and preferably 3, times per day (as many times as you have meals, just like a baby or your pet dog), your system backs up and you get "bad breath" or body odor, sinus conditions, skin problems or worse, and feel rotten and your mood may be surly, profane and uncooperative. So, we should have a digestaid and a gentle, natural bowel-cleaning herb. Gentian and Cascara Sagrada, respectively, do this. Now, let's have a good potassium source for strengthening and firming the muscles and preventing sagging, without the need for "serious exercise." Dandelion Leaves do this. A fat digester in the form of Chickweed is a good idea. Siberian Ginseng and Licorice Root provide energy and stamina and feed the glands so you don't age prematurely as you drop the weight. Low fat and no cholesterol diets take weight off of you all right, and they age you rapidly due to starving the glands of what they need to make hormones. Additionally, vegetable oil should be taken daily to prevent hunger feelings and as a glandular food. Remember, calories are not just calories. Vegetable oil burns more slowly than sugar or starch. Daily, take internally or rub into the inner thighs, 1 to 3 tbsp. vegetable oil such as an All Blend type or Peanut Oil or Olive Oil. Use no margarine or Crisco type fats. They are pretty good as axle greases, not as digestible foods. We are not counting calories, we are counting essential nutrients necessary for health and when the body gets that, it drops fluid and excess fat. 100 calories of natural vegetable oils will satisfy you far longer than 500 calories of doughnuts or candy. Vegetable oils contain what are known as essential fatty acids, which are needed by every cell in the body. To deprive the body of them is to ensure an untimely demise (very early check out time). Dulse is a purple sea vegetable, which regulates the body's cellular furnaces by giving the thyroid (the body's thermostat) gland at the base of the neck, just above the chest, what it needs to regulate the rate at which food is burned. Contained in the rich nutrient supply of Dulse is a natural, very active source of desirable Iodine. With a well-supplied thyroid you don't feel sluggish. You can move around and shed pounds. Chickweed and Dandelion Leaf also help us, as diuretics, to relieve fluid retention. Now,

add to this well-designed combination a protein food at each meal, for example, a cereal grain such as rye, millet, brown rice (please no Uncle Ben's converted rice) or yellow corn. These can be taken in the form of cereals or breads or crackers. Aged cheeses can be taken, such as Swiss or Cheddar or Munster. Do not use wheat or potatoes. They stick to the ribs. Nut butters, real ones (not Jiffy or Skippy confection types) such as peanut, almond, sesame or sunflower are excellent sources of protein and oils. Keep natural nut butters refrigerated after opening, as they contain no chemical "preservatives." Yogurt from regular real milk (NOT Low Fat Type) provides not only easily digested protein, but also, a rich source of B-Complex Vitamins for energy and well-being. Eggs are ok. Use only fertile eggs. Just don't harden the yellow and you can forget about cholesterol being a problem. Enjoy them "sunny side up," "over easy," soft-boiled, poached or raw, blended in black cherry juice. If cholesterol were really the enemy we are told it is, then all baby chicks would be "born dead" and died of hardening of the arteries. Cholesterol is used by the body's glands to make hormones. If you don't eat enough cholesterol in foods, your own liver will actually start manufacturing it, and more than you could probably eat even if you worked really hard at it. Other acceptable sources of protein are seafood, fish, chicken or turkey. You can also use a protein source such as Protein Extract or, if you desire vegetable sources, use Five Good Extract or Liquid Bee Pollen at the rate of 20 to 80 drops per meal. Have a large green salad each day. Please, no Iceberg head lettuce, as it is not green enough. COMBINATION: Chickweed, Gentian, Siberian Ginseng, Dulse, Dandelion Leaf, Licorice Root, Cascara Sagrada. DOSAGE: 40 to 80 drops 3 times per day. By using W.L.-W you may drop some unwanted water weight and inches before dropping pounds of fat. Weight reduction may be slow at first with only inches of water weight lost. You will not, however, be damaged health-wise in the process. A good idea is also to take 40 drops of Vita-Lixir (an all vegetable source multi vitamin supplement) and 40 drops of A.C.S. (All Cells "Salts" minerals from all vegetable sources) along with 40 drops of W.L.-W at each meal. And then don't eat again until you are actually hungry. To complete the flushing process necessary to this program, drink 6 to 8 glasses of spring water each day. Now, persist with this life style change and you will reach the destination you have desired, and in the process regain your health.

**TO TAKE ADVANTAGE OF THE SPECIALS PLEASE READ BELOW:  
SALES CLOSE ON THE LAST BUSINESS DAY OF THE MONTH.**

All orders and P.V.T. (Purchase Volume Transfers, which refers to products that were ordered by Distributors that you did not sponsor) MUST be called in, faxed or received by mail before 5:30 p.m. E.T., on the last business day of the month. Please keep in mind that during the Holidays the mail service will probably take a little longer. All orders and P.V. transfers after 5:30 p.m. E.T. will automatically go on the next month. A good example of the last business day of the month is if the 30th is a Sunday, the last business day would then be Friday the 28th. Legal holidays are not considered business days. During the summer months we change to E.D.T. (eastern daylight savings time). It is your responsibility to note our time changes. This could be very important to you or your downline, as it is your responsibility, and it will be your responsibility, to correct any problems in your downline, should you fail to adhere to these rules. There are no exceptions.

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