



# My Father's Wellness

WELLNESS NEWSLETTER

SUMMER 2011

## **AIM COMPOSURE**



**AIM Composure®** is a special blend of the extracts and whole herbs of eight herbs that work together to help you in times of stress. You may find yourself more relaxed and, when combined with a healthy diet, experience a healthy sense of well-being.

## **ARE YOU FEELING STRESSED?!**

Everyone experiences stress. But what triggers it is different in everyone. Personality, genes, and experiences all influence how we deal with stress. Whatever the cause, stress is a factor in many diseases. Stress may aggravate an existing health problem, or trigger an illness if you're at risk for the condition. Various surveys estimate that stress contributes to **80 percent of major illnesses** such as cardiovascular disease, digestive diseases (ulcers, ulcerative colitis), mental disorders, injuries, nervous system and sensory-organ diseases, cancers, endocrine and metabolic diseases, skin disorders, and infectious ailments of all kinds. The nervous system controls communication in the body. Its leader is the brain, which allows us to think, decide, control our actions, and coordinate the ability to move, touch, smell, hear, and see. As with any body system, good nutrition plays an important part in seeing that the good health of the nervous system is maintained. **AIM's Composure** may help in dealing efficiently with stress.

## **BENEFITS OF AIM BEAR PAW GARLIC**

- Helps maintain cardiovascular health
- Helps maintain healthy blood pressure
- Helps maintain healthy cholesterol levels
- Has all the benefits of regular garlic, plus more
- Has antibacterial and antifungal properties for increased immuno health
- Displays antioxidant activity
- More than 10 years of safe and beneficial use by AIM Members
- 1,002 mg of alpine wild garlic per 3-capsule serving
- Is odorless upon digestion
- Has high adenosine content
- Has high g-glutamyl peptide (GLUT) content
- Has never been domesticated
- Active substances found in the leaves, not the bulbs
- 90 vegetarian capsules

## **AIM BEAR PAW GARLIC**



**AIM Bear Paw Garlic®** is a unique form of garlic. It is not the species of garlic sold in supermarkets and used in garlic supplements. AIM Bear Paw Garlic® comes from a wild species of garlic found in central Europe.

AIM products are not intended to diagnose, treat, cure or prevent and any disease.

## LEAFGREENS:UNIQUE PRODUCT TO AIM LINE

Leaves are among the most abundant sources of vital nutrients on the planet. **AIM LeafGreens®** is a combination of four leaf juice powders (spinach, field pea, faba bean, and barley) and broccoli sprout powder. LeafGreens is the only product on the market to utilize this unique blend of leaves and sprouts that work synergistically for optimal health benefits. AIM uses an exclusive ultra-cold filtration technique. The juice is chilled to below 44 degrees Fahrenheit and concentrated through a series of filters. This mechanical process uses no chemicals or additives; the only addition is pressure.



**Through this concentration process, it takes 44 pounds of leaves to make one pound of LeafGreens.** More leaves equals more nutrition.

KEY BENEFITS are: The flavonoid kaempferol improves kidney function and inhibits the oxidation of cholesterol low density lipoprotein (LDL). The flavonoid quercetin inhibits the production and release of histamine. Quercetin can reduce joint inflammation. Vitamin K is crucial to healthy bone density, may help to prevent the hardening of arteries, and may regulate blood sugar. Lutein may prevent macular degeneration and protect the skin and eyes from free-radical damage. Sulforaphane can improve cardiovascular and kidney health

## FIVE STEPS TO HORMONE HEALTH with JACKIE HARVEY

FREE CLASS on Hormonal Health, featuring a DVD called, "Let's Talk" with Jackie Harvey, an international speaker of women's health issues.

**"Let's Talk About Hormones" is Good News with Great advice!**  
**THURSDAY, June 30 from 6:00 to 8:00 p.m. at 34 Nottingham Rd,**  
**Raymond, NH.**

There will be a question and answer time, light refreshments and an opportunity to have a foot soak and a BarleyLife facial mask... SO RELAXING & GOOD for your complexion.

Mark your calendars, because YOU DESERVE to know the truth about Hormone issues and make an informed decision for yourself about NATURAL alternatives.

Get your "HOT" girlfriends together and come on over---find out ways to relieve HOT FLASHES, NIGHT SWEATS, FOGGINESS, and other annoying problems AND find out how to PROTECT our BONES!

**Please RSVP by Tuesday, June 28.**

**Tami Cole, Coach**  
**34 Nottingham Rd (Rte 156)**  
**Raymond, NH 03007**

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**Want BETTER PRICES ? Find out how by visiting my website [www.aimforbalance.com](http://www.aimforbalance.com) and click on enter, then at the top of screen click "become a member" or call AIM directly at 1-800-456-2462. Don't forget to tell them I told you about AIM.**  
**"Enjoy serving the Lord and He will give you what you want." Psalm 37:4**