



# My Father's Wellness

Health & Wellness For Body & Soul

## WELLNESS NEWSLETTER

## SPRING 2012

Our cells cannot function efficiently if the pH (which measures acidity and alkalinity) is not in a narrow range. Many foods are acidifying, and when we consume too many of them, the acid-alkaline balance is upset. Green barley grass contains the alkalizing minerals potassium, calcium, and magnesium. These minerals neutralize acidic materials and can help maintain a healthy acid-alkaline balance.



### Protect Your Cells

KNOW YOUR BODY'S  
pH and LEARN HOW TO  
BALANCE IT...  
ASK ME HOW!

In 1964, only 1 person in 214 contracted Cancer. Today it is 1 in 3 females and 1 in 2 males. The determining factor between health and disease is pH. It is not uncommon for the average American to test between 4 pH to 5 pH. Oxygen levels in the body are directly related to pH. Research has proven that disease cannot survive in an alkaline state, however, viruses, bacteria, yeast, mold, fungus, Candida and Cancer cells thrive in a low oxygen, / low pH environment. There are two factors that are ALWAYS present with cancer no matter what else may be present. Those two factors are Acid pH and Lack of Oxygen.

**I  
OFFER  
FREE  
pH  
TESTING!**

**AIM BarleyLife:** has a strong alkalizing effect, which helps keep the ratio between acidity and alkalinity in our body fluids balanced. Green barley leaves contain a multitude of enzymes. Enzymes are essential for the thousands of chemical reactions that occur throughout the body, including the absorption of digested nutrients.

**Chlorophyll** has been studied for its potential in stimulating tissue growth and in stimulating red blood cells in connection with oxygen supply. A remarkable similarity has been found between chlorophyll and the red pigment in the blood. According to an article in the Journal of the National Cancer Institute, chlorophyll fed to laboratory animals reduces absorption of three dietary carcinogens.

**Vitamin A**, a fat-soluble vitamin, plays an important role in growth and development, immune functions, red blood cell production, reproduction, and the development and maintenance of healthy skin, hair, and mucous membranes. The vitamin A in BarleyLife is beta-carotene, which is the most efficient of the carotenoids for conversion to vitamin A in the body. Vitamin A is also an important antioxidant known to protect cells.

**Folic acid** helps produce and maintain new cells—it is needed to make DNA and RNA, the building blocks of cells. Folic acid in BarleyLife helps prevent changes to DNA that may lead to cancer.

References: AIM BarleyLife data sheet 2011

**AIM products & this information is not intended to diagnose, treat, cure or prevent any disease.**

**Follow my blog at [www.MyFathersWellness.com](http://www.MyFathersWellness.com) —click on follow**

## **CLASS SCHEDULE for 34 Nottingham Road, Raymond :**

**TUESDAY, April 24 From 6:00 to 7:30 p.m.**

**FREE CLASS on THE IMPORTANCE OF MAINTAINING A BALANCED pH.**

**Cancer lives in an acidic environment. Find out ways to prevent cell mutation and damage and maintain a balanced pH to ensure optimal health. Green vegetables are a great way to help balance the body's pH...Sample AIM's BarleyLife Juice will be available. Saliva pH tested.**

**THURSDAY, April 26, from 6:30 to 8:00 p.m.**

**FREE class for WOMEN on RESTORING YOUR BODY'S BALANCE** with Natural Progesterone Cream. We will watch an informative DVD and become informed women on ways to RELIEVE HOT FLASHES, reverse osteoporosis, level mood swings, regulate menstruation and other benefits. Space is limited, so reserve your spot NOW! Get your "HOT" girl friends together and come on over—it's FREE!

**THURSDAY, May 24. from 6:30 to 7:30 p.m.**

**FREE DVD presentation on body detoxification/cleansing/parasites.** 3 out of 4 Americans, Yes, I said Americans ...are INFECTED with PARASITES. There will be a question & answer time, light refreshments and a chance to sample a green smoothie.

**TUESDAY, August 28. from 6:00 to 7:00 p.m.**

**FREE Class on "Ways to Relieve Stress"** Presentation on ways to relieve stress—complete with a relaxing foot soak in Cell Wellness Restorer with natural magnesium and other ancient sea minerals, a BarleyLife facial mask, and listen to a guided imagery CD...all sure to help you have a great nights sleep—maybe the best in weeks! There will be light refreshments and door prizes.

***PLEASE RSVP NO LATER THAN one day prior to each class date, Thanks!***

***Follow my blog at [www.MyFathersWellness.com](http://www.MyFathersWellness.com) —click on follow***

***Check out complete class schedule and descriptions***

***Order products at [www.AIMForBalance.com](http://www.AIMForBalance.com)***

Private & family consultations available as well as home party and business workshops, Fees vary, ask me for details. Health plans may reimburse cost of classes/workshops, check with yours to be sure.

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To purchase Top Quality Supplements...visit 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