

### Ten Superfoods for Age-Defying Beauty

#### Acai fruit

This little berry is one of the most nutritious and powerful foods in the world. It can often be found in juice form in health food and gourmet stores.

#### Anything in the "Allium Family"

Garlic, onions, leeks, scallions, chives and shallots can all help the liver eliminate toxins and carcinogens.

#### Barley

This can be used as a breakfast cereal, in soups and stews, and as a rice substitute. Barley's also high in fiber, helping metabolize fats, cholesterol and carbohydrates.

#### Green Foods

Green foods like wheat and barley grasses can be bought in powder, tablet or juice form, and offer greater levels of nutrients than green leafy vegetables. They also help cholesterol, blood pressure and immune response.

#### Buckwheat: Seed & Grain

Buckwheat is loaded with protein, high in amino acid, stabilizes blood sugar and reduces hypertension.

#### Beans & Lentils

You can reduce cholesterol while beefing up on antioxidants, folic acid and potassium. Try kidney, black, navy, pinto, chickpeas, soybeans, peas and lentils.

#### Hot Peppers

Both bell and chili peppers contain antioxidants, have twice the Vitamin C as citrus fruit and work as great fat burners.

#### Nuts & Seeds

You can't go wrong with a handful of nuts a

day—walnuts, hazelnuts, almonds, macadamia and pistachio nuts contain Omega 3 fats, which are great for your heart. Raw, unsalted nuts and seeds are best.

#### Sprouts

Numerous varieties of sprouts are great with any meal. They're a great source of protein and Vitamin C. Try adding them to any dish and your immune system will get a boost.

#### Yogurt and Kefir

These cultured foods contain healthful bacteria that aid immune function and the calcium helps burn fat. Try using them as a base for a smoothie

### Combat fatigue, improve circulation, increase metabolism, enhance quality of sleep

#### BodyPure™.

The number one selling product in Japan in its class 12 times in a row!! The Japanese have been using this product to combat fatigue, improve circulation, increase metabolism, enhance quality of sleep, absorption of body toxins and as a general practice to stay healthy and clean.

Our BodyPure™ pads are effective, made of 100% natural ingredients and easy to apply

#### Ingredients:

##### WOOD VINEGAR AND BAMBOO VINEGAR EXTRACT.

The quality of our product is based on the purity of the Vinegar extract. The extract used in BodyPure™ is condensed five times and contains no synthetic vinegar or starch. After the initial extraction process, the extract is dried for a period of six months. It is then filtered four times using the highest quality Umbamegashi-Binchou

Charcoal . It is then dried one more time for an additional six months before it can be considered for use. This process yields a very concentrated extract with an extremely high level of purity.

#### HOULTUYNIA CORDATA EXTRACT.

The plant is found in Japan, Java and Nepal at altitudes of over 6200 feet. It contains a variety of flavoids, flavonoid glycosides (afzerin, quercitrin, isoquercitrin) and pyridine alkaloids; the essential oil was found to consist mainly of decanal (capry aldehyd), dodecanal (lauryl aldehyd) and 2-hendecanon (methyl nonyl ketone). Since ancient times it has been valued for its absorption properties.

#### LOQUAT LEAF EXTRACT.

The Loquat leaf contains malic acid, tartaric acid, citric acid, tannate, carotene, vitamins A, B and C. Its leaves and kernel contain amygdalin (amygdalin is otherwise known as vitamin B17, or laetrile). It promotes the secretion of body fluids and has antitussive, expectorant, antiemetic properties. It has 3000 years of history in muijibustion therapies and has been used extensively in Buddhist medicine. In India it has been called the king of herbal medicine.

#### CHITOSAN.

Chitosan is the result of biomass research by the Ministry of Agriculture and Forestry in Japan. The governmental body planned the Biomass research for ten years starting 1982. Chitosan is chemically extracted from the shell of a crab shrimp. Chitosan products have been used for over 30 years by water companies to trap toxins, such as greases, heavy metals, and oils. It is the second most plentiful fiber, after cellulose. Chitosan products are also made for medical use to improve wound healing (such as burns) and skin inflammation. Studies have been conducted to explore its fat binding properties. The results found it to lower LDL (Bad) cholesterol by 6% and enhance the HDL (good) cholesterol by 10%. It has been marketed as a weight loss supplement.

#### TOURMALINE

The name apparently comes from the Sinhalese word "Turamali" which was given to mixtures of unidentified gem gravels in Ceylon (now Sri Lanka). Tourmaline exerts a cleansing and

liberating energy upon our entire nervous system with a clearing and stabilizing effect. Tourmaline is best known as one of the only minerals to emit far infrared heat - which causes resonance in the body at the same frequency as water. [Click here](#) for more information on Far Infrared.

#### DEXTRIN

Dextrin is a product of starch hydrolysis, a carbohydrate having the same general formula as starch but a smaller and less complex molecule with adhesive properties.

## **How does BodyPure™ work?**

Many people are skeptical about the ability of a pad on the sole of the foot to have any kind of systemic effect. Of course, once you try it and see for yourself it is evident to most of us. In order to understand how it works, begin by looking at the picture below. Note how the central- anterior area of the sole of the foot corresponds and connects to the kidneys, liver, lungs, and digestive system. If you have any doubts about the connections of the sole of the foot with our organs, I invite you to try the following simple experiment. If you are not allergic to garlic, cut a clove in half and rub the fresh garlic side on the sole of your foot (for approximately 45 seconds). Within a few minutes, you will be able to detect a garlic taste in your mouth! Now that we have established the connection, we can understand how the ingredients in BodyPure™ use their natural power of absorption to "draw out" the toxins that are utilizing the existing channels of our body. Trees are nature's specialists in mobilizing nutrients, energy and toxins up and down the trunk (from the roots up and from the leaves, after photosynthesis, down).

The theory makes perfect sense, but how about some physical evidence?

- 1) The visual evidence after using the BodyPure™ pad is compelling. The progress is apparent when used over a few consecutive days.
- 2) Multiple samples of pads were sent to SRC Analytical Lab, a highly accredited Environmental Laboratory. The results demonstrated absorption into the patch of Nickel, Arsenic and Mercury amongst others.
- 3) Multiple pads for various individuals were analyzed by using a syncrometer. The

syncrometer, an electronic device used to detect individual substances by using a circuit and matching frequencies. The following substances have been identified in the used pads through this method: benzene, isopropyl alcohol, methyl alcohol, aluminum, cadmium, copper, lead, mercury, nickel, thallium, arsenic, asbestos, DAB dye, fast green dye, sudan black dye and PCB (plastic byproduct).

4) Extensive research in Japan has been conducted with the use of Thermography (infrared technology). The pads have been tested for their healing activity by means of infrared sensors. **(888)-951-PURE or (310)-204-4484**

## LifeSource SuperSprouts



### What is a SuperFood?

**Superfood** describes a food that is naturally concentrated to provide all the nutritional elements necessary for optimal health. Many of these foods are found in the first link of the food chain, i.e., the plankton which is made purely from sunlight and water, and grasses which are made from soil and sunlight. Since they are so nutrient dense, very little is required to achieve significant nutritional benefit.

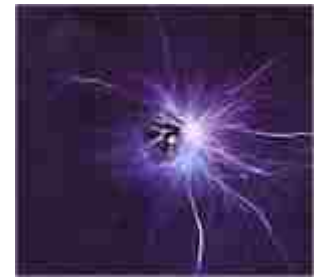
These Superfoods also contain **phytochemicals** that protect the body against many degenerative diseases such as cancer and cardiovascular disease. **Chlorophyll, beta-carotene** in the plankton, and **genistein** and **daidzein** in the soy sprouts are four of the most powerful anticancer phytochemicals discovered. In fact, there is not a degenerative disease that can not be prevented through the increased consumption of these foods.

Many people have experienced the benefits of eating "lighter". Not just physical benefits, but

benefits to consciousness and clear thinking. As we let go of the denser foods such as red meat and refined, processed foods, and include more fresh vegetables and fruits, these Superfoods are a valuable bridge for the body to make the necessary transformations

### HOW. . . .

By selecting the world's purest and most potent Superfoods and blending them together in ratios determined through the observation of each food's energy field. This process is known as **Energy Field Formulations™**.



LifeSource at 121 MHz A Leading Superfood Product at 82 MHz

### LifeSource SuperSprouts

#### Contains Only the Finest Ingredients:

LifeSource SuperSprouts provides a combination of Organic Sprouts that include; Amaranth, Spelt, Broccoli, and Millet.

Both are in a base of Chlorella, Organic Spirulina, Wildcrafted Hydrilla sea plant, Organic Barley Juice Concentrate 33:1, Phasophyto green kelp, Rhodophyta Red kelp, and Stevia.

**Organic Amaranth:** Was the principle grain of the Aztec Indians of South America 5,000 to 7,000 years ago. Called the "golden grain of the Gods" it was the primary foods to nourish infants and to provide energy and strength to soldiers on extended trips. Today, nutritionists often use it in combination with other grains to boost the protein value because of its high lysine content, an amino acid usually missing from other grains

**Organic Spelt:** One of the purest and oldest cultivated grains on the planet. Unlike other grains that have been genetically altered to make

growing and harvesting easier and more abundant, spelt has been left completely unadulterated. Spelt is considered to be one of the most nourishing of all grains, containing greater amounts of fiber, protein and B-vitamins than any other commercially available grain.

**Organic Broccoli:** Eat your broccoli! Broccoli has received more research than probably any other vegetable because of its cancer-fighting properties. Broccoli sprouts contain 20 to 50 times more of the identified cancer protective compounds than mature broccoli heads. Sulforaphane, the most researched of all broccolis' chemical constituents, helps the body's natural cancer-fighting resources and reduces the risk of developing cancer, according to John Hopkins University researcher, Paul Talalay, MD

**Organic Millet:** Is one of the oldest foods known to humans dating back to 2,700 BC. Besides its broad International appeal, it is the staple of the Hunza diet. The Hunzas live in a remote section of the Himalayan foothills and are well known for their excellent health and longevity. Millet is high in fiber, the B-Complex, lecithin, vitamin E, iron, magnesium phosphorous and potassium.

**Organic Barley Grass 31:1 juice concentrate** — Barley grass is also well known for its high concentration of chlorophyll, along with calcium, B-vitamins, minerals, as well as protein, enzymes and good natural fiber. Studies indicate that barley grass may repair damaged DNA.

**Stevia** — Stevia rebaudiana is a shrub indigenous to Brazil. It has been used for years as a natural flavor enhancer by many cultures. Stevia has been the subject of numerous international studies. Many of these studies show that Stevia reduces blood sugar levels and promotes healthy teeth

**Wildcrafted and Organic Micro-Algae** — LifeSource is a rich source of the purest, least processed, low temperature dried chlorella and spirulina available. These phytoplankton provide easily digestible protein which provides all the essential amino acids for optimal metabolism, providing the body with energy and the fuels to grow and rebuild tissue. Nutritionists often claim these micro algae as the perfect food, made from pure water and sunlight. They are abundant in metabolic pigments such as; chlorophyll, phycocyanidin, and carotenoids, including both

alpha and beta carotene which provide 22% of the USRDA vitamin A requirement per serving. Chlorophyll cleans the blood, helps the body remove toxins and thereby tends to strengthen immune function. Both chlorophyll and beta-carotene are powerful cancer inhibitors.

The spirulina in LifeSource is organically grown. The chlorella is unprocessed, leaving the whole cell undamaged. This maintains chlorella's capacity as a chelation agent in removing heavy metals from the body. Most producers of chlorella break the cell wall to improve absorption, but they sacrifice chlorella's real gift to health and that is the removal of heavy metals. Harmonic Innerprizes believes that this is another example of man thinking he has a better idea than what nature has provided. We would appreciate any one providing us an example where man has tinkered with nature and it benefited any one in the long term.

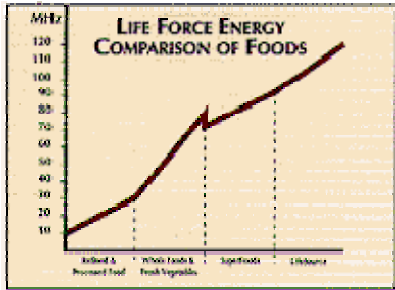
**Wildcrafted Hydrilla** — A fresh water algae organically grown in mineral rich pristine waters. Its root structure goes deep into virgin subterranean soil to provide an abundance of all known trace minerals including 4 times the amount of calcium than is found in milk. Contains the phytochemical antioxidants; carotenoids, chlorophyll, selenium, vitamin E, and weight to weight, 6 times more vitamin C than contained in an orange. Rich in GLA (gamma linolenic acid).

**Kelp** — Two rare families of kelp are present in LifeSource. They provide a rich source of vital organic trace minerals and yet are very low in minerals that are normally problematic with kelp, namely iodine and sodium. Phaeophyta green kelp provides the complete spectrum of mineral elements and chlorophyll. Rhodophyta red kelp is rich in beta-carotene and rare trace minerals such as gold, rhodium and iridium. Vital elements for optimal DNA function.

#### WHY. . . .

High energy foods increase our own **subtle energy fields**. Over 27 years of research by Dr. Valerie Hunt at UCLA associates bio-electric energy fields with greater intelligence, mature emotional balance with less stress, increased learning ability, and overall heightened states of health. Research indicates that foods with an **override frequency** of 72MHz or greater

increase the body's bio-electric energy. Foods below 72MHz deplete the body's energy



Refined & Processed Foods 10 - 30MHz  
Whole Foods & Fresh Vegetables 30MHz 80MHz  
SuperFoods 72-92MHz  
LifeSource 121MHz

## 121MHz.. The Harmonics of Life

Comparison tests reveal that LifeSource contains dramatically higher **bio-electric energy** levels than any other superfood product. Consuming foods with over 72MHz enhances metabolism and increases energy production. Processed foods will be from 10MHz to 30MHz, while fresh organically grown foods will range from 30MHz to 80MHz. The Energy Field Formulations™ process raises LifeSource naturally to 121MHz, a frequency many researchers believe to be a **resonant harmonic of DNA**. When any organic substance is in a harmonic field of itself, the opportunity is created for it to experience its highest potential. This potential is the awakening of the genetic intelligence that births the reality of Oneness with all else that exists.

## LifeSource SuperSprouts - Advanced Superfood Technology

The process begins by selecting the world's finest ingredients and blending them together with only one consideration — to maximize the natural life force energy of each ingredient. Through our exclusive formulating technique known as Energy Field Formulations™, we monitor the energy fields of each Superfood through state-of-the-art electromagnetic sensing devices.

As the Superfoods are blended together, the subtle energy fields of each are effected by the others. One ingredient at a time, the energy

fields are monitored so that the highest synergistic relationship between all the ingredients is achieved. Cost is never

considered, only foods that potentate the greatest life force are chosen.

## Taste Great. . .

Yes, its amazing! Fantastico! Even foods that are not known for their good taste, such as algae, seaweed and grass, when properly balanced and tuned harmonically, taste great. Great addition to any smoothie. Best juices: Apple and Carrot. Even palatable in plain water.

## Who Benefits From LifeSource SuperSprouts?

**Life is about choice.** LifeSource SuperSprouts is the choice for all health conscious people who choose to improve their lives and performance through high quality nutrition and appropriate exercise. All people will benefit from LifeSource, young and old alike. LifeSource can help restore health and vitality to those recovering from any illness or injury. It is the ideal supplement for pregnant and nursing mothers, or any time in life where the body needs additional support. LifeSource can **increase energy levels, improve mental clarity and alertness, promote weight loss**, and help the body **remove toxins, including heavy metals**. It provides **increased stamina and focus** in rugged competition. In general, it provides the way to higher experiences of health. LifeSource is simply the best Superfood product available anywhere. It is 100% guaranteed to your personal satisfaction. Enjoy, live long, give love, light & laughter!

**Phone: 1-702-932-8841**  
**or Toll Free: 1-888-667-4300**

## Weight Loss Information

### Nutrition and Dietary Supplements

#### Diet

Diet plans are enormously popular today. They range from traditional low-fat, high-carbohydrate diets to the more controversial high-protein, high-fat, low-carbohydrate diets. The truth is, no specific diet works for everyone, and no diet works without the other essential components of weight loss—exercise and stress management.

In general, studies have shown that diets limiting fat intake are safe and effective for weight loss. However, because obesity rates have risen in the United States despite lowering levels of fat in American foods, some experts have questioned whether or not low-fat diets are the preferred method for reducing weight. Studies have consistently shown, however, that low-fat diets combined with low-calorie intakes are the safest, most effective method of weight loss for overweight or obese individuals, and the best way for them to keep the pounds off for good. Although high protein diets (more popular in recent years) have also shown promise in helping overweight individuals reduce cholesterol and blood sugar levels as well as weight, it is not known if this diet is safe and effective for weight loss over the long term. Some experts suggest that increased levels of physical activity are necessary for weight loss when eating a diet high in protein. Before attempting any diet—low-fat or high-protein—it is important to consult a healthcare practitioner for help in determining an appropriate weight loss program.

### **5-Hydroxytryptophan (5-HTP)**

5-HTP, a supplement made from the seeds of the African plant *Griffonia simplicifolia*, may help reduce binge eating associated with obesity and dieting. 5-HTP is thought to reduce hunger cravings by boosting serotonin levels in the central nervous system. (Serotonin levels drop during dieting, often causing carbohydrate cravings and possible binge eating.) People who are taking antidepressant medications (SSRIs or MAOIs) must avoid 5-HTP.

### **Supplements**

The following supplements have been suggested as treatments for obesity. Studies this far have been small or of poor methodological quality, but with further research, some of these supplements may prove to be beneficial weight loss aids. Before using these supplements, be sure to discuss their safety and appropriateness with a healthcare provider.

### **Calcium**

Both animal and human studies have found that dietary calcium intake (from low-fat dairy products) may be associated with a decrease in body weight. For example, in a study of overweight women, daily intake of 1000 mg of calcium was associated with a loss of 8 kilograms (17.6 pounds) in weight, and 5 kilogram (11 pound) in body fat. Unfortunately, these effects cannot be specifically attributed to calcium since dairy sources of calcium contain other nutrients that may have been involved in the weight loss. Whether or not calcium supplements would achieve the same effect has yet to be proven.

### **Fiber**

Preliminary evidence suggests that dietary fiber may help lower insulin levels (insulin controls the amount of sugar in the blood). In addition, one study of nearly 3,000 young adults suggests that high levels of insulin in the bloodstream (associated with low-fiber diets) may contribute to excessive weight gain for several reasons, including increased appetite.

### **Vitamin C**

Studies suggest that obese individuals may have lower vitamin C levels than nonobese individuals. Researchers speculate that insufficient amounts of vitamin C may contribute to weight gain by decreasing metabolic rates and energy expenditures.

### **Fish Oil**

Studies suggest that eating fish rich in omega-3 fatty acids (such as salmon, mackerel, and herring) seems to improve glucose-insulin metabolism and cholesterol levels in obese people both with and without high blood pressure. These effects were most pronounced when daily servings of fatty fish were incorporated into a weight-loss program that included physical activity and a low-fat diet. These studies also suggest that people who follow a weight loss program achieve better control over their blood sugar and cholesterol levels when fish is a staple in the diet. Fatty,

coldwater fish should be consumed at least two to three times per week to obtain adequate amounts of omega-3 fatty acids.

### **Conjugated Linoleic acid (CLA)**

Preliminary human and animal studies suggest that CLA can help control weight in obese individuals by reducing body fat and enhancing lean body mass. More studies are needed, however, to determine whether CLA is a safe and effective treatment for obesity. Until such time, use of this supplement is not recommended.

### **Zinc**

Studies have revealed that zinc may increase lean body mass and decrease or keep fat mass stable. The reason for this may be that zinc increases levels of leptin, a molecule that stimulates energy expenditure and decreases appetite.

### **Chitosan**

Derived from the shells of crustaceans, chitosan is promoted as a remedy for obesity in the United States and other countries. While some studies have found that chitosan (in addition to a low-calorie diet) significantly reduces weight in obese people, it is unclear whether the supplement itself, the low-calorie diet, or a combination of both led to the weight loss. More studies are needed to determine if chitosan is a safe and effective treatment for obesity.

### **Dehydroepiandrosterone (DHEA)**

DHEA has only recently begun to be studied in humans as a treatment for obesity, and the results have been conflicting. While animal studies have found DHEA to be effective in reducing body weight, studies of nonobese men and women showed that DHEA produced no change in total body weight, but measures of total body fat and LDL ("bad") cholesterol did improve. These differences may be due to the fact that higher dosages were used in the animal studies than in the human studies (such high doses would cause intolerable side effects in people). Further studies (particularly with obese

individuals) are needed to determine whether DHEA effectively reduces body weight in obese people. Until the safety and effectiveness of DHEA is fully tested, it is best not to use this supplement for weight loss.

### **Chromium**

Although some studies suggest that chromium may regulate lean body mass and reduce body fat, its effects are small compared to those of exercise and a well-balanced diet. Chromium does appear to improve blood sugar (also a risk factor for heart disease), particularly in those with diabetes and glucose intolerance.

### **Vitamin D**

Studies suggest that obese people tend to have lower levels of vitamin D than people who are not obese, and that supplementation may correct that deficiency.

### **Other Supplements**

Although the following supplements have been promoted as weight loss supplements, few studies support their use:

#### **Pyruvate**

Pyruvate has been promoted as a weight loss and cholesterol-lowering supplement, but there is no substantive body of research to support these claims.

#### **L-Carnitine**

Although L-carnitine has been marketed as a weight loss supplement, a recent study of moderately overweight women found that L-carnitine did not significantly alter body weight, body fat, or lean body mass. Based on the results of this one small study, claims that L-carnitine helps to reduce weight appear to be unfounded.

#### **Herbs**

##### **Ephedra (*Ephedra sinensis*)**

Supplements containing ephedra, also known as ma huang, have been widely touted as energy boosters and weight loss stimulants. In fact, studies have shown that ephedrine (derived from ephedra), when used in combination with

caffeine, may be helpful in treating obesity. However, serious adverse effects ranging from extremely high blood pressure to fatal heart attacks, stroke, and seizures have been reported, causing the Food and Drug Administration (FDA) to propose limits on the dose and duration of its usage. Many healthcare practitioners recommend that ephedra not be used to treat obesity or for any other reason because of these dangerous side effects.

### **Psyllium (*Plantaginis ovatae*)**

Studies and clinical reports suggest that psyllium, a soluble fiber, may increase the sensation of fullness (satiety) and reduce hunger cravings. For these reasons, incorporating psyllium and other sources of fiber into the diet may aid weight loss.

### **Green tea (*Camellia sinensis*)**

Studies suggest that green tea extract may boost metabolism and help burn fat, but there have been no specific studies of this herb in obese individuals. Some researchers speculate that substances in green tea known as polyphenols are responsible for the herb's fat-burning effect.

### **Hydroxycitric acid**

Obtained from plants native to India (including *Garcinia cambogia* and *Garcinia indica*), hydroxycitric acid has been incorporated into many commercial weight-loss supplements. Although animal studies have found that hydroxycitric acid reduced food intake and prevented weight gain, studies of *G. cambogia* in humans have produced less promising results. More research is needed before conclusions can be drawn about using hydroxycitric acid, or the plants which produce the substance, for weight loss.

### **Oolong tea (*Thea sinensis*)**

In traditional cultures, oolong tea has been used to prevent obesity and lower cholesterol. One animal study found that oolong tea prevented weight gain in rats fed a high-fat diet. This study suggests that the traditional use of oolong tea

may have validity. Further research in animals and people would be helpful.

### **Capsaicin (*Capsicum frutescens*)**

Preliminary evidence indicates that capsaicin (the substance that makes chili peppers taste hot) may help the body burn fat, particularly when eating a high-fat diet. Further research is needed to confirm these early findings, however

### **Acupuncture**

Many studies have found both acupuncture and acupressure to have beneficial effects on weight. Acupuncture is believed to promote weight loss by stimulating points on the body that boost serotonin levels. (Elevated serotonin levels are thought to suppress appetite.) Although most studies that have investigated the effects of acupuncture on weight loss have been poorly designed, one well-designed study found that people who received electrical acupuncture of the ear (auricular acupuncture) experienced a reduction in appetite

### **Ayurveda**

Guggal (*Commiphora mukul*) is a common ingredient found in several Ayurvedic medicines used to treat obesity. Studies have shown that overweight individuals who receive these guggal-containing Ayurvedic remedies lose a significant amount of weight compared to those who do not receive such medicines. These Ayurvedic remedies also caused substantial decreases in cholesterol. Minor side effects associated with guggal-containing preparations include mild diarrhea and nausea. Further studies are needed to determine whether guggal is a safe and effective treatment for obesity

**Save Money**

**on Children`s Clothing**

**<http://www.magickidsusa.com>**

**Use code MK16528**

**THANKYOU – THE PUBLISHER - 5Mu66**

**Light and Love to ALL**