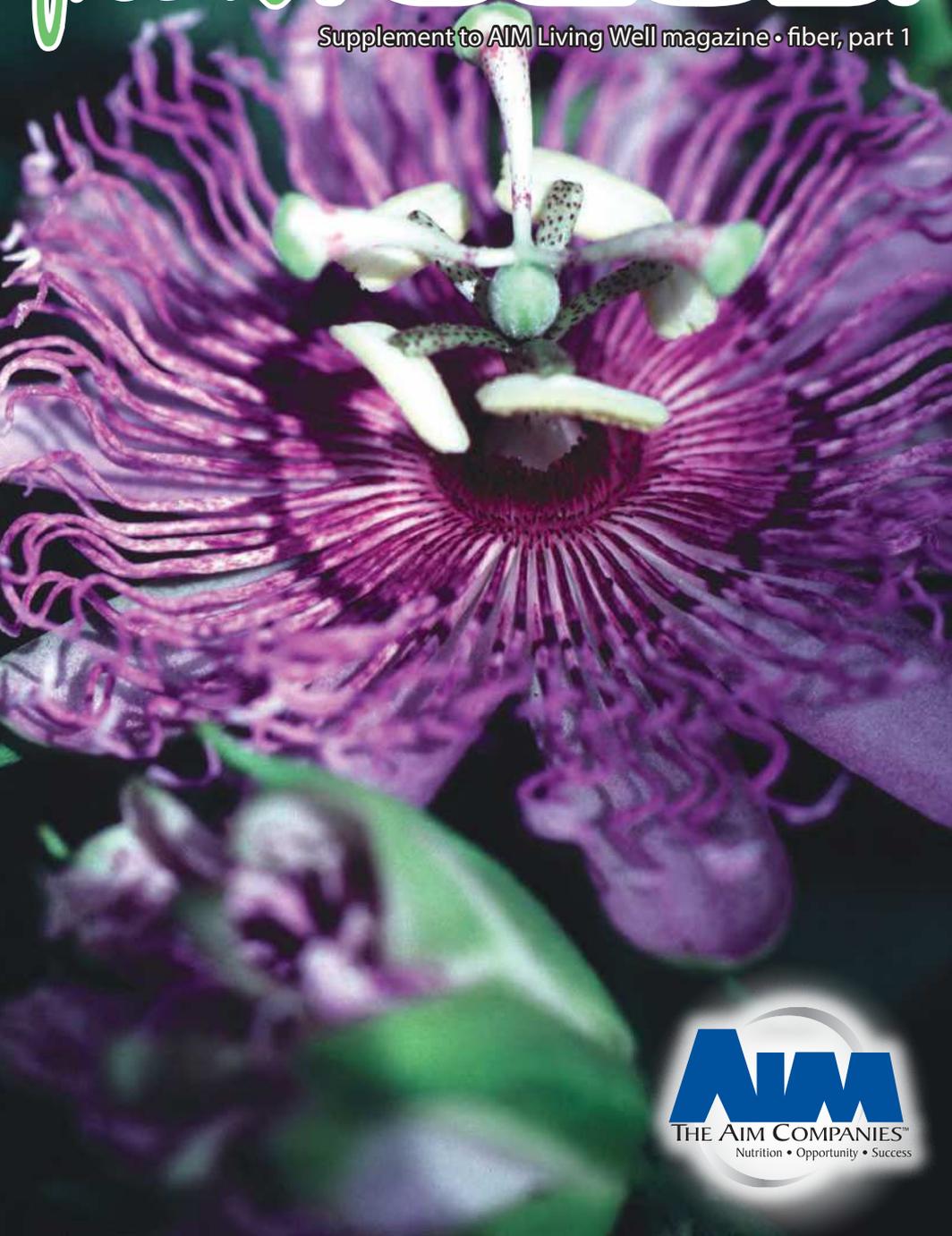


fresh focus!

Supplement to AIM Living Well magazine • fiber, part 1



Benefits of **Cleansing** Your **Digestive Tract**

- Improves Energy
- Improves Mood
- Helps with Weight Loss
- Improves Overall Health
- Increases the Body's Ability to Absorb Nutrients
- Maintains Regularity



Labels and formula may vary in each country.

How Passion Flower Aids Digestion

Stress can disrupt gut motility. Someone who feels rushed or anxious may not be pushing properly during those delicate moments alone, leading to trouble with constipation. Passionflower has been shown to relieve stress, thus helping the body to perform properly in those cases. Passionflower works synergistically with the other herbs in Herbal Fiberblend to provide great results.



Most **women** and **adolescent girls** should get about **25 grams** of total fiber — soluble and insoluble combined.



Women aged 50 and older should get **21 grams**.

Most **men** and **teenage boys** need **38 grams** of fiber daily.



Men aged 50 and older should get about **30 grams**.



Children **four to eight years old** should get **25 grams** a day.



Toddlers **one to three years old** should get **19 grams**.

Fiber by the Numbers*

9% decrease in diabetes risk for every 10 g increase in daily fiber

14% decrease in the risk of cardiovascular events

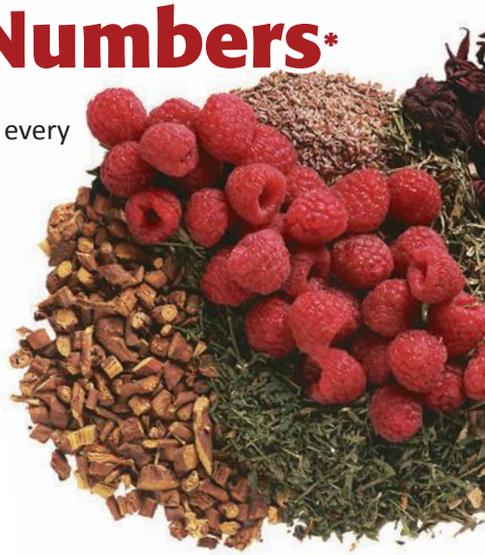
18% less likely to develop diabetes when 26 g of fiber is consumed daily

22% lower risk of overall mortality

24% decrease in the risk of death by coronary heart disease

50% less likely to experience major weight gain (55 lbs. or more) over a twelve-year period

*When compared to those who consumed the least amount of fiber

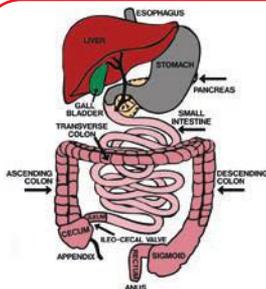


NO MORE undigested food

"I began taking **Herbal Fiberblend** regularly. I found that I felt better, and my stools were not full of undigested food. It has since become a regular product that I take even if I don't necessarily like the taste. I love the benefits! CalciAIM helps it taste good."

— Barbara Bird,
AIM Director

Hippocrates, considered by many to be the "Father of Medicine," argued that people should eat bran to keep their intestines healthy. That was in the fourth century B.C!

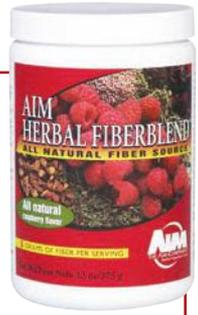


Food traveling the digestive system

It takes three days for food to travel through the body of a healthy adult. It takes ten days if you're constipated, and two weeks if you're elderly. The longer it takes for food to pass through the bowel, the greater your risk for developing digestive ailments.

Herbal Fiberblend

ingredients unique to U.S. blend



Black Walnut Hulls

Traditional: For constipation

Studies show: May be a remedy for hemorrhoids

Licorice

Traditional: For upset stomachs

Studies show: May aid with indigestion, peptic ulcers, weight management

Cascara Sagrada

Traditional: For constipation, gallstones

Studies show: Stool softener

Oatstraw

Traditional: Anxiety relief

Studies show: May aid male sexual functioning

Senna

Traditional: For constipation, cleansing

Studies show: Proven effective as a laxative

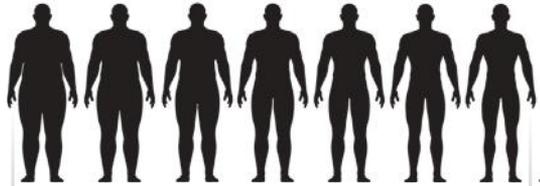
Yucca

Traditional: Reduced inflammation

Studies show: Immune system booster, cholesterol help

“When I received my first container of Herbal Fiberblend, my husband, Eno, was a trucker and going to Texas with a load. I decided to go with him. BarleyLife and Herbal Fiberblend were life savers! It is so hard to get fruit in a truck stop, and fiber is hardly available. This product helped me so much! I was sold and use it every single day along with BarleyLife. Thank you, AIM, for your awesome products!”

— Rita Vandertil,
Star Sapphire Director



“**In view of the fact** that [average] dietary fiber intake in the United States is currently only 15 grams per day (approximately half the American Heart Association recommendation of 25-30 grams per day), efforts to increase dietary fiber in individuals consuming less than 25 grams per day may help to **decrease the currently high national prevalence of obesity.**”

—Nutrition Review

What Causes Constipation?

Lack of fiber

Mental stress like anxiety or depression

Change in routine



Some medications

Not enough fluids

Not going when you feel the urge

Cascara sagrada:

A deciduous tree native to the Pacific Northwest that can be found in forests ranging from northern California to British Columbia. The bark is aged and then ground into a powder before used in commercial blends. Cascara sagrada has been tested in a number of clinical trials for its value in thorough, yet gentle cleansing of the colon.

All of AIM Canada's Natural Health Products Have NPNs

A Natural Product Number (NPN) indicates Health Canada has reviewed the product for its safety, efficacy, and quality; has authorized the health claim; and has allowed the product to be legally sold in Canada.



Canadian Herbal Fiberblend®

Each 7 gram serving (1 tablespoon) provides 5 grams of fiber

Ingredient Properties

Psyllium, seed husk (5,157 mg) *Antibacterial • Peristaltic • Laxative*

Sorrel (Hibiscus), flower (379 mg) *Antibacterial • Peristaltic • Laxative*

Alfalfa, aerial parts (324 mg) *Antibacterial • Anti-inflammatory*

Horsetail (324 mg) *Anti-inflammatory • Diuretic*

Rose Hips, fruit (220 mg) *Anti-inflammatory • Antioxidant • Vermifuge (expels intestinal worms)*

Pumpkin, seed (126 mg) *Vermifuge • Antioxidant • Diuretic • Anti-inflammatory*

Irish Moss, dried thallus (108 mg) *Anti-inflammatory • Laxative*

Passion Flower, aerial parts (77 mg) *Digestive • Anti-inflammatory • Anti-spasmodic*

Marshmallow, root (72 mg) *Antibacterial • Anti-inflammatory • Vermifuge • Laxative*

Violet, leaves (36 mg) *Anti-inflammatory • Vermifuge • Laxative*

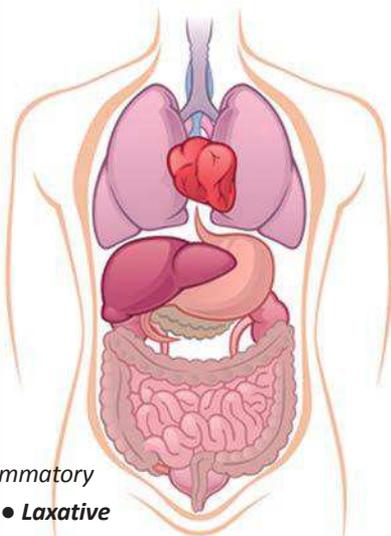
Witch Hazel, leaves (36 mg) *Antioxidant • Anti-inflammatory*

Slippery Elm, bark (36 mg) *Antioxidant • Vermifuge • Laxative*

Mullein, leaves (36 mg) *Diuretic • Anti-inflammatory*

Cayenne Pepper, fruit (36 mg) *Anti-inflammatory*

Note: Some of the ingredients in the original Herbal Fiberblend were not approved by Health Canada and were removed from the formula as required by its Natural Health Products Directorate to make it less of a laxative product and more of a fiber supplement. By law, no proprietary blends are allowed in Canada, so amounts of each ingredient must appear on product labels.

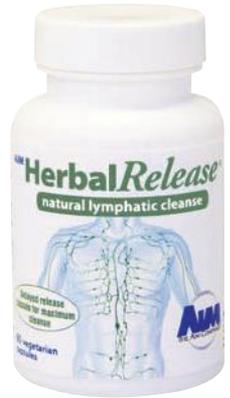


Over the past twenty years, dietary fiber has emerged as a leading dietary factor in the prevention and treatment of chronic diseases. High-fiber intakes are associated with lower serum cholesterol concentrations, lower risk of coronary heart disease, reduced blood pressure, enhanced weight control, better control of blood sugar levels, reduced risk of certain forms of cancer and improved gastrointestinal function.

—American Journal of Clinical Nutrition (1994)

AIM HerbalRelease®

natural lymphatic cleanse* U.S.



Barberry Root: used to allay digestive problems for over two thousand years.

Buckthorn Bark: used as a laxative and stool softener since the 1600s

Cascara Sagrada: used by the Native Americans as a laxative, known to help soften stools.

Chickweed Leaves: high in vitamins and flavonoids.

Dandelion Root: a natural diuretic that herbalists use to cleanse and detoxify the gallbladder.

Echinacea: often employed as a way to reduce the severity of the common cold.

Gotu Kola: traditionally taken to ease stomach ailments.

Kelp: contains folate, vitamin A, E, C, B1, B2, B3, B5, iodine and chlorophyll which is used to mute digestive odors.

Licorice Root: used for thousands of years to alleviate digestive ailments. Studies indicate it may help with peptic ulcers, indigestion and weight management.

Parsley: traditionally used to assist with gas, indigestion and urinary tract infections.

Sarsaparilla Root: traditionally used to help alleviate menstrual and stomach cramps. Also contains saponins, phytochemicals that have a diuretic effect.

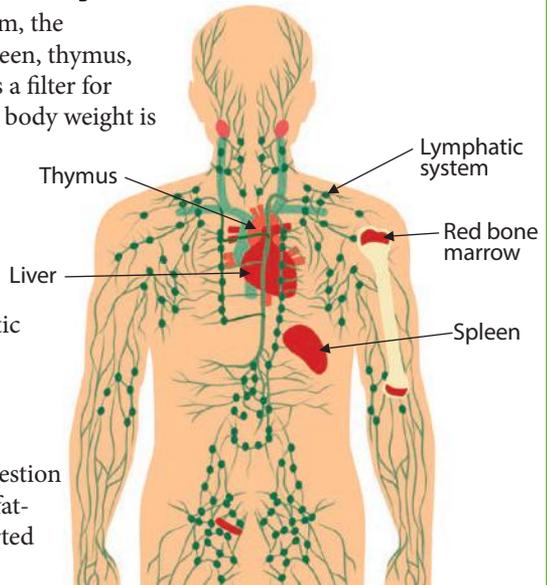
The lymphatic system is involved with the production of lymphocytes that fight infectious disease, and the lymphatic system filters blood and lymph to remove microorganisms

How the Lymphatic System Works

As a sub-section of the circulatory system, the lymphatic system—composed of the spleen, thymus, bone marrow and lymph nodes—acts as a filter for interstitial fluid. Sixteen percent of your body weight is comprised of this fluid. It provides the cells a method of receiving nutrients and removing waste.

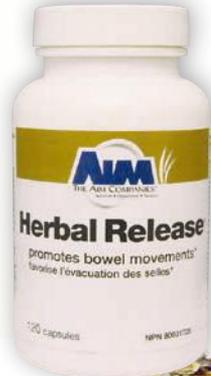
The lymphatic system cleans the fluid and returns it to use. As a central part of the immune system, the lymphatic system removes pathogens and toxins, generating antibodies for bacteria and viruses in the lymph nodes.

This system also plays a huge role in digestion because lipids—molecules such as fats, fat-soluble vitamins, etc.—are also transported by the lymph fluid.



Canadian Herbal Release®

The ten herbs in Herbal Release cleanse and support like back-up soldiers, providing a small army of protection for the immune, lymphatic and other body systems.



Ingredient Properties (mg per capsule)

Cascara Sagrada Bark (75 mg)

Antibacterial • Antiviral • Tonic • Diuretic • **Laxative**

Barberry Bark (37.5 mg)

Antibacterial • Anti-inflammatory • Diuretic • Immunostimulant • Parasiticide • **Laxative**

Boldo Leaf (37.5 mg)

Antioxidant • Anti-inflammatory • Diuretic • Vermifuge • **Laxative**

Buckthorn Bark (37.5 mg) Depurative • **Laxative**

Burdock Root (37.5 mg)

Antibacterial • Lymphotonic • Diuretic • Detoxicant • Immunostimulant

Chickweed Aerial Parts (37.5 mg) Anti-inflammatory •

Digestive • Diuretic

Dandelion Root (37.5 mg)

Allergenic • Anti-inflammatory • Antispasmodic • Antibacterial • **Laxative**

Echinacea Root (37.5 mg)

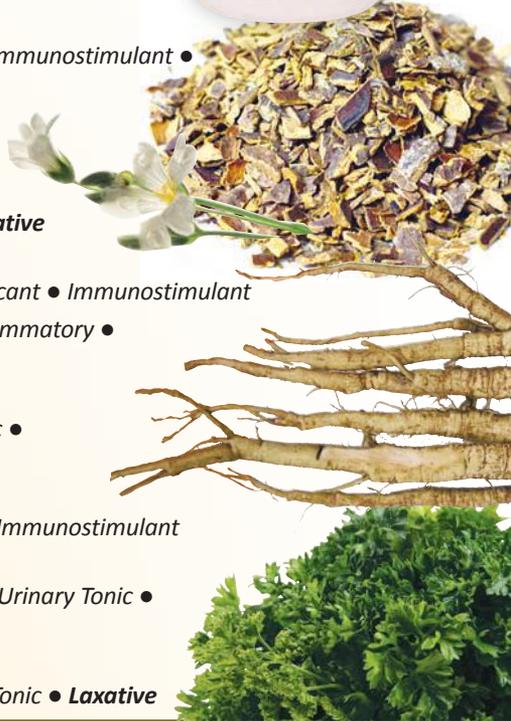
Antibacterial • Antiviral • Anti-inflammatory • Immunostimulant

Parsley Leaf (37.5 mg)

Antioxidant • Allergenic • Anti-inflammatory • Urinary Tonic • Diuretic

Sarsaparilla Root (37.5 mg)

Antibacterial • Anti-inflammatory • Diuretic • Tonic • **Laxative**



Open **2 capsules of Herbal Release** and add the contents to **Herbal Fiberblend** or **fit 'n fiber** for even **more effectiveness**, particularly from the **natural laxative, cascara sagrada**.

**I love Herbal Release.
It keeps the lymphatic
system up and running.
A great cleanse!**

—June Poswiata,
Royal Emerald Director

Used medicinally for over 2,500 years, **barberry bark** contains berberine, an alkaloid that exhibits antimicrobial activity against bacteria, fungi and viruses.



Symptoms of Common Digestive Parasites

***E. vermicularis* aka Pinworm or Seatworm**

- Itching in anal or vaginal areas
- Insomnia
- Irritability
- Restlessness
- Abdominal pain
- Nausea

***G. lamblia*/Giardia**

- Fatigue
- Nausea
- Diarrhea
- Appetite loss
- Vomiting
- Bloating
- Abdominal cramps/pain
- Weight loss
- Gas
- Headaches

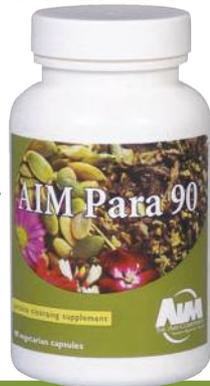
***Duodenale* and *N. americanus* or Hookworm**

- Abdominal pain
- Intestinal cramps
- Nausea
- Fever
- Blood in stool
- Loss of appetite
- Itchy rash

***E. histolytica*/Amebiasis**

- Abdominal cramps
- Diarrhea
- Possible blood or mucus in stools
- Fatigue
- Excessive gas
- Rectal pain during bowel movement
- Unintentional weight loss

Not available in Australia, Canada, or the UK.



Para 90 Benefits & Features

- Antiparasitic
- Intestinal cleanser
- Safe, beneficial use since 1997
- 475 mg of herbs per capsule
- 12 cleansing herbs, one extract and one digestive enzyme
- Herbalist-approved formula

Upcoming **fresh focus!** supplement on the benefits of fiber (Part 2) in January.

For **Nutrition that Works!** contact:



FOR MORE INFORMATION
WWW.YOURGOODHEALTH.COM.AU



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