

# fresh focus!

Supplement to AIM Living Well magazine • Vol. 3: fiber/digestion, part 2

***Gut Bugs!***  
***Healthful***  
***or Harmful?***

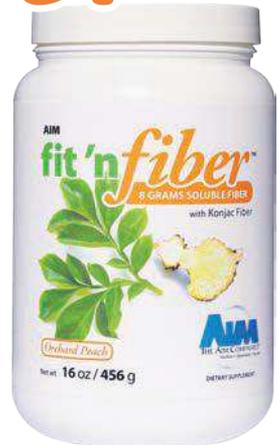


Features of the **NEW**

**Orchard Peach**

**fit 'n fiber**

- In a canister, not a bag
- Evaporated cane juice replaced by brown rice syrup solids
- New formula eliminates gas, bloating and cramping
- Utilizes gluten-free oat fiber of apple-cinnamon fit 'n fiber
- Made with konjac fiber
- Peach taste goes well with Herbal Fiberblend



Not available in Canada

Long-term fiber consumption has been correlated to lower risk of Crohn's Disease.

—Gastroenterology

## Increased fiber = weight loss

A study at the University of Amherst found that people who **increased their fiber intake to 30 grams per day saw weight loss results** similar to people on the American Heart Association Diet, a diet with over one dozen restrictions. Researchers believe that a **high-fiber diet is easier to maintain** and more practical when compared to most diet options.

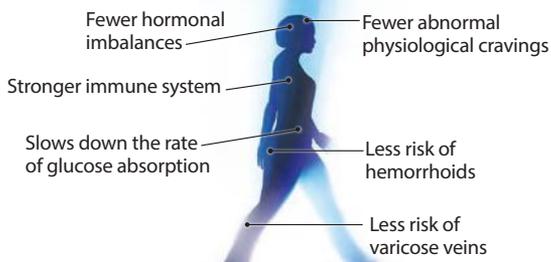
## Digestive Benefits of Fiber

- Regularity
- Adds bulk to stools
- Maintains bowel health
- Some soluble fiber acts as a prebiotic, promoting healthy gut flora
- May reduce the risk of diverticulitis
- May lower chances of acid reflux
- Non-wheat fiber supplements may assist with irritable bowel syndrome
- Softens stools and lowers rate of constipation

# Fiber FACToids!

- Insoluble fiber can absorb water and keeps you fuller, longer.
- Insoluble fiber can help make waste easier to pass.
- When mice were deprived of soluble fiber, their intestines shrank and their intestinal walls became thinner.
- Symptoms of low-fiber intake include weight gain, constipation, blood sugar fluctuations and fatigue.
- Research has shown that people with high-fiber diets increase their survival rates by 22%.
- Soluble fiber helps lower cholesterol levels.
- Fiber may help your body remove the carcinogens in cooked meat.
- Eating more fiber may reduce your risk of a first-time stroke by 7%.
- A high-fiber diet may reduce breast cancer risk (according to a study).
- Consuming a high-fiber diet may improve mineral absorption.

## How Your Body Benefits from the Fiber Found in Plant Foods



Low fiber intake has been associated with diabetes, cardiovascular disease, obesity and inflammation.

–The American Journal of Medicine

	Calories	Total Dietary Fiber (g)	Sugar (g)
<b>fit'n fiber</b> (peach) 16 g serving w/water	10	10	2
<b>fit'n fiber</b> (apple-cinnamon) 9 g serving w/water	0	7	0
Apple (3" dia.) <small>Note: apple fiber assists in its sugar absorption</small>	95	4.4	18.9
Celery 1 stalk, 11 inches long	10	1	1.2
Cold Cereal 28 g serving (no milk)	103	2.8	1.1
Instant Oatmeal Raisin & Spice, single pkt.	162	2.6	15.7
Oat Bran Muffin Medium, 113 g	305	5.2	9.3
Psyllium Fiber Supplement 5.8 g serving w/water, orange	20	3	0

## Exciting Benefits of Konjac Fiber

- Famous Constipation Fighter
- Champion Cholesterol Buster
- First-Rate Blood Sugar Regulator
- Doggone Good Appetite Suppressor
- Devoted Diabetes Thwarter!



Testimonials should not be construed as representing results everybody can achieve. These statements have not been evaluated by the U.S. Food and Drug Administration. AIM products are not intended to diagnose, treat, cure, or prevent any disease.

# FloraFood®

## **Probiotics for a Healthy Balance of Intestinal Flora**

A unique blend of three friendly bacteria — *Lactobacillus gasseri*, *Bifidobacterium bifidum* and *Bifidobacterium longum* — to improve the overall health of the gastrointestinal tract.



A mice study in *Cell Metabolism* found that bad “gut microbes are an independent factor aggravating inflammation associated with diet-induced obesity and gives hope that a **probiotic might help counteract a ‘greasy’ diet.**”

“There’s a good chance **your microbiome is associated with every disease you can think of**—diabetes, cancer, autism,” **stated Michael Snyder, PhD.** (Director of Stanford University’s Center for Genomics & Personalized Medicine). “**And the area where bacteria have a huge impact is your gut.**”

Thank you, AIM. **FloraFood** changed my life forever. I suffered from severe UTIs, fibromyalgia, IBS and other health issues. I had taken too many antibiotics and meds. I became resistant to them. FloraFood was a blessing for my intestinal health and immune system. Over five years now, and I’m happy and blessed to have my fibromyalgia under control and no more UTIs or IBS.

—Rosie Reichert, Preferred Member

### **Probiotics may help with or relieve the symptoms of:**

- Infectious diarrhea
- Traveler’s diarrhea
- Digestion problems following or caused by antibiotic use
- Irritable bowel syndrome
- Intestinal infections
- Immune system health
- Yeast infections and urinary tract infections
- Atopic eczema
- Respiratory tract infections in children
- Tooth decay



## Healthy

*Lactobacillus gasseri* is a probiotic, or friendly bacteria, that can adhere to the microvilli to properly recolonize the gut.

### Happy Tummy, Happy Mind

In preliminary studies, probiotic usage has shown promise as a treatment for depression!



**Probiotics actually eat cholesterol:** Probiotic bacteria have been shown to break down cholesterol and use it for nourishment.

—*Journal of Cardiovascular Disease Research*

# 5 Astounding Probiotic Facts

1. There are ten times more bacteria cells than human cells in the body.
2. Some scientists believe that the appendix incubates beneficial bacteria during times of illness.
3. Probiotics have been shown to stimulate the production of anti-cancer chemicals.
4. Beneficial bacteria may be responsible for two-thirds of our immune response.
5. Probiotics play a role in the production of the B vitamins, vitamin K and vitamin A.

## WHO Needs Probiotics?

- Antibiotics users
- Those who consume artificial sweeteners
- The stressed-out
- People who eat GMOs
- Sufferers of food poisoning
- The autistic
- Yeast-infection sufferers
- People with allergies and asthma
- Anyone with a skin condition

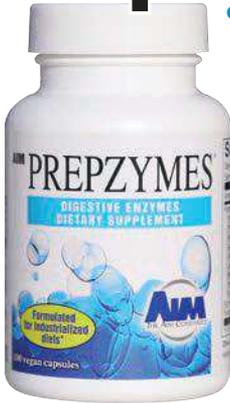
## 1,000,000,000 (one thousand million) CFUs

**FloraFood** guarantees one billion CFU (colony forming units) per capsule prior to expiration. Other companies might have labels that read “at time of manufacture” to deter from the fact that their products lose much of their potency on the shelf. FloraFood is one of the only brands that ensures full potency until expiration. The general rule of thumb is that we need one billion CFUs per day for a probiotic to be effective. With FloraFood, you are sure to get the suggested amount as long as you take it prior to expiration.

# PrepZymes®

**Digestive Enzymes for an Industrialized Diet**

- Gluten-free
- Non-GMO
- Certified Vegan



## Benefits of AIM PrepZymes®:

- Helps maintain digestive health
- Allows for more thorough digestion of food
- Improves assimilation and utilization of food
- Increases energy
- Specially made for high-sugar, high-fat diets commonly found in “industrialized” countries

## Studies show these enzymes may aid:

### *Protease I and Protease II (Proteolytic enzymes)*

- Osteoarthritis
- Chronic Musculoskeletal Pain
- Neck Pain
- Shingles
- Sports Injuries
- Pain from Surgery

### *Lipase*

- Celiac Disease
- Indigestion
- Cystic Fibrosis

### *Amylase*

- Inflammation
- Immune System Health

### *Cellulase*

- Energy

### *Lactase*

- Digesting Dairy

### *Maltase*

- Energy

### *Invertase*

- Energy

Cultured Enzymes	Breakdown
<b>Protease I</b>	Protein
<b>Protease II</b>	Protein
<b>Alpha/beta amylase</b>	Carbohydrates
<b>Lipase</b>	Fats and oils
<b>Cellulase</b>	Cellulose (plant fiber)
<b>Lactase</b>	Lactose (milk sugar)
<b>Maltase</b>	Carbohydrates (grains)
<b>Invertase</b>	Refined sugars



# Breakdown of starch with PrepZymes



Needed: Oatmeal and AIM PrepZymes. Prepare two bowls of oatmeal (any type).



Let one bowl of prepared oatmeal sit. Results after 1 hour.



Empty powder from two capsules of PrepZymes into second bowl of prepared oatmeal once it has cooled, then let sit. Results after 1 hour.

## 7 Signs that You Need PrepZymes

1. Bloating
2. Indigestion
3. Acid Reflux
4. Constipation
5. Diarrhea
6. Lactose Intolerance
7. Trouble Losing Weight

**“Whenever I feel like I have eaten too much food, I take two to three PrepZymes and within about thirty minutes I can already feel that I am less bloated and that the ‘stuffed’ feeling has dissipated.**

**A family friend, Joan, has also had success with PrepZymes for a sinus infection. As suggested, she took five capsules three times a day without food in-between meals and within forty-eight hours her sinus infection was gone.”**

**—Karina Gerhardt-Strachan,  
Preferred Member**

## Before You Use!

**FloraFood** and **PrepZymes** are best taken separately. **Why?** The PrepZymes will chomp down your FloraFood like so many Granny Smith apples if you take them together, and your money and FloraFood will have been wasted. For best results, both should be taken with food but at alternate meal times.



The next *fresh focus!* supplement on the benefits of topical magnesium (Volume 4) will be available in April.

For **Nutrition that Works!** contact:



FOR MORE INFORMATION  
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