

# fresh focus!

Supplement to AIM Living Well magazine • Vol. 8: BarleyLife



AIM

**BarleyLife®**

JUICE POWDER OF YOUNG BARLEY PLANTS  
JUS EN POUDRE DE JEUNES PLANTES D'ORGE

with Icelandic Kelp  
avec varech islandais



Net weight 12.70 oz / 360 g

# Tricks of the Trade: How We Pack So Much Nutrition into *BarleyLife*

1. We harvest the plants when they are the youngest and most nutritious.
2. We harvest at night when cool temperatures cause the plant to send more antioxidants to their leaves for protection.
3. After the leaves are harvested, they are juiced prior to being concentrated. This process is done quickly and at low temperatures to preserve the important enzymes found in live plants, and it protects BarleyLife against oxidation as well.
4. Juice powder concentrates are easier to digest and easier to get nutrition from because their nutrients aren't bound up in cellulose.
5. BarleyLife is rigorously tested for quality and to make sure that it contains no pesticides, herbicides or fungicides.



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The nutrients in BarleyLife have helped me continue to be **free of fibromyalgia pain, giving me energy, clarity of mind and the ability to walk long distances for exercise!**

When nothing else would help, the chlorophyll in BarleyLife helped bring down inflammation in my eye that was severely infected. I took one teaspoon every hour I was awake for one full day, and the inflammation was gone!

– Darlene Vandermey  
AIM Director

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**BarleyLife is  
Kosher**



**BarleyLife has the OK symbol, meaning it is a kosher food. That makes BarleyLife suitable for consumption by those of the Jewish faith. The OK symbol also appeals to health-conscious people who recognize the high quality standards associated with kosher food.**



## Superoxide Dismutase: The Inside Scoop

**Superoxide dismutase (SOD)** is a powerful enzyme that functions as a primary antioxidant, so it helps break down potentially damaging oxygen molecules that can lead to chronic low-grade inflammation.

Foods that contain SOD, like BarleyLife, support your body's ability to produce the enzyme as well as other valuable antioxidants.

Research on dietary superoxide dismutase is somewhat rare, but a 2006 mouse study found that dietary SOD protected little mice retinas from oxidative stress.

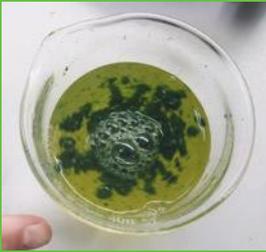
And in 2014, another dietary study found that SOD supplementation reduced stress and fatigue in healthy people.

Superoxide dismutase fights free radical damage, and it may have applications for any number of inflammation-related problems: cardiovascular disease, rheumatism, depression, etc.

# How to Test for **Enzymes** in Your Green Juice

You can run a simple at-home test to prove to yourself and to others that **BarleyLife is the leader in whole-food juice nutrition**. It is called the **Protein Coagulation Test**. To do this test, you need some steaming hot water and a tablespoon of BarleyLife. Put the hot water in a clear jar, glass or basin and then add one spoonful of BarleyLife.

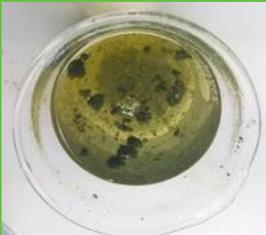
Proteins are made up of strands of enzymes and amino acids. If the product has been processed correctly at low temperature, the powder will cook or coagulate like an egg when placed in hot water. This is an indicator that the enzymes are still intact and have not been destroyed by heat.



This is an image of BarleyLife in steaming hot water. Notice how the powder naturally binds together.



Here's BarleyLife from another angle. It reacted to the water by coagulating or "clumping up like an egg yolk."



Here are two of the competing brands given the same test.



Notice how these competing brands dissipate quickly in hot water.



## Benefits of Harvesting Young Barley Plants

- 1** When the plant is young, it is wholly dedicated to growth and repair and its metabolic processes are in full swing.
- 2** Young plants have more enzymes.
- 3** They also have many small molecular compounds dedicated to growth.
- 4** Nutritious compounds are at peak levels.
- 5** Those same compounds in adult plants are no longer active!

Don't settle for inferior nutrition!

## Is BarleyLife gluten-free?

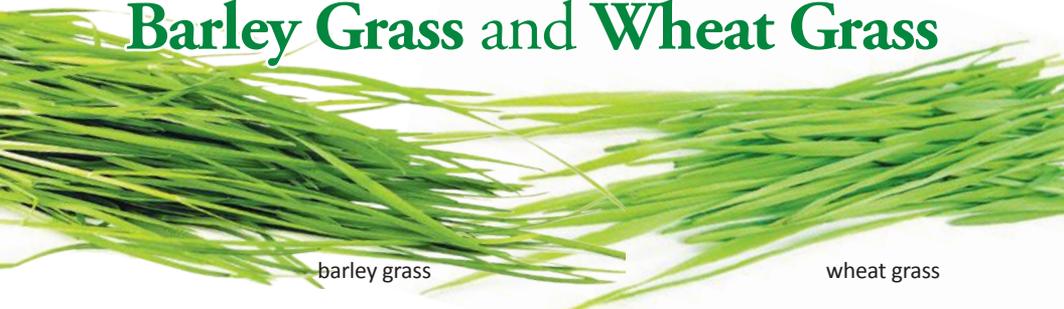
Yes! BarleyLife is now AIM-certified Gluten-Free! According to the U.S. Food and Drug Administration (FDA) for a product to be considered gluten-free, it must have less than 20 parts per million (ppm). All packaged BarleyLife 180 g and 360 g canisters in AIM's inventory have met this requirement.

I had dental surgery that left me in excruciating pain. I totally dislike any form of allopathic medication, but the pain was so bad that I was left with no choice other than to take painkillers. Five days later, the swelling was still there, wound raw and throbbing, sore throat, earache and not able to open my mouth properly to chew. I took some BarleyLife from the cupboard and put a spoonful on the wound in my mouth, just letting it rest there before I swished and swallowed. Believe it or not, relief came almost instantly, and for the first time since the surgery, I slept well! The wound is closed with no pain or swelling. All broad smiles now, thanks to BarleyLife!

– Michelle Baron Lewis, Preferred Member

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.

# The Differences between Barley Grass and Wheat Grass



barley grass

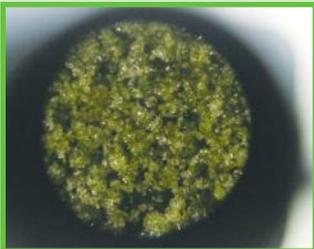
wheat grass

- 1 Barley grass is not as sweet.
- 2 Barley grass contains beta-sitosterol, a phytosterol that will replace some cholesterol during digestion, lowering bad and total cholesterol.
- 3 Most wheat grass is grown indoors; barley grass is grown outdoors. Plants grown outdoors tend to have higher levels of antioxidants and more consistent nutritional profiles.

## Juice Concentrate (BarleyLife) vs. Leaf Powder (Competitors)

**Our state-of-the-art concentration process preserves valuable enzymes and protects against oxidation. Also, since BarleyLife is concentrated, you get more nutrition per ounce.**

Leaf powders are ground up and dried, their cellular energy processes reach their lowest energy state, deactivating enzymatic activity. Common industrial practices may also lead to quick oxidation and/or grit in the product.



BarleyLife Juice Concentrate



Competitors Leaf Powder



Yellowing Oxidation

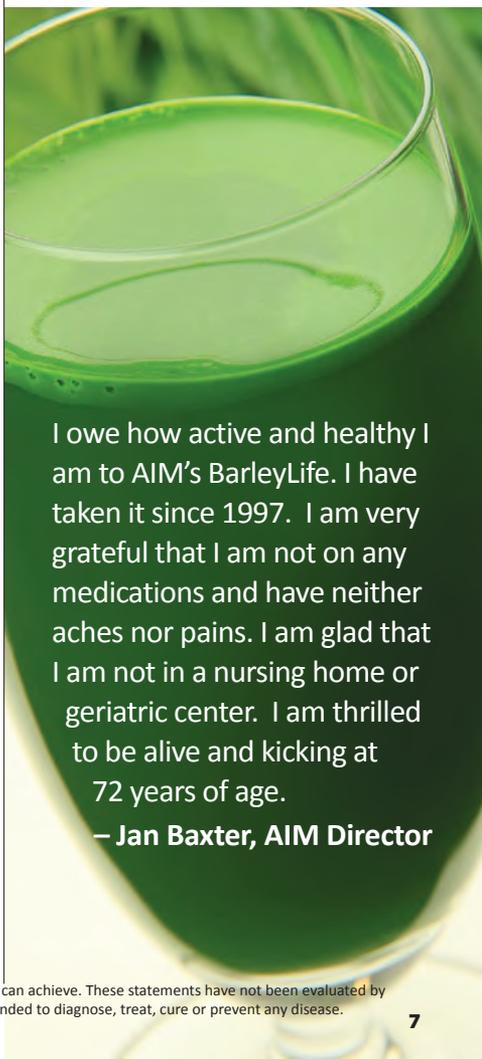
Brown rice oligodextrin



## The Scoop on Brown Rice Oligodextrin

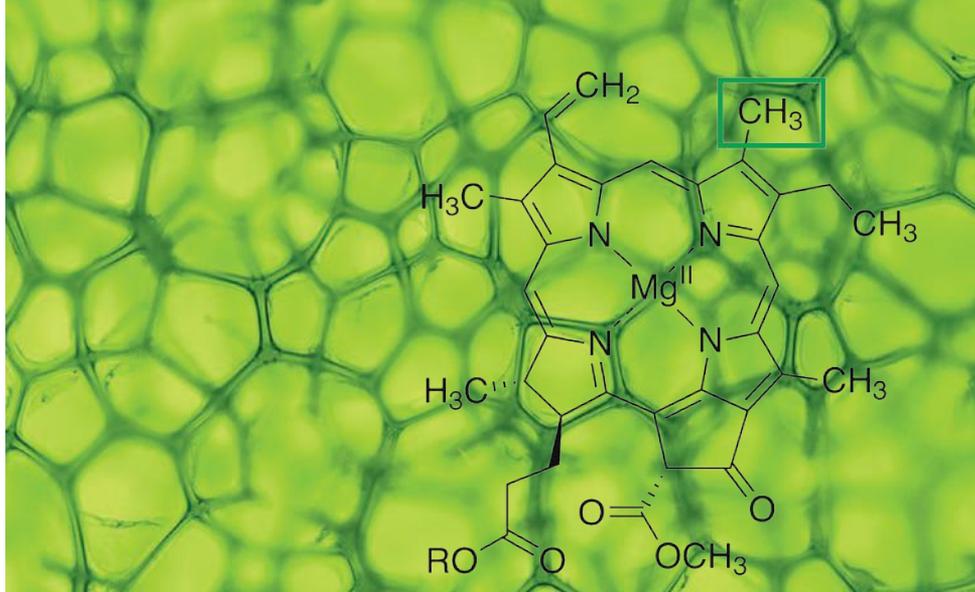
Brown Rice Oligodextrin provides a **protective buffer** that **keeps enzymes stable and safe, extending the shelf life and preserving our high standard of quality.** Other green juice products may tout “pure juice,” and yes, these juices might contain high levels of enzymes, but without a dextrin base to preserve them, they denature quickly and by the time the product travels from manufacturer, to warehouse, to sales floor, to your dinner table, there’s a very distinct chance that the “pure juice” isn’t going to contain that same high level of active enzymes.

**BarleyLife** is concentrated green nutrition from the juice powder of barley plants. In fact, **one 360-gram canister contains the equivalent of over 187 cups (or over 12 pounds) of leafy greens such as spinach.** Now that’s a nutrient-packed container of greens!



I owe how active and healthy I am to AIM’s BarleyLife. I have taken it since 1997. I am very grateful that I am not on any medications and have neither aches nor pains. I am glad that I am not in a nursing home or geriatric center. I am thrilled to be alive and kicking at 72 years of age.

— Jan Baxter, AIM Director



## BarleyLife now contains More Chlorophyll

Third-party laboratory testing has confirmed that **each 4-gram serving of BarleyLife now yields 22.4 mg of chlorophyll**, representing an increase of 3.4 mg over previous testing.

This is due, in part, to technological advances and The AIM Companies' continued efforts to improve on a nearly perfect product.

For **Nutrition that Works!** contact:



FOR MORE INFORMATION  
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