



PERSONAL ENERGY MANAGEMENT SERVICES

# **“What Everybody Ought To Know About Green Juice Products“**

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## **Comprehensive Report On Green Juice Nutrition**

**John Gaydon**

**January - 2011**

We have endeavored to bring you as many facts as we can on the amazing benefits of Green Barley as a Nutritional Supplement. We discuss the research, stories from users, the different ways to optimize nutrition for your health, several main Green Juice Products, how to decide which you should take and some other information for vital health.



# “What Everybody Ought To Know About Green Juice Products“

- 1Introduction.....2**
  - 1Why we have written this report.....2
- 2Is Supplementation Necessary?.....2**
  - 1Our Sorry Food Supply.....2
  - 2Anyone For Sugar?.....2
  - 3What About Toxins?.....2
  - 4How Much Nutrition Do We Need?.....2
- 3A Different Way To Look At Health And Vitality.....3**
  - 1The Terrain Model Of Health.....3
  - 2A Hierarchy Of Supplementation.....3**
    - 1Level 1 Artificial Vitamins.....3
    - 2Level 2 Isolated Vitamins.....3
    - 3Level 3 Whole Food Supplements.....3
    - 4Level 4 Food!.....3
  - 3What Supplements Are Out There?.....3
  - 4Let’s Take A Multivitamin.....3
  - 5Wholefood Supplementation – Stay Close To Nature.....4
- 4Green Juice Products.....4**
  - 1Can Humans Digest Grass?.....4**
    - 1Yahoo Answers Revealed This.....4
    - 2This Came From Answerbag.....4
  - 2Who Says We Can Eat Raw Grass?.....4
  - 3The Case For Juicing.....4
  - 1Can Barley Grass Remove Toxins?.....5
  - 2The Advantages Of Barley Grass.....5
  - 3Nutritional Components Of Barley Grass.....5
- 6Comparing Different Barley Grass Products.....13**
  - 1Criteria For Selecting A Green Juice Product.....13
  - 2How Barley Life Is Prepared.....13
- 7Barley Grass Research.....13**
  - 1There is huge research available on Barley Grass.....13
  - 2Some Scientific Literature on Barley Grass.....13



**8Barley Grass Testimonials.....15**

**1My Energy And Vitality Returned After 3 Weeks.....15**

**2Barley Life Is Indispensable.....15**

**3Dark Green Leafy Vegetables Are Essential For Good Health.....15**

**4Animals Benefit Too!.....15**

**5Headaches Dissappear.....15**

**6Olympic Trainer Recommends Barley Life For Athletes.....16**

**7Even A 9 Year Old Notices The Barley Life Difference.....16**

**8Tri-athlete Notices The Difference.....16**

**9Looking Younger, Feeling Good.....16**

**10Barley Life Helps Couple In 70s Stay Young.....16**

**11Improved Stamina and Well Being.....16**

**9Information on the main Barley Grass Products available.....17**

**1Green Barley. ....17**

**2Barley Green.....17**

**3Green Magma.....17**

**4Vital Greens.....17**

**5Barley Life.....17**

**6Nutritional Information.....17**

**7Best Value For Money.....26**

**10Directions For Use - BarleyLife.....26**

**1How Much Is Enough?.....27**

**2You May Need A Higher Dose.....27**

**12What Else Should You Do For Vibrant Health?.....27**

**1Complementary Products.....27**

**1Herbal Fiberblend.....27**

**2Who Needs to cleanse the organs and the colon?.....27**

**3The Dynamic Duo.....27**

**4LeafGreens.....28**

**5Garden Trio.....28**

**13References.....28**

# 1 Introduction



I first discovered the amazing benefits of vegetable juices over 30 years ago. At that time I read Dr Norman Walker's famous book on Juicing, and for a few years we spent much of our time preparing and consuming raw vegetable juices. Juicing is a fantastic way to maintain vital health. Unfortunately, it takes a lot of time and specialized equipment.

Around that time, Chlorophyll was being singled out as having amazing properties for human health, but there was a problem. We simply can't digest grass! Some 13 years ago, I came across the solution. After many year's experimentation and research, a Japanese Chemist found a grass that exceeds all others and discovered how to extract the nutrients for human consumption. By producing a powdered form, he removed the need to spend hours juicing! Fast whole food nutrition is now in our hands!

In this document you are going to discover what this grass can do for you, why some products are ineffective, have your questions answered, and learn a way to improve your health and vitality through convenient raw whole foods.

## **1 Why we have written this report**

These days we are confronted by too many choices! Modern technology allows us to create designer products on demand. The world is just getting too damn complicated. It wasn't always so. Once upon a time we got all our nutrition from food grown in a pesticide free environment, where farmers truly were stewards for the land.

In their search for the best nutrition, scientists have studied just about everything out there, and there are many products with combinations of super fruits, seaweed and even sea salt. In this report you will discover the original fast food supplement, a food that is the subject of extensive research and very close to its natural state. As Paracelsus said, "All that mankind needs for good health and healing is provided by God in nature, ... the challenge for science is to find it." We will talk about alternatives, and why whole food juiced barley grass is still one of the best superfoods available.

This report outlines the benefits of green juice products, compares products, and provides the information you require to make a decision on which product to purchase.

## **2 Is Supplementation Necessary?**

### **1 *Our Sorry Food Supply***

Back in the middle ages, farmers created a revolutionary system for producing nutrient rich crops. They would rotate 3 fields. One year they would grow a leaf crop, the next a ground crop and the third it would be left to regenerate. This ensures maintenance of the microorganisms and trace minerals required for optimal health.

When modern farming practices commenced, the emphasis was on greed, and getting the most from the least amount of space. Agriculturists discovered that with chemical fertilizers such as Phosphate, they could manipulate the soil to produce the same crops year after year. The result is fruits and vegetables which contain a fraction of the nutrition they used to and are void of many of the essential vitamins and minerals we should be getting from fresh food.



The weak crops were attacked by a variety of bugs, which resulted in lower harvests, so pesticides, herbicides and fungicides were developed and sprayed on crops to kill the bugs. This left chemical residues which have made their way on to our plates. Read up on the destruction caused by Agent Orange in Vietnam. This is a herbicide. Dioxin has been found in core samples from the ice pack near the North Pole. Many of these chemicals last for hundreds or even thousands of years. Pure organics are impossible on such a toxic planet.

## **2 *Anyone For Sugar?***

In our rush for convenience and appearance, the story takes a downward trend. Did you know that almost everything you purchase in the supermarket contains sugar or corn syrup? Dr Francisco Contreras, in his book, "Health in the 21<sup>st</sup> Century", suggests that "An excess of sugar in the body, especially refined sugar, causes proteins within the cells to stick to each other, a phenomenon called cross-bonding. With time, this cross-bonding causes hardening of the joints, loss of flexibility of the blood vessels, and fragile bones. Cross-bonding ultimately causes diseases such as diabetes, arteriosclerosis, kidney disease and pulmonary disease.

While "whole food" is generally devoid of the nutrition we crave, and this applies to much of the organic produce as well, eat anything processed and you are likely devouring heavy metals, a concoction of agricultural chemicals, a variety of food preservatives, thickeners, stabilizers, mould inhibitors, flavor enhancers.... The list goes on and on. Add the corn syrup and it is a cocktail we could use in ware fare.

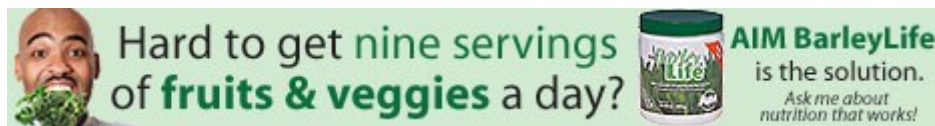
It is well known that artificial sweeteners Nutra-Sweet and Aspartame are dangerous to health, and yet if you visit your local coffee shop, you will still find them in the sugar bowl! The introduction of low fat food in the early 1980s coincided with the largest overweight epidemic in history. This is added to by the toxic substances in our food.

## **3 *What About Toxins?***

There is one more thing I feel is important and that is the subject of Heavy Metals. There are no food labeling requirements for this, and yet they are amongst the most toxic of substances. Chief amongst them is Cadmium, followed by Mercury and Lead. There are many others, but these can be tied to specific locations and circumstances. Mt Isa, in Queensland, and Booragul, less than an hour from my place suffer from excess lead poisoning. This causes learning development problems in children, and the problem is so enormous that authorities in Australia will only treat people with 5 times the acceptable limit. Chocolate, for instance, after processing, contains up to 9 times the lead level of the raw cocoa bean!

## **4 *How Much Nutrition Do We Need?***

There are many ways to get our required nutrients. Traditionally, we receive our nutrition from food, and health experts stress a balanced diet. While that is true, the Health Authorities keep changing the number of servings of fruits and vegetables we require for good health! In Australia, a minimum of 5 servings of vegetables is considered necessary to maintain good health, while in the US, a country that is ahead of most things, the Center For Disease Control has upped the standard to 13 servings of fresh fruits and vegetables. In the US, only 26.3% of adults, and meet the minimum requirements for vegetables, which means the vast majority of people are undernourished.



Researchers in the US found that “Children’s intakes of fruit, juice, and vegetables (FJV) do not meet the recommended minimum of five daily servings, placing them at increased risk for development of cancer and other diseases”.

This report went on to say that “Dietary patterns with high intakes of fruit, juice, and vegetables (FJV) have been associated with multiple health benefits, including decreased risk for some types of cancer,” cardiovascular disease, stroke: diabetes,’ and, more recently obesity.\* Eating more FJV daily could reduce lung cancer cases by 15%, and could reduce risk of cancers of the stomach, pancreas, and High FJV consumption may help prevent cancers believed to be initiated at onset of puberty.”

### **3 A Different Way To Look At Health And Vitality**

#### **1 The Terrain Model Of Health.**

There is another approach. One where we look at the body as a whole. Instead of waiting until it breaks down, we add essential vitamins and minerals, and remove the toxins which cause most disease. By working on whole body vitality, the chances of ending up in the medical system are greatly reduced! This is the world I live in.

It is a much simpler way to look at a complicated problem and you don’t need a nursing or medical degree to help people! That is a threat to the traditional system. They spend years learning their craft and then someone comes a long and says for most people, eating correctly, detoxing, exercising and supplementing has a more positive effect than all the medications combined.

In China, there is an emphasis on prevention rather than “cure”. Doctors trained in that country, are paid while their patients are healthy, the opposite of what happens here. Some health professionals understand this approach, but they are usually discouraged from presenting it.

I would like to write a whole lot more about this, but in reality, it is so simple I don’t have to! Give the body what it needs and it works very well!

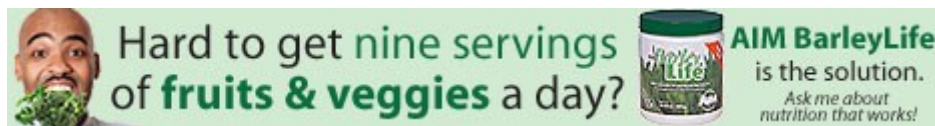
#### **2 A Hierarchy Of Supplementation**

##### **1 Level 1 Artificial Vitamins**

Artificial Vitamins are not bio available which means that the ridiculously large figures quoted for nutrient levels are virtually useless. Without the necessary enzymes and amino acids, digestion is poor. Personally I believe anything created chemically in a laboratory is to be avoided if possible! Beware, the vast majority of supplements fall into this category!

##### **2 Level 2 Isolated Vitamins**

Many Scientists realize that whole foods and herbs positively affect some people with illness. There have been famous studies on Garlic and Blood Pressure and St John’s Wart has been mentioned as a miracle for some conditions. Unfortunately, many of these Scientists have been trained to isolate the active ingredient and then supply a large amount. Most of us know that carrots contain large quantities of carotenoids. These have been shown to exhibit anti cancer attributes. In a famous study, scientists compared carrot juice to the



isolated Beta Carotene component that reacted with tumors in the laboratory. They had to halt the study when the subjects taking the Beta Carotene started to deteriorate. There was another famous long term study on HRT. A couple of years into this one, many women on the Human Replacement Hormone Therapy started having heat attacks, and the study was halted. There is clear evidence that isolating components is a risky process. The answer is to keep foods whole, as nature intended!

### **3 Level 3 Whole Food Supplements**

Most supplements are whole food extracts. Scientists seek out plants with the largest variety and concentration of nutrients necessary for human health and vitality, and then create convenient forms of delivery with minimal loss of nutrition. The concept here is to blend a variety of plants and other substances to provide a wide range of nutrients. These come in capsules, powders and juices. They are very popular, and are often extremely effective.

### **4 Level 4 Food!**

The ultimate supplement is simply food. You can juice it to concentrate the nutrition, but even then there are juicers which squeeze out a much higher amount of the nutrients. Unfortunately as outlined previously, the food we eat ain't what it used to be. It is very difficult to get full spectrum nutrition in food these days. So, if you can't get access to the food, or can't afford it, powdered juices are the purest form of supplementation available. This is what we are talking about here. No smokes and mirrors, just whole food in a convenient package. Interestingly this technology has been around for a while, is proven through research, but we have all been seduced by fancy marketing and magic bullet stories.

### **3 What Supplements Are Out There?**

First there are the specific vitamin supplements. You simply find out what's deficient and then replace it. In extreme cases this can be necessary, but generally the body is meant to draw its supply from nutrition. For the most part, most health professionals including Naturopaths look at the world from a symptom – cure mentality. This means if you get a symptom, you look for a way to remove it. Doctors tend to give you medications to suppress the symptoms so you don't suffer as much. This has long term consequences and can lead to chronic degenerative disease, but it does relieve your pain fast. Sometimes the benefits outweigh the costs, and in cases such as deadly infections, they have their place. Naturopaths and Herbalists take a slightly different approach. They use homeopathy to stimulate the immune system, or specific herbs to treat specific symptoms, rather like a Doctor!

### **4 Let's Take A Multivitamin**

The supplement industry has grown from the deficiencies of food in our modern world. The problem has been growing for decades, and in my opinion is driven by greed and the desire to produce as much food at the lowest possible price. We have created a monster and it isn't going away soon.

The simple solution is to replace the missing nutrients, but most of the time we don't know which ones we are deficient in. We do know that many diseases are initially caused by nutritional deficiencies or excess toxicity. While you can get a hair mineral analysis which will tell you the level of many nutrients and toxins, organic pesticide and many trace minerals are very hard to detect.

**"It makes absolute sense to detoxify the body and supplement necessary"**



**vitamins and minerals”.**

## **5 Wholefood Supplementation – Stay Close To Nature**

Whole Food is the Rolls Royce of supplementation. Here we take a whole food, concentrate it and deliver it in a bio-available form. Barley Life and some other green barley products fall into this category. By providing a rich array of nutrients, vitamins, minerals and trace elements, these foods are now called “Superfoods”. Dr Yoshida Hagiwara, is credited as being the person who research several hundred foods, searching for the best nutritional profile for humans and he came up with Barley Grass. Clearly, if you are to take a whole food supplement, Barley Grass is King! The evidence shows it can remove some of the toxins as well.

## **4 Green Juice Products**

### **1 Can Humans Digest Grass?**

When considering a Barley Grass product, this is the fundamental question you need to resolve. The fact is that Barley Grass is one of the most nutritious foods on the planet. Dr Hagiwara tested over 300 foods and found Barley Grass to have the best nutritional profile of all of them.

If this is so, why aren't we all munching grass every day? I did some searches for information on whether Humans can digest raw Barley Grass. Note, when the grass is juiced, it releases all the nutrients for ready absorption. This was the basis of the Wheat Grass fad in the 1980's. People everywhere were sprouting wheatgrass, and juicing the young leaves. They weren't crushing them up and eating them! Maybe there was a reason?

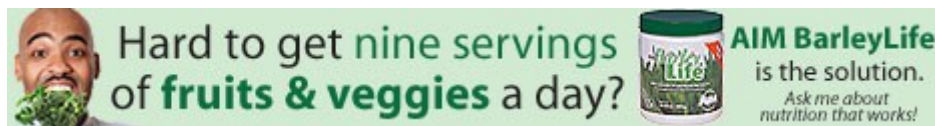
#### **1 Yahoo Answers Revealed This**

- Cows can because they have numerous stomachs all with different purposes to help digest roughages.
- Horses can because they have an enlarged cecum.
- Humans are just not equipped for it. Most dogs that eat grass end up vomiting because their stomach can't handle it. That's why they eat it if their stomach is upset, it helps them to produce vomiting.
- Not all animals can. Some can due to their numerous stomachs (cows are just one example), and others have enlarged cecums (I think that may only be horses).

#### **2 This Came From Answerbag**

We can, however grass cells contain something called cellulose, which we can't digest to get the energy we need. Cows and other mammals can eat grass because they have special bacteria living in their stomachs called symbiont bacteria. These symbionts can break the bond in cellulose for the animal its living in. That way cows can get energy from grass. We don't have any of these symbiont bacteria, so we can't digest the cellulose in grass





**I could go on about this. The overwhelming consensus is that humans can't get the nutrients from Grass because of the Cellulose Fiber.**

## **2 Who Says We Can Eat Raw Grass?**

There are a couple of people saying we can get the nutrients from crushed Barley Grass. They just happen to be the same people peddling the cheap Green Barley products! I really don't think Dr Hagiwara would have gone to all that trouble if he could have simply crushed the Barley Grass and put it in a bottle.

## **3 The Case For Juicing**

It is very clear from Scientific Research that humans are incapable of fully extracting all of the nutrition from Grass, even though many grasses have incredible nutrient profiles.

Dr H.E. Kirschner in his book *Live Food Juices* asks, "Why use juices"?..."Why not just eat raw vegetables"? He then explains, "For optimum health you need far more than you could possibly eat. The stomach just couldn't handle that much bulk". Then, too, as modern research has shown, the power to break down the cellular structure of raw vegetables and to assimilate the precious elements they contain is only fractional, not more than 35%...in the healthiest individual... and in the less healthy it is down to as low as a mere 1%. Dr Kirschner goes on to say, "In the form of juice, the same (weak) individuals assimilate up to 92% of the nutritional elements".

This means that you absorb nearly three times the nutrients from Barley Life as you do from crushed Green Barley Products! Remember, nearly 30 years of research has led to the creation of Barley Life.

## **5 My opinion: Find out if the product is juiced. If it isn't don't touch it!**

## **1 Can Barley Grass Remove Toxins?**

In a study reported in the *Journal of the Science of Food and Agriculture*, researchers observed that **Green Barley Leaves mixed with some toxic chemicals revealed the following reductions:**, malathion and chlorpyrifos degraded 100%, whereas parathion (75%), diazinon (54%), guthion (41%) and methidathion (23%). Clearly, Green Barley Leaves soak up and destroy many toxic chemicals we ingest every day.

## **2 The Advantages Of Barley Grass**

Dr Yoshida Hagiwara, a chemist from Japan, was concerned about the toxicity levels in our environment back in the 1970s. He spent years researching over 200 types of plants, including fruits, vegetables, grasses, and herbs, in his quest to find "the most nutritious food on earth. He discovered, "young barley grass is one of the most nutritionally balanced foods in nature."



In order to capture and protect the delicate nutrients and enzymes in freshly harvested young barley grass, he developed a unique extraction and spray-dry process that earned him Japan's prestigious Science and Technology Award. This process made it possible to supply the nutrients in Barley Grass to the world. Green barley leaves contain a multitude of the body's spark plugs, enzymes. Enzymes create the spark that starts the essential chemical reactions our bodies need to live. Without this, we would be helpless: a bag of skin and bones, unable to talk, breathe, or even blink an eye.

### 3 *Nutritional Components Of Barley Grass*

Astounding amounts of vitamins and minerals are found in green barley leaves. Potassium, calcium, magnesium, iron, copper, phosphorus, manganese, zinc, beta carotene, B1, B2, B6, C, folic acid, and panthothenic acid are all found in barley grass. Compare this table of nutritional components of Barley Life with any other product you may be considering!

<b>Nutritional Comparison*</b>			
		<b>BarleyLife™</b>	<b>Units</b>
<b>Nutritional Markers</b>	Calories	333	Kcal/100g
	Sodium	343	mg/100 g
	Carbohydrates	54.80	%
	Dietary Fiber	3.70	%
	Protein**	22.80	%
<b>Vitamins</b>	Vitamin A (Beta Carotene)	19,700	IU/100 g
	Vitamin B1 (thiamin)	0.80	mg/100 g
	Vitamin B2 (Riboflavin)	1.79	mg/100 g
	Vitamin B6	1.27	mg/100 g
	Vitamin B12	0.77	mg/100 g
	Vitamin E	10.10	IU/100 g
	Pantothenic Acid	2.20	mg/100 g
	Niacin	8.59	mg/100 g
<b>Minerals</b>	Calcium	730	mg/100 g
	Copper	0.51	mg/100 g
	Iron	14.90	mg/100 g
	Magnesium	220	mg/100 g
	Potassium	4,280	mg/100 g
	Zinc	2.27	mg/100 g
<b>Enzymes</b>	Peroxidase	129.40	U/g
	SOD++	895	U/g
	Antioxidant Potential	123	+
<b>Anti-oxidants</b>	Lutonarin (7-O-GIO)	4.62	mg/100 g



Hard to get nine servings of fruits & veggies a day? AIM BarleyLife<sup>®</sup> is the solution. Ask me about nutrition that works!

<b>Saponarin (7-O-GIV)</b>	1.26	1.47	
<b>2'-0-GIV</b>	present	present	
	Chlorophyll	398	mg/100 g

\*Determined by independent analysis. Figures vary with each crop.  
 \*\*See amino acids profile in next chart.  
 + SOD (super oxide dismutase) ranges for BarleyLife  
 Lowest ever-730 U/g, Highest ever-1,660 U/g  
 ++Percent antioxidant extractives x induction time.



Hard to get nine servings of fruits & veggies a day? AIM BarleyLife<sup>®</sup> is the solution. Ask me about nutrition that works!

<b>Amino Acids Comparison*</b>	
	<b>BarleyLife</b>
<b>Alanine</b>	1.553
<b>Arginine</b>	1.733
<b>Aspartic acid</b>	2.649
<b>Glutamic acid</b>	2.804
<b>Glycine</b>	1.339
<b>Histidine</b>	0.508
<b>Isoleucine</b>	1.142
<b>Leucine</b>	2.085
<b>Lysine</b>	1.041
<b>Methionine</b>	0.394
<b>Phenylalanine</b>	1.430
<b>Proline</b>	1.246
<b>Serine</b>	1.163
<b>Threonine</b>	1.330
<b>Tyrosine</b>	0.928
<b>Valine</b>	1.457
<b>Totals</b>	<b>22.8</b>

\*Figures vary with each crop. Figures are percentages.

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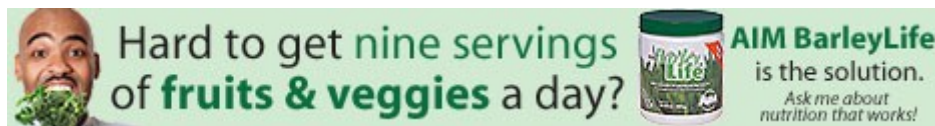
## 6 Comparing Different Barley Grass Products

### 1 Criteria For Selecting A Green Juice Product

Let's face it, the main reason for wanting to take a green juice product is to get the incredible range of nutrition from a whole food source. We all know that the best way to get our nutrition is from fresh raw fruits and vegetables, and most of us are aware of the degradation in the foods we eat, not to mention the increase in dangerous toxic chemicals and heavy metals. I mean, a peach just doesn't taste like it did 20-30 years ago.

After doing my homework, here is a list of the things you should be looking at when selecting Green Barley product.

1. What Is The Nutritional Profile of the product?



2. Is it juiced? We have already shown that simply crushing Green Barley Leaves leaves at least 2/3rds of the nutrients unavailable because they are trapped in the cellulose fiber. If the price is cheap, it is almost certainly not juiced. If the literature mounts a case for having whole barley leaves with nothing added, it is simply crushed Barley Leaves. Beware some charge a premium price for crushed Barley Leaves as well, so price isn't the only indicator. Carefully read the information and make sure your Green Barley product is juiced!
3. Is the Barley Grass Grown in a pristine environment. Check where the plants are actually grown.
4. Is the product certified toxin and chemical free.
5. How long from harvesting to juicing? The faster the grass is juiced, the higher the nutrient retention. Barley Life is picked and juiced immediately by special harvesting equipment.
6. Is the juice dried at room temperature.
7. Are Stabilizers added to keep the nutrition within the product? If there is nothing to stop coagulation, the product is probably ground up Barley Leaves!

## ***2 How Barley Life Is Prepared.***

“Aim uses an advanced processing technology, in which the barley leaves are harvested with state of the art equipment when their nutrients are most potent and alive”.

“Within minutes, the leaves are juiced (not milled, as in many other barley grass products), and processed using the most advanced and efficient cool processing method for maximum freshness and nutrition”.

“Maltodextrin is added to the juice to act as a buffer between the enzymes and other molecules, stabilizing and maintaining the nutrients. The juice is spray dried, using a special, low temperature process. This preserves the delicate balance of nutrients and phytochemicals. This nutrient dense, whole food becomes the ideal fast food! We call it AIM Barleylife”.

**Barley Life Retains The Highest Nutritional Profile Of Any Green Barley product due to developing state of the art technology.**

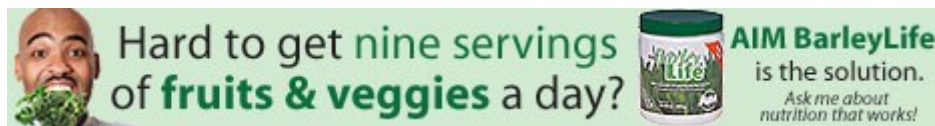
## **7 Barley Grass Research**

### ***1 There is huge research available on Barley Grass.***

There is a research paper by Dr Kubota, from Japan. This covers many of the benefits of Barley Grass from a Scientific Research point of view. You can download it from the link below.

<http://www.barleygreensupply.com/barleygreenresearch-kubota.pdf>

After reading some of the papers below, You will be even further convinced of the amazing benefits of Green Barley for human health.



## **2 Some Scientific Literature on Barley Grass.**

Badamchian, M.; Naylor, PH.; Spangelo, B.; Strikler, M.P. ; Stone, M.J.; Hagiwara, Y; Hagiwara, H.; and Goldstein, AL. 1991. "Immune-endocrine Activities of Green Barley Leaf Extract (BLE): Regulation of Prolactin and Interleukin-2 Release in Vitro. FASEB Journal, Vol. 5, No. 4.

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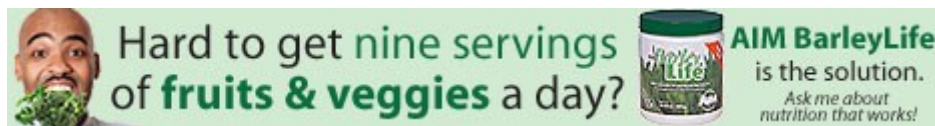
## **8 Barley Grass Testimonials**

Science is fine, but for some, they want t hear real stories from real people who have used the product. These stories are by no means comprehensive, representing a small portion of the many testimonials on Barley Life.

### **1 My Energy And Vitality Returned After 3 Weeks**

"Before, I was constantly exhausted and needed to lie down for most parts of the day. In addition, I could not eat most normal foods since my weakened body was so susceptible to infection. I had exhausted all the medicines, vitamins and specialist visits and there was nothing more that they could do for me.

Within 3 weeks after taking Barley Life, I was a different person. Not only did I have my energy back, I also had my liveliness back. I no longer needed to lie in bed most of the day. I was a walking miracle!



Since then, I have not been sick, I have not taken any antibiotics, and I have not visited the doctor's office for a whole year"

**Agnes Syu (courtesy of AIM's Living Well magazine)**

## ***2 Barley Life Is Indispensable***

"I have enjoyed weight lifting for over 40 years and have included good foods as a part of my training regimen throughout that time. Before my workouts, foods loaded with carbohydrates such as **AIM's barley juice powder** provide me the energy needed. **AIM's barley juice powder** has become indispensable to me as part of my recuperative, rebuilding phase immediately after my workout."

**Allan Nickell, weight lifter**

## ***3 Dark Green Leafy Vegetables Are Essential For Good Health***

"The National Research Council has always recommended what any nutrition textbook will tell you, that you need one serving daily of a dark green leafy or deep yellow vegetable. Study after study shows that the majority of the population just doesn't fill this dietary need. **BARLEYLIFE** is the ideal way to fill the gap - it is organically grown, all natural, and because of the wide spectrum of nutrients it contains, I consider it a food with REAL POWER . . . I don't care if you are in your golden years or in your early years; I believe you would benefit wonderfully from making **BARLEYLIFE** a part of your daily diet."

**Mary Ruth Swope, Nutritionist Educator, Author**

## ***4 Animals Benefit Too!***

"I believe that by giving cats and dogs BarleyLife, you can balance the deficiencies caused by the elimination of fresh foods from their diet."

**Dr Neil Weiner Veterinarian**

## ***5 Headaches Dissapear***

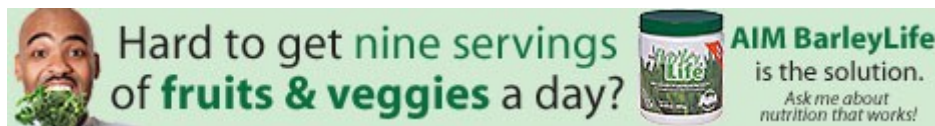
"I always had low blood pressure and headaches. When I started using the green barley juice powder my headaches disappeared. I thought this was weird and told my husband I needed to go see the doctor. He laughed and told me it was the barley that was helping me."

**Bella Vladimirsky**

## ***6 Olympic Trainer Recommends Barley Life For Athletes***

"**AIM's barley juice powder** is one of the finest fitness products that God has designed not only for athletes training for world class events, but for good health productivity. There are thousands of people changing to a healthy lifestyle. They are looking for a complete program. AIM offers just such a program through the Healthy Cell Concept - stressing a positive mental attitude, products focusing on healthier cells, and emphasis on a regular exercise program."

**Harry Sneider, Olympic trainer**



### **7 Even A 9 Year Old Notices The Barley Life Difference**

"AIM's barley juice powder- has made such a big difference in my life! At first when my mom tried to get me to take it, I didn't want anything to do with it. But today, I wouldn't be without it. Thank you!"

*Ryan James Koski, 9 years old from Minnesota*

### **8 Tri-athlete Notices The Difference**

"AIM's barley juice powder is fantastic! As a tri-athlete, it has made a phenomenal difference in my endurance and recovery time.

*Rod Murray, tri-athlete from Alberta*

### **9 Looking Younger, Feeling Good**

"I was in Atlanta recently at a convention and people kept coming up to me saying that I keep looking younger every time they see me. I am already a high energy person, but AIM's barley juice powder has taken me to higher levels than ever ...what is really important to me about this product is having the opportunity to help other people. It is reassuring to know that I can offer them a natural, whole food that is entirely safe yet makes such a difference."

*Barbara Garlington, Pennsylvania*

### **10 Barley Life Helps Couple In 70s Stay Young**

"Being 77 and 75 years old respectively, we recognize our dietary needs have increased over the years. AIM's barley juice powder has been a true Godsend to us and helped us to stay ahead of several others even younger than us!"

*Paul and Edith Boyko, California*

### **11 Improved Stamina and Well Being**

"I must admit that when I was first asked to trial AIM BarleyLife® I had mixed feelings. Would I feel anything after being a regular user of another barley juice product for almost six years?"

"AIM BarleyLife® is having a very positive impact on my stamina, energy levels and overall wellbeing. I love taking it each day and feel it's a real blessing in my life".

*Sven Tonisson, Brisbane Australia*

## **9 Information on the main Barley Grass Products available**





By now I believe you will have enough information to make an informed decision on what a good Green Barley product is.

### 1 *Green Barley.*

Made from New Zealand Barley Grass, this product is the cheapest I can find, being simply crushed Barley Leaves. They make a song and dance of why crushing is better than juicing, but there is little substance to back their claims.

### 2 *Barley Green*

This is the original Green Barley Juice. Until 2003, it was distributed by AIM, the company that makes Barley Life. Nutritional information supplied indicated it has a far poorer nutrient profile than Barley Life, although it is superior to just about everything else.

### 3 *Green Magma*

This is the version of Barley Green sold through retail outlets.

### 4 *Vital Greens.*

This is a combination of many different green plants. It does not include Green Barley, the most nutritious of all. While there is a complete list of ingredients, nutritional information could be better.

### 5 *Barley Life*

The Rolls Royce of green juices. This product was developed by AIM when they decided to look at how they could improve on the original Barley Green. The result is a superior product in every aspect, and because they handle manufacturing and distribution, it is more economical than all the other green juice products we found.

I have gathered information on the various products and done my best to compare them on deliverable nutrient and value for money. From this you will no doubt understand why my research has led me to recommending AIM BarleyLife as the premium Green Juice Product

### 6 *Nutritional Information*

	<b>Nutritional Profile</b>				
	<b>AIM Barley Life™</b>	<b>Green Barley</b>	<b>Vital Greens</b>	<b>Barley Green</b>	<b>Units</b>
<b>Calories</b>	339		358	380	kcal/100g
<b>Sodium</b>	343	18	0.5	420	mg/100g
<b>Carbohydrates</b>	54.80	58.2	40	72.26	%
<b>Dietary Fiber</b>	3.70	34.9	13	2.34	%
<b>Protein</b>	22.80	21.6	33	12.5	%



<b>Vitamin A (Beta Carotene)</b>	19,700			5,400	IU/100g
<b>Vitamin B1 (Thiamin)</b>	0.80			0.48	mg/100g
<b>Vitamin B2 (Riboflavin)</b>	1.79			0.82	mg/100g
<b>Vitamin B6</b>	1.27			0.56	mg/100g
<b>Vitamin B12</b>	0.77			0.69	mg/100g
<b>Vitamin E</b>	10.10			1.49	IU/100g
<b>Pantothenic Acid</b>	2.20			1.04	mg/100g
<b>Niacin</b>	8.59			3.50	mg/100g
<b>Calcium</b>	730			310	mg/100g
<b>Copper</b>	0.51			0.33	mg/100g
<b>Iron</b>	14.90			8.2	mg/100g
<b>Magnesium</b>	220			85	mg/100g
<b>Potassium</b>	4,280	2,500	2,500	2,700	mg/100g
<b>Zinc</b>	2.27			2.20	mg/100g
<b>Peroxidase</b>	129.40			20.20	U/g
<b>SOD</b>	895			783	U/g
<b>Antioxidant Potential</b>	123			21.5	
<b>Lutonarin (7-O-GIO)</b>	4.62			0.16	mg/100g
<b>Saponarin (7-O-GIV)</b>	1.26			14.7	mg/100g
<b>Chlorophyll</b>	398			216	mg/100g

In my attempt to extract information for this table, I encountered many difficulties. Everyone quotes different things, the ones that are better I their products! Green Magma is the same product as Barley Green. In the end, I believe that the only real competitors for this category are Barley Green, Green Magma, and Barley Life. Still I thought I would give you a price comparison anyway!

## 7 Best Value For Money

Here is the cost per 100 grams for many of the leading green juice products.

<i>Product</i>	<i>Weight</i>	<i>Price</i>	<i>Cost per 100 grams</i>
<i>Barley Life</i>	<i>300 gram</i>	<i>\$42</i>	<i>\$14.00(In Pack of 6)</i>



<i>LeafGreens</i>	<i>180 gram</i>	<i>\$49</i>	<i>27.20</i>
<i>Green Magma</i>	<i>150 gram</i>	<i>\$40</i>	<i>\$26.66 (In Pack of 3)</i>
<i>Barley Green</i>	<i>160gram</i>	<i>\$43.33</i>	<i>\$28.88 (In Pack of 6)</i>
<i>Vital Greens</i>	<i>1 KG</i>	<i>\$188.95</i>	<i>\$18.89</i>
<i>Green Barley</i>	<i>1 KG</i>	<i>\$79.95</i>	<i>\$7.95 (Crushed Powder)</i>
<i>Clean Green</i>	<i>200 gram</i>	<i>\$31.50</i>	<i>\$15.75 (Crushed Powder)</i>

**It is very clear from this comparison that when you discard the “Crushed Barley” products, AIM BarleyLife stands out as the very best value of these popular Green Barley products.**

## 10 Directions For Use - BarleyLife

11 Suggested use for best results

**It is recommended to read the handbook "Raising The Green Standard"**

- Start on 2 teaspoons per day (or 1 if you are very sensitive). Split your dose into half, take half in the morning and the other half in the afternoon or before bed. Taken first thing in the morning is a favourite time for many people because it clears that foggy feeling, leaving you clear headed and alert. Taken before bed, Barley Life promotes a more restful sleep. Or if not convenient, you can take it at morning or afternoon tea. If you feel the need, you can take it 3-4 times per day.
- Ideally, always take Barley Life on an empty stomach as it only takes twenty minutes to digest. Then have your normal meal. The fibre is taken out, which makes it very easy to digest. Keep Barley Life away from cleansing products like Herbal Fiberblend.
- You can mix Barley Life in water or sugar free juice (this includes no synthetic sweeteners) or ideally dry under the tongue. As the body's pH balances most people in time find Barley Green has a sweet taste.
- After a few days you can up your dose to 4 teaspoons per day. Because Barley Life is a whole food, every individual person's needs are different, so the KEY TO GETTING THE BEST RESULTS is to slowly keep increasing your dose until you feel the difference. For most people this is at 4 to 6 teaspoons per day or 2



to 3 desert-spoons. Athletes or the very sick may take up to 9 desert-spoons per day as their nutritional needs are greater. If you experience cleansing side effects, stay on a lower dose until the effects pass, then slowly increase your dose again. Remember to drink plenty of water to help with the cleansing process.

## **1 How Much Is Enough?**

You will know when you are taking enough, as the benefits are very prominent. For example, all types of junk food cravings may subside. People find this wonderful as it makes it so much easier to revise their diet! You may sleep better and wake up feeling more refreshed with higher and more sustained energy levels. You may also feel calmer. Over a short period of time, people may also notice changes to the texture of their hair and skin, and also in the colour and clarity of their eyes. With all whole foods the very best results are achieved after at least 3 to 6 months of continuous use.

## **2 You May Need A Higher Dose**

Today, our food is so depleted of nutrients because of over-cropping (not allowing the soil to rest) pesticides and other environmental contaminants. For optimal health, the human body requires over 80 minerals; it is common practice for the farming industry to only add 4 minerals back into the soil after harvest. So, not surprisingly, many people initially find their appetite increases when taking Barley Life, as the body starts to get the nutrients it has previously been deprived of. By increasing your dose, in time this balances and you lose the feeling of hunger. You can then decrease your dose if you wish. Household food bills are cut down as over-eating and snacking in-between meals becomes a habit of the past.

# **12 What Else Should You Do For Vibrant Health?**

## **1 Complementary Products**

### **1 Herbal Fiberblend**

Teresa Schumaker's proven **Herbal Fiberblend** formula for colon cleansing and parasite control. Of the AIM family, this is even more popular than Barley Life. Detoxing is the first step to vital health.

### **2 Who Needs to cleanse the organs and the colon?**

Everyone who eats today's food produces waste, some of which may remain on the colon wall. Mucus, which is secreted by all intestinal cells, can collect on the colon wall and accumulate, holding faecal matter. All this interferes with the proper functioning of the colon.

Eating high-fiber foods is considered a healthy choice for most people, but few of us consume the necessary fiber to cleanse the digestive system adequately. AIM Herbal Fiberblend® is a unique and powerful combination of cleansing herbs and psyllium to sweep the digestive system clean of toxins and food debris. Available in traditional and raspberry flavors.



- Helps maintain regular bowel movements
- Detoxifies — removes toxins from the body
- Helps maintain healthy cholesterol and blood sugar levels
- Fiber may reduce incidences of diverticulosis, colon cancer, and appendicitis

### 3 The Dynamic Duo

A combination of Herbal Fiberblend provides detoxing and energy for optimal vitality. Both these products are outstanding in their class and the combination is amazing!

- [Online Catalogue](#)
- [Online Order Form](#)
  - [All Products](#)
  - [Nutritionals](#)
  - [Daily Life](#)
  - [Sales Tools](#)

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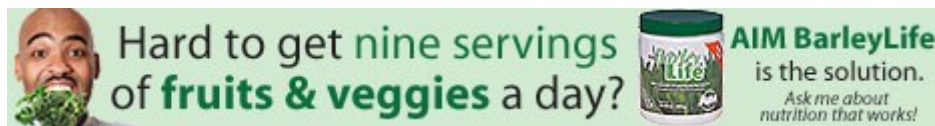
### 4 LeafGreens

An all-natural juice concentrate that combines the leaves of four young plants and broccoli sprouts for a wide spectrum of nutrients including vitamins, minerals, antioxidants, and a balanced plant-based protein, all for whole-body health. By blending the nutrient-dense leaves of spinach, faba bean, field pea, and barley, AIM LeafGreens™ harnesses the potency of each component to provide superior levels of iron, chromium, protein, chlorophyll, and vitamins A and K. The result is a product that supports healthy kidney function, proper bone density, oxidation of bad cholesterol, reduced allergy histamines and resistance to cell damage caused by free radicals.

- Contains five nutrient-dense leaves – spinach, faba bean, field pea, broccoli sprout and, barley
- One canister provides the iron equivalent of 46 pounds of spinach
- Provides flavonoids including kaempferol and quercetin and nutrients like lutein and L-Dopa
- High in antioxidants authenticated with ORAC testing
- Contains 50 percent green leaf protein

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### 5 Garden Trio



This consists of 3 products. One is Barley Life, and there is Redibeets and Just Carrots Added. When I first learnt about juicing, Dr Walker, the father of juicing, recommended a combination of Beetroot, Carrot and something Green. We used to use Celery, but BarleyLife has a far superior nutritional profile. Taken every day, this is a supercharged start!

You'll get the vital nutrients found in three important foods – green barley, carrots and beets. Each is packed with the essential enzymes found in whole-juice products, plus antioxidants and a host of other nutrients to maintain good health. You'll promote a healthy immune system, have more energy, and wake up every day feeling great! The Power of Powders: increased absorption irrespective of stomach acidity levels; faster absorption as tablets have to be broken down; easier to take for those with swallowing problems; larger servings of nutrients are easier to take.

- Helps maintain whole-body health
- Helps maintain a healthy immune system
- Provides increased energy
- Benefits of juicing without the inconvenience

Final Words

I have prepared another special report for you with my "Eight Secrets Of Vibrant Health." If you don't have a copy, you can download it from <http://goodhealthbeginshere.com>

I wish you a long, vital and disease free future.

## 13 References

Journal of the Science of Food and Agriculture [Volume 79, Issue 10, pages 1311–1314, 15 July 1999](#)  
([CDC: State-Specific Trends in Fruit and Vegetable Consumption Among Adults - United States, 2000-2009](#))

[National Fruit & Vegetable Program guidebook.](#)

## Family and Child-care Provider Influences on Preschool Children's Fruit, Juice, and Vegetable Consumption

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Hard to get nine servings  
of **fruits & veggies** a day?



**AIM BarleyLife<sup>®</sup>**  
is the solution.  
*Ask me about  
nutrition that works!*