

A GARDEN TRIO POWER DRINK

“Nature’s foods release a shower of **chemo prevention** unmatched by a single drug”.
Dr. Hans Stich, Cancer Expert.

1-cup Tomato Juice (from Health Food Store)
1-cup pure water
1 or 2 Tablespoons AIM’s BarleyLife™ powder
1-Tablespoon AIM’s Just Carrots™ powder
1-Teaspoon AIM’s RediBeets powder
2 capsules AIM’s Bear Paw Garlic™ (empty in juice) or 1 clove of fresh garlic
1/8-1/4 tsp. Cayenne
Juice of ½ lemon
4 or 5 ice cubes
1-Tablespoon flax seed oil (optional)
¼ onion (optional)
3 or 4 sprigs fresh Parsley (optional)

Blend thoroughly until mixed in a blender or Vita Mix.

If you have a degenerative disease (cancer, heart problems, arthritis, diabetes, lupus etc.) two drinks per day are suggested. This is a beverage sick cells would fight for!

To find AIM’s products locally phone 1-800-447-9772 and ask.

Educators say:

“Be more faithful to this drink than you are to your morning coffee”. Janet Pauley

“All disease has two causes: deficiency and toxicity. This power drink addresses both issues”. Toni Lund

“Even if you **hate** vegetables you’ll love this drink. If taken daily your body will reward you by changing sick cells to healthy ones!” Dr. Mary Ruth Swope

This drink meets adequately your need for 5-6 veggies daily. Use it as a meal replacement for any meal and, over time, watch the pounds drop off!!

Nutritional Profile of the Garden Trio Power Drink by Dr. Mary Ruth Swope

Here is a **partial listing** of the Pharmacological (Healing) Power in the Garden Vegetable Drink – taken from a number of reliable sources.

AIM's BarleyLife™ - an all natural green barley grass juice powder concentrate that contains every vitamin known to man, over 60 minerals, about 300 enzymes, 18 amino acids, lots of chlorophyll (which is a known healer of sick cells), it is alkaline pH (not acid) plus it is high in antioxidants and has many known plant medicines called phytochemicals. I believe as a single whole food supplement, there is not a challenger. This product is grown in the soil of New Zealand and Alberta, Canada where no artificial or poisonous chemicals have been placed on the soil or crops. A USDA researcher says barley grass has 590 ethno botanical uses! (To find Aim's products locally phone 1-800-447-9772 and ask).

BarleyLife has anti-inflammatory activity, immune system support and cholesterol – lowering effects. Two very powerful antioxidants (cancer fighters) are lutoarin (7-0-G10) and saponarin (7-0-GIV) – plant medicines that are powerful. Other plant chemicals in BarleyLife are thought to prevent or treat at least four leading causes of death – cancer, diabetes, cardiovascular disease and hypertension. Other ailments prevented or treated by this product are neural tubal defects, osteoporosis, abnormal bowel function and arthritis as well as other chronic conditions.

BarleyLife's stimulation of the production of energy is soon experienced by almost all who take the product.

AIM'S Just Carrots™ and Carrots well known for their many carotenoids (alpha, beta etc.) have antioxidant power, (that means **they inhibit tumor/ cancer growth**), permit less chronic disease like kidney stone formation because of immune system boost and are a fighter against free radicals. Other nutrients: Vitamins C, and B1, B2, B3, calcium, potassium, iron folate, copper, phosphorus, magnesium, cobalt, and iodine.

AIM'S Redi Beets™ and Beets. AIM's RediBeets require 1 lb. of raw beets for each teaspoon of beet powder. So nutrition is concentrated and powerful. Beets contain **betaine** which is thought to help prevent fatty deposits in the liver. **They contain biochanin A – a known cancer fighting agent. Beets reduce homocysteine** – a good thing if you have cardio-vascular disease. They help build red blood cells so important during menstrual and menopause times and if you are anemic. Beets contain potassium, sodium and iron.

AIM's Bear Paw Garlic™ and Garlic. Worldwide research agrees **allicin in garlic is a cancer fighter.** Diallyl disulphide **reduces tumors** by half and S-allylcysteine **can stop cancer-causing agents** from binding to human breast cells. It is an immune system booster and **blocks the formation of tumor cells** - is an effective antibiotic, even killing TB with the sulfur components in garlic. And...much, much more.

V-8 Juice Ingredients:

Tomatoes. Two detoxifying trace elements, sulphur and chlorine, aid in keeping the liver healthy. A plant medicine, **lycopene, has been shown to prevent a variety of cancers** including prostate cancer. Tomatoes help prevent hardening of the arteries and cirrhosis. Vitamins A & C and potassium are major nutrients in tomatoes.

Celery has a wide variety of minerals, especially iron, calcium and sodium. It is alkaline; it regulates the water balance especially in elderly people. **It is good for the heart and can decrease blood pressure.** It calms nerves when mixed with carrot juice.

Parsley is useful in arthritis, gout and prostate problems. **An amino acid, histadine, strongly inhibits tumor development.** Other cancer fighters in parsley are Vitamins A, C and K. It has anti-inflammatory properties, especially for kidneys. Also contains potassium, copper, calcium and chlorophyll. Parsley is a diuretic – thought to help with kidney, bladder, liver, gallbladder and spleen problems.

Lettuce contains Vitamins A, B1, B2, B3, C and E.

Watercress is a real blood purifier. **It has a unique cancer-fighting factor.** It helps with many conditions, i.e., skin problems, kidney stones, baldness, scurvy, bronchial disorders, asthma, TB, gum health etc. It contains Vitamins A, C, K and E, potassium, copper, calcium, chlorophyll and iodine.

Spinach. An M.D. said, “Infinitesimal amounts of drug-like compounds in all dark-green leafy veggies and carotenoids (yellow/ orange ones) arouse damaged cells to resist assaults that would otherwise result in malignances in stomach, lung, esophagus, colon, rectum and bladder!” **That’s pharmacological power!!** Contains Vitamins A, C, B1, B2, B3, potassium, iron, folic acid and chlorophyll.

Citric Acid - an acid from fruit that **adds flavor** to the juice.

Cayenne. Historically cayenne has been touted as medicine for warming the body, bursitis, diabetic neuropathy, osteoarthritis, angina, psoriasis, rheumatoid arthritis, shingles, allergies, gastrointestinal health, circulation problems, high blood pressure, heartburn, lowers blood sugar and cholesterol levels, prevents blood clots, heals ulcers, fights colds and flu and increases energy levels, to name a few. Capsaicin is the plant medicine (an antioxidant) thought to be the active substance that **neutralizes carcinogenic effects of nitrosamines.** It may even block cigarette smoke from leading to lung and other cancers.

Onions. Allium compounds in onion and garlic increase levels of enzymes that **break down potential carcinogens. They also boost cancer-fighting immune cells.** Like garlic, onions are known to decrease cholesterol and prevent blood clotting. Jean Carper in her book, THE FOOD PHARMACY, lists 45 disease conditions thought to be alleviated by onions. You would recognize all 45 as being commonly experienced by Americans today.

Lemons. Two major health promoting plant medicines in lemons are glucarase and D-Limonene, the latter thought to dissolve gallstones and to be **a cancer prevention substance.** Lemon juice is very alkaline – an important factor in the acid American diet.

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