



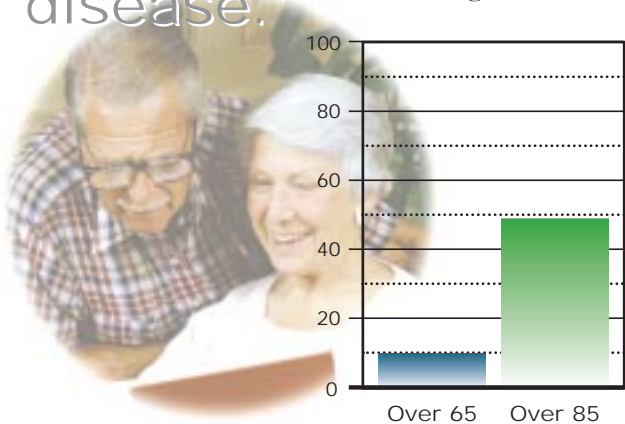
## The nervous system

The nervous system has two distinct parts. The central nervous system comprises the brain and spinal cord. The peripheral nervous system is the network of nerves that connects the brain and spinal cord to the rest of the body. The brain coordinates the ability to move, touch, smell, hear, and see. It allows us to think, decide, and control our actions. The brain is in close and constant communication with the entire nervous system.

## When things go wrong

The disorders associated with the nervous system are some of the most frightening problems we face. It is difficult for us to consider memory loss, dementia, and Alzheimer's disease. Stroke is always a worry. And problems with the sense organs – such as cataracts, macular degeneration, hearing loss – are worrisome to us as we grow older.

Ten percent of those over 65 years of age and nearly 50 percent of those over 85 years of age have Alzheimer's disease.



## Why things go wrong

Diet and lifestyle do make a difference. A diet low in B vitamins may affect our “brain health.” There are also links between nervous disorders such as Alzheimer's and Parkinson's diseases and our increasingly toxic environment.

About 600,000 people suffer a stroke each year.

## To maintain nervous system health

Live the Healthy Cell Concept™. The B vitamins are known as “brain” vitamins, and supplements such as choline, phosphatidylserine, and ginkgo biloba are known to help memory. Herbs such as

chamomile, passionflower, valerian, and kava kava help us maintain a balanced demeanor. Twenty-eight percent of stroke victims are under 65 years of age.

## AIM PRODUCTS

### Primary Products

- AIM **Activated Ginkgo™**, the only water-soluble ginkgo on the market, helps maintain mental acuity and healthy circulation.
- AIM **Composure™**, a combination of relaxing herbs, helps maintain a healthy attitude.



### Complementary Products

- AIM **Just Carrots™**, a carrot juice, helps maintain healthy eyesight.