

Whole body health results when all body systems are in balance. No single body system is targeted—we make choices that keep all systems toxin-free and that supply all systems with optimum nutrition. The result is total wellness: waking up every day feeling great! The AIM Garden Trio® is three all-natural, vegetable juice powder concentrates that help provide the daily nutrition you need to develop a strong foundation for your good health.



a little less than one-half pound) contain about 2 g of protein, 21 g of carbohydrates, 60 mg of calcium, 1 mg of iron, 696 mg of potassium, 22,026 International Units (IUs) of vitamin A in the form of beta-carotene, 19 mg of vitamin C, 30 mcg of folate, and traces of many more vitamins and minerals.

Dr. Norman W. Walker (1981) explains that a diet without fresh, raw vegetable juices is deficient. This is because when raw vegetables are eaten instead of juices, a large amount of them is used as energy during the digestion and absorption processes. Juices are ingested and assimilated within 15 minutes and this enables the nutrients to be used almost in their entirety for the nourishment of the cells. In 1976, he said, “Juices are very liquid food, mostly organic water of the finest quality with nourishing atoms and molecules in comparatively microscopic volume. It is the microscopic volume for which the cells and tissues are starved!”

Juicing

Juicing is separating the juice of a fruit or vegetable from its fiber. It is a means of receiving optimal nutritional benefit from the fruits and vegetables we eat. Although there is value in eating raw fruits and vegetables, juicing provides a means to ensure that we are able to ingest and absorb the maximal amount of nutrients available.

Studies show that juice can provide most of the basics of human nutrition, including carbohydrates, proteins, fats, vitamins, and minerals, as well as phytochemicals and enzymes. Phytochemicals are simply plant chemicals that are thought to be essential to health. They have been found by the American Dietetic Association to be beneficial in at least four of the leading causes of death—cardiac disease, diabetes, hypertension, and cancer. Enzymes are essential for the thousands of chemical reactions that occur throughout the body—the production of energy at the cellular level, the facilitation of digestion, the absorption of digested nutrients, and the rebuilding and replenishing of all that the body requires for metabolism to occur.

How healthy is juicing? According to the U.S. Department of Agriculture, three raw carrots (216 g, or

AIM BarleyLife®

Before green grasses undergo the reproductive cycle that creates the grains, they are in the grass stage, and the grasses contain about the same vitamins and minerals as dark green vegetables. When grasses are harvested at a young age, they have a different chemical makeup from their adult counterparts. Young barley grass contains a wide spectrum of nutrients, including vitamins, minerals, amino acids, enzymes, chlorophyll, and alkalizing substances. When these grasses are juiced and concentrated, as in AIM BarleyLife®, they are far superior nutritionally. For example, according to the U.S. Department of Agriculture’s Nutrient Database, barley contains 22 International Units (IUs) of vitamin A per 100 g and barley flour contains no vitamin A. AIM BarleyLife®, however, contains nearly 20,000 IU



of vitamin A per 100 g. To use another example, barley contains 33 mg of calcium per 100 g and barley flour contains 32 mg of calcium per 100 g. AIM BarleyLife® contains more than 800 mg of calcium per 100 g.*

Research has found that green barley extract has antioxidant and anti-inflammatory activity, immune system support, and cholesterol-lowering effects.

AIM BarleyLife®: available in the traditional formula or certified organic

AIM BarleyLife® is a whole food concentrate that captures all the nutrients in green barley grass. Traditional AIM BarleyLife® is cultivated from soils that are pesticide-, herbicide-, and fungicide-free, and is available as a concentrate powder, or as a convenient, easy-to-take vegetarian capsule. The vegetable capsules dissolve quickly for better absorption and faster assimilation.

AIM's high quality green barley juice powder is also available in a certified organic formula. Nutrient-rich soils of Canada provide the perfect environment for cultivation of organically grown barley plants. Once harvested, these organic barley leaves are processed at the AIM co-owned manufacturing facility in Canada, where rigorous testing assures that the product meets stringent guidelines for organic certification. Even the product stabilizer, maltodextrin, is certified to be totally organic in the organic formulation of AIM BarleyLife® powder concentrate.

AIM Just Carrots®

It is well-established that carrots are a healthy food. They contain many important nutrients—beta-carotene and other carotenoids, B vitamins, the minerals calcium and potassium, and much more. Of all of these, it is beta-carotene that traditionally has received the most attention.

Beta-carotene is one of about 600 similar compounds called carotenoids that are present in many fruits and vegetables. The body changes beta-carotene into vitamin A, which is important in strengthening the immune system and promoting healthy cell growth. However, beta-carotene is much more than the precursor to vitamin A. Only so much beta-carotene can be changed into vitamin A, and that which is not changed

contributes to boosting the immune system and is also a potent antioxidant. Antioxidants fight free radicals and help prevent them from causing membrane damage, DNA mutation, and lipid (fat) oxidation, all of which may lead to many of the diseases that we consider “degenerative.”

AIM Just Carrots® has one of the highest sources of natural beta-carotene—and provides up to 420% of the U.S. government's Recommended Daily Allowance (RDA) of vitamin A. Drinking one glass of AIM Just Carrots® provides you with 18,720* IUs of beta-carotene. In addition to beta-carotene, AIM Just Carrots® contains calcium and potassium. AIM Just Carrots® is monitored for maximum nutrient levels.

The carrots used in AIM Just Carrots® are residue-free, ensuring that you will not be getting harmful toxins. A special process is used to produce AIM Just Carrots®, which ensures that nutrients and enzymes remain active. This process does not use added sugars, sweeteners, or artificial colors. The caplets contain a small amount of inert binders to hold them together.

*These figures vary depending on variations in carrot crops due to climate, soil, and times of harvest.

AIM RediBeets®

One cup of raw beets contains phosphorus, sodium, magnesium, calcium, iron, and potassium as well as vitamin A, niacin, folic acid, and biotin. When these nutrients are captured in a juicing process, they remain in a form that is much easier to assimilate than synthetic nutrients. The iron in beet juice, in particular, is noted for being more easily assimilated than other forms of iron supplements.

Potassium, in particular, is essential for all cellular functions. Along with sodium, it regulates water balance and acidity-alkalinity balance in the blood and tissues. It is often depleted with aging, in degenerative disorders, and with a diet that is high in refined sugar and processed foods.

Historically, beetroots have been known to have medicinal properties, specifically anti-hepatotoxic effects, or the ability to counter damaging effects on the liver. For the past three or four centuries, it has been thought to be beneficial for the detoxification of the liver, and it was used for the treatment of hepatitis. The exact mechanism by which beets support the liver

remains unknown; however, theories suggest that they effectively limit fat deposits in the liver, probably because of their high concentration of betaine.

Betaine is often referred to as the lipotropic factor because of this ability to help the liver process fats. Betaine also plays a role in reducing homocysteine. High levels of homocysteine are associated with cardiovascular disease, so betaine is thought to support cardiovascular health.

Beets also contain biochanin A, a potential cancer-fighting agent.

Dr. Walker (1981) suggests that beet juice is helpful for menstrual problems and more specifically during menopause. And in Indian medicine, it is used for coughs and infections.

The half pound of beets used to make one teaspoon of AIM RediBeets® is residue-free. When the beets are processed to separate the juice and its valuable nutrients from the fiber, the beets are not subjected to high temperatures that may damage their nutrients.

AIM RediBeets® offers a convenient way to achieve an improved diet through regular consumption of vegetables.

How to use the AIM Garden Trio®

AIM BarleyLife® (traditional)

- Take 1 tbsp or 6 capsules (5 g) 2 to 3 times per day. Many people start with 1 tsp or 1-2 capsules (1.5 g) per day and gradually increase their serving every 4 to 5 days. You may take more or less depending on your needs.

AIM BarleyLife® (organic)

- Take 2 tsp (5 g) 2 to 3 times per day. You may take more or less depending on your needs.

AIM Just Carrots®

- Take 1 tbsp (12 g) or 12 caplets (9 g) 1 time per day. You may take more or less depending on your needs.

AIM RediBeets®

- Take 1 tsp (4 g) 2 times per day or take 6 caplets (4 g) 1 time per day.
- Because beet juice can have a strong effect on some individuals when they use it for the first time (dizziness due to detoxification), it is suggested that you start with half the recommended

serving. Do not exceed 2 servings per day without the advice of your health practitioner.

- Diabetics and those concerned about blood glucose levels should consult a health practitioner before using AIM RediBeets®.

AIM Garden Trio®

- You may take the members of the AIM Garden Trio® individually or combined.
- Mix with water or juice.
- Drink immediately after mixing.
- Best taken on an empty stomach: 30 minutes before or 2 hours after a meal.
- Because heat and acidity can affect enzymatic activity, it is recommended that the AIM Garden Trio® not be taken in any of the following: cranberry or prune juice, carbonated drinks, or hot drinks.
- You may mix the AIM Garden Trio® with other AIM products. To receive the greatest absorption of nutrients, take AIM Herbal Fiberblend® 1 hour before or 30 minutes after taking the AIM Garden Trio®.
- Close tightly after opening and store in a cool, dry, dark place (70-75 °F; 20.1-23.8 °C). Do not refrigerate.

Q & A

How can I mix the powders of the AIM Garden Trio®? Can I take them with other AIM products?

Many AIM Members mix one of the AIM Garden Trio® powders with their favorite juice for a delicious and refreshing drink. Other Members mix two or three of the powders together, either in water or in juice. This is dependent on taste, so feel free to experiment. You may also take the AIM Garden Trio® with other AIM products. To receive the greatest absorption of nutrients, take AIM Herbal Fiberblend® 1 hour before or 30 minutes after taking the AIM Garden Trio®.

Is it OK to take more than the recommended serving?

Each person has different nutritional needs, which should be assessed by each individual. You may take more than recommended for AIM BarleyLife® and AIM Just Carrots®. However, beet juice can have a strong

effect on some individuals when they incorporate it into their diets for the first time. For this reason, for AIM RediBeets®, it is suggested that people take the recommended amount at first and increase gradually if necessary.

Where can I find more information?

You may find more information on each product in their individual product data sheets.

Suggested Reading

Juicing

Blauer, Stephen. *The Juicing Book*. Garden City Park, NY: Avery Publishing Group, 1989.

Heinerman, John. *Encyclopedia of Healing Juices*. West Nyack, NY: Parker Publishing Co., 1994.

Walker, Norman W. *Fresh Vegetable and Fruit Juices: What's Missing in Your Body?* Prescott, AZ: Norwalk Press, 1981.

Ask About

AIM BarleyLife® video

AIM BarleyLife® CD

AIM BarleyLife® booklet

AIM BarleyLife® denim shirt

AIM BarleyLife® patch

AIM BarleyLife® cap

Benefits & Features

Benefits

- Helps maintain whole body health
- Helps maintain a healthy immune system
- Provides increased energy
- Benefits of a wide spectrum of nutrients—vitamins, minerals and protein
- Benefits of unique and powerful plant antioxidants, including beta-carotene
- Benefits of live enzymes, including superoxide dismutase (SOD)
- Includes a complete amino acid profile
- Provides a complete juicing program

Features

- Building on over 20 years of safe and beneficial use by AIM Members
- High quality continually sustained through research and development
- Natural chlorophyll
- Nutrients in natural proportions
- Pure juice products, minimal fiber present
- Benefits of juicing without the inconvenience
- Convenient powder

Consult the individual data sheet for each product for more detailed information.

The AIM Garden Trio® is a Whole Body Nutrition product. The complete Whole Body Nutrition line consists of the AIM Garden Trio®—AIM BarleyLife®, AIM Just Carrots®, and AIM RediBeets®. Use these products for a solid foundation for your health.

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