

Optimal Health Report

ONLY 9 CARBS / 60 CAL Complete Meal Replacement

NO MORE PILLS!!

Essential 7

WITH RISOTRIENE

Seven Essential Nutrient Groups Equals Optimal Health

Would You Rather Have a handful of pills like

THIS?



OR

Are you tired of taking pills??

experience optimal health with a delicious tasting whole natural food like

THIS?

How about a *creamy hot chocolate* OR a delicious *Dutch Chocolate Smoothie*, OR Better yet a nice chilled *Berry* or the *Natural* to mix with your favorite juice or a warm broth on a cold winter day? **Only 9 carbs and 60 Calories is a full meal replacement.** For Only \$1.50 per Meal!



7 ESSENTIAL NUTRIENTS FOR OPTIMAL HEALTH

- 1 RISOTRIENE
- 2 DEEP SEA MINERALS
- 3 FIBERSOL
- 4 HYDROLIZED WHEY PROTEIN
- 5 ESSENTIAL OILS
- 6 PHYTO-VEGGIES
- 7 PROBIOTICS

The Importance of "Seven Essential Nutrient Groups"



Dr. Joe Hymer, M.D. : During my decades of experience as a family practitioner I have watched myself and my fellow physicians prescribe pharmaceutical drugs for anything from bacterial infections to depression. I have seen drugs achieve great results when the body is subjected to some type of trauma or infection, but I have rarely observed long-term, positive results when they are used to treat disease. I am very concerned by statistics from *The Center for Disease Control* that show that 95 out of 100 of the 30-year olds living today will suffer and die from a degenerative disease such as cancer, stroke, Parkinson's disease, Alzheimer's, and heart disease. The more research I have done, the more I realize that most diseases are the result of a deficiency of nutrition and/or elevated toxicities in our bodies.

I have found that there are seven essential nutrient groups that are vital for our continued vibrant health:

1. Vitamins: We need natural vitamins that are easily assimilated by our bodies. Many bottled vitamins contain synthetic isolates that simply pass through our body without being utilized. This occurs partly because vitamins require trace minerals to function optimally in the body. For example, vitamin E works much better when the trace mineral, selenium, is present in its natural form.

2. Minerals: Mineral products that have a land-based source frequently contain traces of harmful minerals such as Cadmium, Mercury, and Lead. However, deep-sea minerals are free from these toxic substances, because they originate in the deep, pure ocean waters, thousands of feet below the surface. Deep sea minerals provide the entire spectrum of major and trace minerals that your body needs for vibrant health. Other mineral products in the marketplace only contain the 10 major minerals, but just like vitamins, these minerals all require trace minerals to function properly. For example, the essential mineral Calcium functions optimally when Boron, Manganese, Magnesium and Strontium are present.

3. Protein: Hydrolyzed whey protein is non-allergenic and much easier for the body to absorb. It is questionable how much of the other types of protein is actually utilized

by our body. Many people don't recognize the important role that a quality protein plays in supporting our immune system.

4. Fiber: Fiber plays a vital role in helping our body rid itself of the toxins that lead to aging and poor health. In addition, extensive studies indicate that the high intake of dietary fiber has been linked to a lowering of heart disease, as well as a lowering of the risk for type 2 diabetes.

5. Essential Fatty Acids (EFAs): EFAs are present in every healthy cell in our body. Our health begins, and ends, at the cellular level. There are numerous health benefits we receive from EFAs such as more energy, detoxification of our cells and healthier skin.

6. Enzymes: These are vital for the proper digestion of our food. Without good enzymes, we are more likely to gain weight and feel lethargic. There are several beneficial enzymes such as: invertase, amylase, lactase, protease 4.5, and cellulase.

7. Probiotics: These are the "good" bacteria, or "friendly flora", that are vital in helping to fight the "bad" bacteria present in our bodies. In order to benefit us, however, the probiotic must "survive" the trip through our stomach, and into our colon where it can promote good health. Yet, every year consumers spend millions of dollars on probiotics, such as acidophilus, that never reach the colon alive. The probiotic, L. Salivarius, is proven to survive this "trip" so it can help fight infectious disease and strengthen our immune system.

Since our cells are constantly "re-cycling" every day...it is so important that we give our bodies these essential nutrients everyday. I wish you the best in your journey to better health through better nutrition.

Joe D. Hymer, M.D., received his undergraduate education from the University of Texas at Austin. He received his medical degree from the University of Texas at Galveston and completed his internship at John Peter Smith Hospital in Fort Worth, Texas. Dr. Hymer was Chief of Staff at two hospitals during his 43 years of practice and had his own clinic for over 40 years in general medicine.

Toll Free 888-834-9811

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Vitamins

Vitamin A
Vitamin C
Vitamin D
Vitamin E
B1 (Thiamin)
B2 (Riboflavin)
B3 (Niacin)
Vitamin B6 (pyridoxine)
Folic Acid
Vitamin B12 (methylcobalamin)
B5 (Pantothenic Acid)
Vitamin K
B15 (Pangamic Acid)

Minerals

Calcium
Magnesium
Chloride
Potassium
Sodium
Phosphorous
Strontium
Boron
Silicon
Iridium
Chromium

Lithium
Antimony
Zinc
Copper
Molybdenum
Thorium
Nickel
Titanium
Palladium
Rhenium
Manganese
Tungsten
Thallium
Platinum
Praseodym
Vanadium
Neodymium
Aluminum
Barium
Erbium
Tellurium
Beryllium
Gold
Europium
Terbium
Lanthanum
Samarium

Dysprosium
Lutetium
Rhodium
Silver
Thulium
Scandium
Germanium
Bismuth
Indium
Gadolinium
Cobalt
Holmium
Cerium
Tantalum

Enzymes

Glutathione peroxidase
Methionine reductase
Superoxide dismutase
Polyphenol oxidase
Catalase
Coenzyme Q10
Aspartate amino transferase
Isozyme AAT-1 & AAT-2

Amino Acids

Tryptophan
Histidine
Methionine
Cysteine
Arginine
Lysine
Phenylalanine
Tyrosine
Valine
Alanine
Proline
Serine
Glycine
Isoleucine
Leucine
Threonine
Valine
L-Glutamine
L-Taurine

Here Are Just Some Occurring Nutrients

Antioxidant groups, Antioxidants & other naturally occurring nutrients

Gamma Oryzanol
Gamma Oryzanol is not a single component. It is a mixture of 20 components having different antioxidant properties.

Cycloartenol trans-ferulate
Cycloartenol cis-ferulate
Cycloartanol trans-ferulate
Cycloartanol cis-ferulate
Cyclohexalenol trans-ferulate
Cyclohexalenol cis-ferulate
24-Methylcycloartanol trans-ferulate
24-Methylcycloartanol cis-ferulate
24-Methylcholesterol

trans-ferulate
24-Methylcholesterol cis-ferulate
b-Sitosterol trans-ferulate
b-Sitosterol cis-ferulate
b-Sitosterol cis-ferulate
Stigmasterol trans-ferulate
Stigmasterol cis-ferulate
Stigmasterol trans-ferulate
Stigmasterol cis-ferulate
Campesterol trans-ferulate
Campesterol cis-ferulate
Tocopherols and Tocotrienols
Tocopherols and tocotrienols belong to the same antioxidant group but exist in 10 different isomeric forms having different antioxidant properties.
a-Tocopherol
b-Tocopherol

21 Reasons Why You Should Take Essential 7

1 Enhance Your Cellular Wellness by Stopping Free Radicals- Your body's health begins at the cellular level and anti-oxidants play a vital role in defending the cell from toxic molecules called free radicals. Essential 7 contains hundreds of naturally occurring anti-oxidants such as glutathione, gamma oryzanol, tocotrienols, polysaccharides, carotenoids and polyphenols. The ORAC score of a daily serving of Essential 7 is over 21,000 units (an antioxidant equivalent of over 42 servings of vegetables). For most people eating two servings of Essential 7 (1.2 million ORAC units per month) provides them with more antioxidant protection than they otherwise get in several months from eating the Standard American Diet. Essential 7 is like taking millions of bodyguards into your cellular life, to keep your precious cells safe from toxic free radicals.

2 Support Brain Health- A loss of brain function is common for many people as they age. This leads to a variety of mental ailments. However, certain individuals maintain mental health well into their 100's. Why the difference? According to some researchers the underlying causes of brain deterioration includes a lack of free radical protecting antioxidants in the diet as well as a deficiency of other brain-important nutrients. Essential 7 provides the best free radical protection available today, as well as many specific nutrients that promote healthy brain response such as: the carotenoids (alpha and beta-carotene, lycopene, lutein, and zeaxanthine), lecithin, choline, folic acid, inositol, betaine, L-Taurine, phospholipids and balanced fatty and amino acids (taking unbalanced amino acids is not a good idea).

3 Increase Your Energy- Many people report an increase in energy within minutes of drinking Essential 7. One of the reasons that Essential 7 increases energy so well is that it doesn't need to be broken down to be digested. It is already predigested and ready for action. Therefore, Essential 7 quickly enters the bloodstream, providing hundreds of important nutrients such as lipoic acid, pangamic acid, and squalene (an oxygenator found in shark cartilage) that "energize" your body.

4 Balance Blood Sugar & Manage Diabetes- High sugar levels in the blood and cells accelerates fermentation and the growth of micro-organisms that increase toxin levels in the body. Fortunately, high blood sugar often responds well to good nutrition and even better to great nutrition. Essential 7 is great nutrition! Some of the ingredients found in Essential 7 that have been found to slow sugar assimilation and to help transport sugar out of the blood are soluble fiber (from RiSoTriene® and vegetables), glutathione, alpha-lipoic acid, natural B-Vitamins and the minerals magnesium, chromium and vanadium.

5 Lower Your Blood Pressure- Millions of Americans turn to drugs to help lower their blood pressure. However, Essential 7 contains an ideal balance of the minerals calcium, magnesium and potassium as well as other nutrients that can help the body maintain electrolytes and avoid electrolyte stress that manifests itself as high blood pressure. Additionally, Essential 7 contains RiSoTriene® which reduces the adherence of cholesterol plaque to arterial walls, allowing them to be more flexible and less prone to high blood pressure.

6 Inhibit Cancer- With its potent line-up of powerful anti-oxidants Essential 7 assists the body in warding off the many variations of this dreadful disease. Its most potent cancer fighters include: quercetin, the carotenoids, broccoli selenium, ferulic acid, glutathione, tocotrienols, inositol, lycopene and polyphenols.

7 Prevent Heart Disease- Nutrition, like that found in Essential 7, can provide significant help to the body in fighting heart disease. Some of the elements found in Essential 7 that can aid in this area are: Co-enzyme Q-10, tocotrienols, flavonoids, folic acid, omega-3, magnesium, psyllium seed, carotenoids, choline, fiber and quercetin.

8 Burn Fat, Help Build Lean Body Mass and Recover from Exertion Faster- Gamma oryzanol has been found to have a lipolytic effect, which means that it helps burn fat in order to provide energy. RiSoTriene®, a major component of Essential 7, provides the highest density of gamma oryzanol in nature. This naturally occurring gamma oryzanol and ferulic acid combination found in Essential 7 not only increases muscle mass, but also improves strength and body composition, decreases body fat, enhances recovery times after exertion and thereby lessens muscle soreness.

9 Fight Depression- Almost nothing overcomes depression better than a feeling of energy and wellness surging upward from within your body. Because of its abundant nutrition Essential 7 simply helps people feel this vibrant energy and power from within. A few of its components that have been found to help counter depression are natural B-Vitamins, calcium, magnesium and biotin.

10 Maintain Healthy Cholesterol Levels- Components found in RiSoTriene® such as Gamma Oryzanol, Phytosterols (including beta sitosterol), Inositol and Omega-3 work to lower LDLs (bad cholesterol) while raising HDLs (good cholesterol).

11 Sleep Better- Though the initial response to Essential 7 is one of wellness and energy, because it delivers a full complement of nutrients and minerals to the body, people sleep better than ever before and wake up rested and energized.

12 Control Stress and Decrease Problems Associated with Menopause- Essential 7 is highly effective at reducing symptoms of stress. Those who have compared Essential 7 to drugs that are used to control menopausal stress note that Essential 7 does the job better with no side effects. Several studies performed with Gamma Oryzanol in Japan also indicate improvement with menopausal related issues such as headaches, low back pain, fatigue, dizziness, and appetite loss.

13 Healthier Hair and Skin- The essential oils and overall nutrition in Essential 7 aid in tissue growth and repair. They help counteract wrinkling, brown spots, psoriasis, dry and hard skin and other skin damage resulting from oxidative damage. This is why many people report an improved complexion when taking Essential 7.

ne of the Naturally Found in Essential 7

g -Tocopherol	Lutein
d -Tocopherol	Zeaxanthine
a -Tocotrienol	
b -Tocotrienol	Phytosterols
c -Tocotrienol	(21 Components)
d -Tocotrienol	b -Sitosterol
Desmethyl-tocotrienol	Campesterol
Didesmethyl tocotrienol	Stigmasterol
	Sitosterol
	β-Avinasterol
	β-Stigmasterol
	Sterol glucoside
	Acylsterol glucoside
	Oligoglycosylsterol
	Monoglycosylsterol
	Gallotetraacylsitosterol
	Methylsterol
	Dimethylsterol
	Gramisterol
	Isofucosterol
	Obusifoliol
	Branosterol

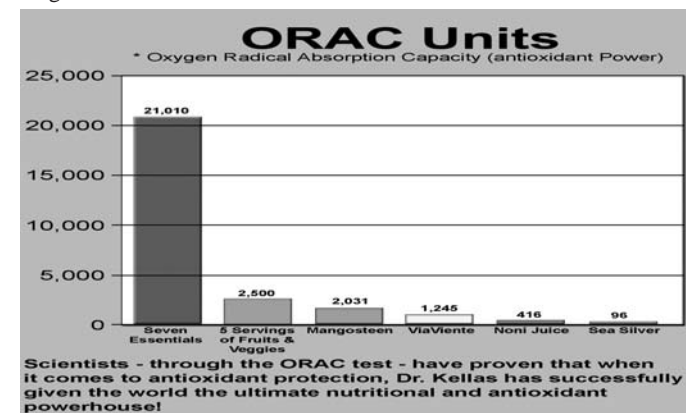
Essential 7 Every Day

- 14 Protect Your Vision-** Our eyes require good nutrients to avoid cataracts and macular degeneration. Gamma Oryzanol in Essential 7 helps cells in the eyes repair themselves quickly. Additionally, lutein, quercetin, lycopene, glutathione, and zinc are some of the components found in Essential 7 that promote good eye health.
- 15 Lose Weight-** Because of the abundant nutrition of Essential 7, many people lose their cravings for unhealthy foods. Others replace meals with Essential 7. Both of these promote healthy weight loss. Also, Essential 7, with its soluble fiber, enzymes and essential oils, helps promote general detoxification of the body's cells, which leads to permanent weight loss.
- 16 Enhance the Immune System-** In studies in the U.S., Japan and India tocotrienols, like those found in Essential 7, have been demonstrated to promote T-cell development and thus enhance the immune system.
- 17 Decrease Thyroid Problems-** Two Japanese experiments showed that gamma oryzanol had a normalizing effect on TSH (thyroid stimulating hormone) in hypothyroid patients. Also, both gamma oryzanol and ferulic acid have a normalizing effect on the endocrine system in general.
- 18 Prevent Kidney Stones and Osteoporosis-** Essential 7's RiSoTriene® has been shown in both animal and human studies to reduce calcium excretion through the kidneys. Increased calcium excretion is linked to the formation of kidney stones. Another advantage of conserving calcium stores is the reduction in calcium deficiency problems such as osteoporosis.
- 19 Inhibits Ulcer Pain-** Gamma oryzanol has been shown to have significant anti-ulcer activity.
- 20 Relieve Sugar Cravings and Mood Swings-** The RiSoTriene® in Essential 7 helps those who suffer from blood sugar swings (with the resultant energy drops, sweet cravings and irritability). Also, hypoglycemic symptoms such as fatigue, shakiness and brain fog can often be relieved within minutes.
- 21 Cleanse the Body of Toxins-** The fibers and essential oils in Essential 7 provide the means of removing toxins from our bodies. People who are deficient in oils tend to absorb more oil-based environmental toxins like a dry sponge soaks up water. A healthy body with sufficient oils will instead repel such chemicals, much like the oil in a duck's feathers causes them to repel water.

28-Homotyphasterol	Lysophosphatidylcholine	linoleic acid	salicylic acid
28-Homosteasteronic acids	Lysophosphatidylethanolamine	linolenic acid	sinapic acid
6-Deoxycastasterone		malic acid	stigmasterol
b -Amyrin		myristic acid	GABA
Betaine	Sinigrin	oleic acid	Galactose
Dimethyl glycine	Allylisothiocyanate	squalene	Guanine
Inositol	Alliin	Palmitic acid	Guanosine
Ricoin	Allicin	Propionitrin	hydrocaffeic acid
Choline	Ajoene	quinic acid	hypoxanthin
	Allylsulfides	Stearic acid	Isoleucine
	Vinyldithiols	succinic acid	alpha-linolenic acid
	Cysteine sulfoxides	Aspartic acid	melilotic acid
	a-allylcysteine	Glutamic acid	ornithine
	saponins	Glutathione	pentosans
	methylene dioxyflavonol glu-	alpha-amyrrin	syringic acid
	curonides	caffeic acid	tataric acid
	neoxanthin	chlorogenic acid	Vanillin
	filate	cinnamic acid	Kaempferol
	beta-cryptoxanthin	trans-ferulic acid	Luteolin
	canthaxanthin	glucaric acid	Tannins
	chlorophyll	glucobrassicin	Astragalin
	glucosaminatin	glucoerucin	Hyperoside
	glucosinolate	glucorapoleiferin	Isoquercitrin
	glucotropaeolin	glucoraphanin	Eleutheroside B
	glucoiberin	p-hydroxybenzoic acid	Eleutheroside B1
	citric acid	4-hydroxyglucobrassicin	Eleutheroside E
	fumaric acid	quinic acid	
	lauric acid	rutin	

Other than injuries, the causes of discomfort, disease and death boil down to deficiencies of nutrients and toxicities- including high blood sugar. Essential 7 includes nutrient dense, highly assimilable food that addresses these root causes of poor health. In our modern, fast paced life we eat mostly processed and/or cooked food that is stripped of its most beneficial nutrients. Synthetic vitamins and chelated mineral supplements are not the way to overcome the deficiencies that create poor health. No wonder that 95% of us will die from degenerative disease. The biggest part of the solution is to eat more raw nutrients that provide useable building blocks for our cells to stay healthy. That is the genius and the reason for the success of Essential 7. It contains many types of food in a highly concentrated, assimilable raw food format. Our cells love it and the result is health.

The main component of Essential 7 is RiSoTriene®, a unique, soluble, stabilized rice bran that by itself contains an abundance of natural nutrients. RiSoTriene® hasn't been cooked. It is virtually instantly assimilated and so its nutrients feed our body's cells quickly. Along with RiSoTriene®, Essential 7 contains six other types of raw, nutrient dense foods that provide our cells with thousands of micro-nutrients in a "cell ready" food that the body can readily accept and utilize. Consequently, Essential 7 provides your body with complete nutrition that positively impacts your health. If you consume two servings a day your body's cells will receive up to 1.2 million ORAC units of anti-aging, anti-oxidant protection per month so that you stay "young" 20 to 40 years longer.



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"Essential 7" Makes a Difference!

We Eat Thousands of Calories Each Day & Yet Our Bodies are Still Starving for Nutrition.

The Naturally Abundant Nutrition of Essential 7 Helps Prevent and Fight Disease & Discomfort

According to *The Center for Disease Control* over 100 million Americans suffer from at least one symptom of disease. They also report that most of these symptoms are preventable. Thousands of people have improved their poor health with Essential 7. But, if you are still healthy, why would you wait for a symptom to appear? We can liken our health to taking care of our car. How many of us wait for the engine light to appear (a symptom) before we decide it's time for an oil change? Or even worse, how many of us wait for a "blow out" to happen before we buy new tires?

The reasons we don't are obvious: It could cause too much damage, cost a lot of money, and in the case of a tire blowing out, lead to the potential loss of life. Why then, do so many people wait to protect their health until it may be too late? By simply adding the nutrition found in Essential 7 to your daily routine you can help maintain your health and prevent disease.

So many nutrients such as vitamins, minerals, enzymes and antioxidant compounds rely on other nutrients to work optimally in our body. That's why Essential Seven, a functional food, is so vital for everyone. Its natural ingredients contain a complete spectrum of whole food nutrition that works to protect and heal.



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Qty	Selection	Retail	You Pay	Save	Ship*	Total
<input type="checkbox"/>	7E 2 Canisters	\$110.00	\$90.00	\$20.00	\$7.50	\$
<input type="checkbox"/>	7E 3 Canisters	\$165.00	\$128.25	\$21.50	\$7.50	\$
<input type="checkbox"/>	7E 4 Canisters	\$220.00	\$171.00	\$49.00	\$10.80	\$
<input type="checkbox"/> Chocolate <input type="checkbox"/> Natural Berry <input type="checkbox"/> Vegetable Broth <input type="checkbox"/> Natural Flavor <input type="checkbox"/> Power Fruits <input type="checkbox"/> Apple/Cinnamon						
<input type="checkbox"/>	7E LifePak	\$120.00	\$100.00	\$20.00	\$7.50	\$
<input type="checkbox"/> Natural Berry <input type="checkbox"/> Chocolate <input type="checkbox"/> Mixed						
Subtotal \$						
*Shipping \$						
Handling Fee \$						1.50
Your State Sales Tax \$						
Total \$						

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 ADDRESS _____
 CITY _____
 OFFER# _____ PHONE (____) _____
 I would prefer to charge my: VISA MASTERCARD AMEX DISCOVER
 Account No _____ Exp. Date ____/____/____
 Signature _____

Essential 7 LifePak



Essential 7 Canisters



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