

From the Desk of:

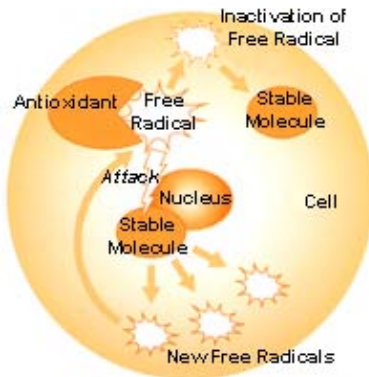
**Kent Hinkson**

# Imagine—Adding 20 to 40 Years of Healthy Living to Your Lifespan

## Protecting Your Telomeres

Every cell of the human body has at birth between 40 to 70 DNA telomeres—that program a person’s maximum longevity. Telomeres are replication buds from which new cells will replicate every few months to few years. Telomeres are vital to the replication cycle. Replication cannot occur if there is not at least one **perfect telomere remaining** in a cell’s DNA.

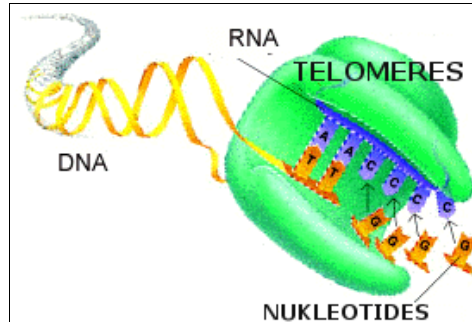
Many events cause telomeres to be damaged. The most common way that a telomere is damaged is through a free radical attack. Free radicals are “hungry”



molecules that steal electrons and set up oxidative chain reactions. When a free radical approaches a cell it oxidizes a molecule by taking an electron from a molecule in the outer layer of that cell. A cellular molecule that is thus

“oxidized” becomes a free radical and steals an electron from its neighbor. This domino effect continues until an antioxidant (free radical neutralizer) stops the chain reaction. If the chain reaction continues far enough into the cell to reach the DNA, it is possible for the DNA to be altered, including damaging a telomere.

Whenever a telomere is damaged, it is cut off from the end of the DNA strand so that the DNA strand is shortened by one telomere. If the number of DNA telomeres in a cell goes to



*Telomeres are like tiny cellular zippers that allow new DNA (cells) to be duplicated.*

zero, then that cell can no longer replicate and the cell soon dies. When a large percentage of the cells in one’s body dies, then the person dies.

The body utilizes many defenses, including antioxidants that surround cells and DNA like bodyguards to protect against free radicals.

The bottom line of health maintenance is to provide the body with large numbers of antioxidants, nutrient repair materials and DNA repair workers, so as to maximize our potential for a long and healthy life.

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- Special points of interest:**
- *Why RiSoTriene and E7 are the world’s best antioxidants*
  - *How Methylation can repair damaged DNA and make you feel your very best.*
  - *How to restore your joints to their state of youthful elasticity and reverse arthritis pain*
  - *Why detoxification is today’s buzzword in nutritional circles*
  - *How you can accomplish more detoxification in just eight days with our 8-Day Cleanse Kit than you could accomplish in a 40-day fast*

## E7 and RiSoTriene—the world’s best source of antioxidants (to guard you against free radicals)

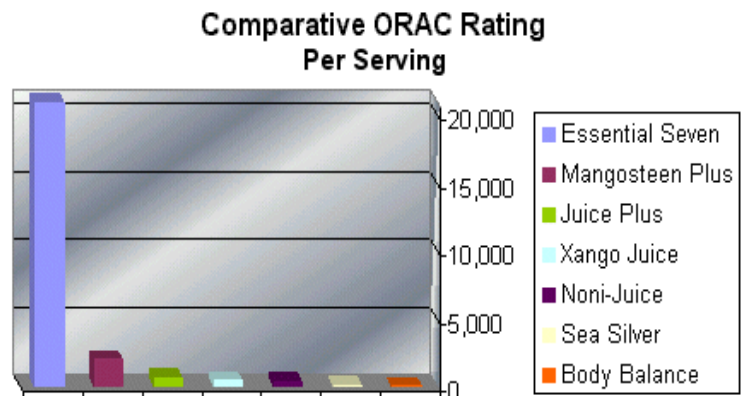
E7 with RiSoTriene provide more antioxidants per serving than any other food or supplement that money can buy.

It is by eating plenty of antioxidants (free radical neutralizers) that we can protect our DNA, telomeres and cells.

Both E7 and RiSoTriene contain more than one hundred distinct antioxidants. Their

free radical neutralizing power has been independently proven by Brunswick Laboratory using the Tuft’s University ORAC (Oxygen Radical Absorbance Capacity) test.

The comparative antioxidant chart to the right shows that E7 provides 21,010 ORAC units per serving.



## Why E7 and RiSoTriene are superior antioxidants

E7 (RiSoTriene Plus) is made from RiSoTriene and six other types of foods (including ten vegetables). They provide hundreds of distinct antioxidants. The actual genius behind of E7 and RiSoTriene is how they are created.

Nature is pretty smart—much smarter than any man or combination of men. Nature placed into all plant life protection against insects, microbes and free radicals. This protection is concentrated in the outer cell layers.

RiSoTriene and the other foods in E7 capitalize on the protective nutrition in the outer layers of plants. The processing method by which they are prepared uses no chemicals or heat

which would destroy their essential, but fragile nutrients.

The reason that E7 and RiSoTriene work so exceedingly well as antioxidants is that they have concentrated the protective wisdom of nature that is found in rice and other plants. No man-made chemical distillation of vitamin isolates can ever approach the synergy and goodness of nature's foods.

And, with these two products, you can literally eat the nutrients from hundreds of pounds of rice, vegetables and other nutritious foods without consuming their unnecessary starches and empty calories.

As smart as we are, we still can't recreate in a pill what God has given to us naturally...



## Methylate

The most common damage that occurs to DNA molecules through free radical attacks is the loss of a methyl group (CH<sub>3</sub>). Now, through a process of methylation, this damage can be repaired. In order for methylation to occur, we need a source of methyl donors (interestingly, beet roots are the best methyl donors). Also, Vitamins B6, B12, and Folic Acid, Choline, Taurine, Magnesium, Zinc and Copper are necessary for methylation to occur.

The world's foremost researcher of methylation, Dr. Paul Frankel, has designed a Methylation enhancing supplement called Methylate. Methylate has been proven in laboratory tests

to greatly encourage the methylation process. One way to measure how good a supplement is in regard to promoting methylation is to measure the reduction in homocysteine (a toxic amino acid byproduct of metabolism). Methylate reduces homocysteine in the blood by converting it into the good amino acid methionine. Methionine is quickly converted into Sam-E, a natural mood elevator.

So, if you want to feel good and have your DNA repair processes work at a maximum rate, we recommend our product Methylate. It costs less than a dollar a day.

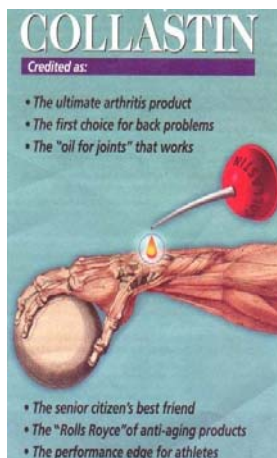


*Methylate will help repair damaged DNA, including damaged telomeres. According to Dr. William Kellas, it's one of the best life insurance options money can buy.*

## Everlasting — for Joint and Skin Suppleness

According to Dr. Chuck Cochran, you can't feel young, if your joints ache or if they have lost their youthful suppleness. Fortunately, because of a discovery made with an unusual species of white mice, we have found a way to maintain joint and skin elasticity virtually forever. The product used to be called Collastin and has been renamed Everlasting.

Many years ago, a government



researcher discovered that a certain kind of mouse could not be induced to have arthritis. Investigating further, it was found that a specific fatty acid ester was produced in the blood of this species that completely protected the mice from arthritis and other autoimmune diseases.

This protection is available today in Collastin and its companion product Collastin Support (Recently renamed to Ever-

lasting and Everlasting Support).

Together, these products lubricate joints, hydrate tissues, reduce inflammation in the body, and decrease the aches and pains associated with aging.

Studies have shown a 65 percent success rate in reducing arthritic pain by using Everlasting by itself. And when combined with Everlasting Support, the success climbs to 85%.

Sold in soft gel-capsule form, this product is available with a 100 day money-back guarantee of satisfaction.

# DETOXIFICATION—the mantra of Healthy Living

The beginning of any health restoration effort needs to include cleansing the body of the internal refuse collected over a lifetime.

Everyone knows how vital cleanliness is to a car engine. As sludge fills any engine... deterioration occurs and life expectancy is shortened.

We have an Eight Day Cleanse Kit that will detoxify your body more in eight days than you could otherwise accomplish with a forty day fast. Furthermore, you can do the 8-Day Cleanse while continuing to work, without the discomfort of purges or deprivation of fasting.

If you want to restore your body to the internal cleanliness of more youthful days, we recommend doing three to five 8-Day Cleanses over a six month period of time.

It takes a lifetime to pollute a body and considerable effort to clean it up. As a guideline, we estimate that you can reduce your internal toxic burden through multiple cleanses as follows:

- 1st Eight Day Cleanse—30% cleanup
- 2nd Eight Day Cleanse—25% cleanup
- 3rd Eight Day Cleanse—20% cleanup
- 4th Eight Day Cleanse—15% cleanup

5th Eight Day Cleanse—last 10%



Pictured above is the 8-Day Cleanse Kit

## Look at the difference the Eight Day Cleanse Can Make



## Enzymes—for everyone over the age of 29

Man was designed to primarily eat foods that contain, within themselves, all the enzymes necessary to break the foods down into useable cellular building blocks (food nutrients).

**Uncooked** plant foods are perfect in this way—they contain the enzymes necessary to digest them.

Most of the foods people eat today are completely devoid of enzymes because the enzymes have been killed through cooking or processing. Therefore, our bodies need to produce the enzymes that are needed to break the food down.

Unfortunately, the body has a finite capability

to do this. By the time someone has reached the age of 29, his or her body is literally doling out enzymes in dropperfuls instead of teaspoonful servings as in earlier years.

The net result is that because of insufficient enzymatic action our foods are not completely digested and assimilated. These partially converted foods become toxins and build up in our intestines, liver, joints and fat.

This is a primary means of toxification of the human body. We recommend, therefore, that everyone over the age of 29 supplement their meals of enzyme deficient, cooked foods with Cleansing Enzymes. Consuming enzymes with

cooked foods is another essential element of staying young as long as possible.

Our Cleansing Enzymes product provides an ultimate balance of all needed enzymes to break food down properly.

In addition to enzymes, our product contains liver revitalizing foods and intestinal cleaning probiotics. Add it to each of your cooked meals and live longer and healthier.



## Nutrient Dense Foods & Cleansing — Keys to Health



**Order \$100 or more of any of our nutrient-dense, antioxidant-dense or cleansing food products during the month of April and we'll send you a gift package of 4 travel size packets of Chocolate E7; and for orders totaling more than \$200, we'll also send you a free drink mixer.**

**As Dr. Kellas says, "I never regained my health until I gave up vitamin isolates in favor of nutrient dense food."**

Join thousands of other smart people who have discovered that Integris concentrated foods make it much easier to stay healthy.

Our food and cleansing products are endorsed by the Center for Advanced Medicine in Encinitas, California.

- **Henry David Thoreau once said that for every "thousand hacking at the leaves of a problem there was one getting at the roots".**
  - **Cleansing the internal body and ensuring optimum FOOD nutrition are getting at the roots... and will do more for your health than all the vitamins on earth combined**
- **Take charge of your health by subscribing to our monthly nutrition newsletter by sending a blank email to: [newsletter@healthy-living.org](mailto:newsletter@healthy-living.org).**

## Healthy-Living.Org

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**Our motto:**

*We want to die young—as late in life as possible!*

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*Helping people to live longer and healthier is not just a mission, it is a **CRUSADE!***

*We hold nutrition calls every week on Tuesdays at **9:00 AM Pacific Time**. To join this weekly learning session and improve your understanding of how to regain or maintain your health call:*

**1-918-222-7016 x 7099#.**

*According to Harvard Medical School, the most important doctor of the future will be a nutritionist.*

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