



## Testimonies and Tips

**August 01, 2007**  
**Health Update #4**

This month we are going to share with you a couple of recent testimonies along with a few tips gleaned from the recommended video entitled "Outside the Box" (see link below). There is no doubt that one joyful aspect of helping people with their health issues is when you hear testimonies that reflect genuine improvement in someone's physical condition. Clearly you will note that there is definitely a connection between physical wellness and a mental state of well being.

First, we have the testimony of our "50 something" year old friend who told me when asked about the last time he had an exercise regimen that it was "when I was forced to in the Army, back in the sixties!" Last month he recognized that we were referring to him and this is how he responded:

"I just read your Nutrition update bulletin for July about the 50 something guy who decided to do something about his health. **Ha!** He's 58 and after 3 weeks, he's doing a little over 2 miles on the treadmill with an incline and average speed of 3.7mph and between 5 -7 miles on a stationary bike up and down hills averaging 18mph each for 20 minute stretches. **He feels good!**"

Our August update on this friend is that he had increased his speed and endurance even more and has never felt this good. His wife has noted the difference and she decided she would take the Optimal Support Pack so she could hopefully keep up with him!

Secondly, we want to share with you part of an email that Margaret sent to her siblings as a testimony on her 54th birthday last week:

"This was an unusual birthday this year since **I feel 10 years younger** than I did on my last birthday. As I shared with you at Gulf Shores - am no longer using ibuprofen 2x a day, my headaches are gone, my age spots are fading, my rosacea is clearing up and I am sleeping through the night again. The difference has come from the smoothies I am drinking every morning and especially because I am supplementing with glyconutrients, vitamins & minerals in a way I never did before. I am now riding my bike 12 miles a day without any soreness! **All the changes that I have experienced have come from changing my nutrition!!**"

Needless to say, we believe it will just be a matter of time before her sisters are prodded into not only a change of diet, but most importantly, adding the supplements that our diets are sorely lacking so that they can experience some of the benefits that are definitely happening to Margaret.

Finally, Mark's sister, who is a breast cancer survivor, simply watched the "**Outside the Box**" video and called within minutes to sign up in order to start receiving the products. For years her doctors had been telling her that she was not getting the proper sugars in her diet. When she found out that the Ambertose was an aloe based supplement that provided the missing sugars, it was like she had finally found what she had spent the last five years looking for. We will certainly let you know what her testimony is in the months ahead.

Here are some brief notes taken from the "**Outside the Box**" video and some other research done by Margaret. While this presentation might seem elementary to many, the scientific portions are described in layman's terms so that all of us can understand the basic concepts and why this technology is revolutionizing the food supplement industry:

Humans need six things to live healthy lives:

- 1) **Air**
- 2) **Water**, and

**Food** consisting of:

- 3) Recommended daily allowance of vitamins, minerals and trace elements
- 4) 8 essential amino acids
- 5) 3 fatty acids
- 6) 8 essential glycosaccharides (glyconutrients)

Most health care professionals will know and encourage you about the first 5 items.

But up until the past decade, most doctors and health care professionals did not know about glyconutrients and how critical they are to your health!

Without glyconutrients, our cells cannot properly communicate with each other.

The messages that cells exchange directly affect your natural defense (immune) and endocrine (glandular) systems, as well as affecting proper gland and organ function.

The right food and food supplements are our best defense to have our bodies functioning the way God designed them to be!

Plants are meant to get their food from rocks, minerals and soil. We are not! We are supposed to get our nutrients by eating plants that have processed the nutrients from rocks, minerals and soil for us!

For supplements to do us any good, they have to be in a natural plant food matrix form. This is why Vitamin E supplements will only help you if you get Natural Vitamin E. The same is true for Vitamin C. You need to use a natural plant source Vitamin C and not Ascorbic acid Vitamin C.

The list goes on and on about the critical differences between natural plant food supplements and those that are from minerals directly, or, worse, are synthetic!

In His love,  
To life!  
Mark and Margaret

Be sure to look at the following 60 minute video “**Outside the Box.**” It is an excellent video and a “**must see**” for everyone who is serious about helping themselves and others.

<http://www.virtualinformationpack.com/vip/vip.asp?InvitationCode=286226225247>

For more information about glyconutrients:  
[www.mannapages.com/huey](http://www.mannapages.com/huey)

Or call us at the OIM office: (407) 933-2002, or e-mail us at [info@outreachisrael.net](mailto:info@outreachisrael.net)