



## Anti-Aging Pack

Staying young is a matter of keeping the body and mind functioning essentially the same way as we age. According to research at the Human Aging Institute, we can “reverse” the process of aging or “slow it down” up to 80% if we consume the proper amount of fruits and vegetables- that is, if those fruits and vegetables contain at least 5000 \*ORAC units. ORAC is an acronym for Oxygen Radical Absorbance Capacity (the ability to scavenge free radicals). According to a front-page story in Readers Digest, Dr. Bruce Ames discovered the secret to revitalizing the function of the brain, with his unique combination of proteins and antioxidant that “clean up” the neuro receptor sights that impair memory and cognitive thought. PHP’s amazing anti-aging pack has expanded these potencies and included the most effective brain formula available.

What you get:

**Organic Kamut Blend** – Green foods may be the most potent anti-aging food on the planet. The use of wheatgrass has moved from healing clinics to juice bars due to its phenomenal effect on the body. Now we are proud to bring you the ultimate cereal grass blend that includes:

- The world’s finest wheatgrass grown from the ancient Egyptian Kamut seed
- The sweet taste of oat grass juice
- The mineral-rich juice from mature Alfalfa leaves.

Our amazing propriety low temperature process allows us to convert the delicate juice into a stable and potent concentrate, which can be added to water or juice to give you the green boost your body needs. Organic Kamut® Blend™ is available in an easy to mix powder and comes in your choice of either a 90 gram (1 month supply for 1 person) or 270 gram size (3 months supply for 1 person).

*How to use: Take one scoop (2 tsp) mixed in water, aloe, apple, carrot, or other vegetable juice, two times a day, best taken on an empty stomach.*

**Apothe-Cherry** - Montmorency Tart Cherries are perhaps nature’s most nutritionally dense food containing a wide variety of powerful antioxidants and phyto-chemicals unmatched by any other fruit as measured by the scientifically validated ORAC method. In fact **each serving** (2 tbs.) contains a whopping 5,286 ORAC units! According to researchers at the Human Aging Institute, ingesting 5000 ORAC units per day substantially reduces your risk of coronary heart disease, cancer, and other age related illnesses.

Additionally, Tart Montmorency Cherry Juice Concentrate contains melatonin, which may help balance circadian rhythms for proper sleep *plus* anti-inflammatory anthocyanins (pigments) and bioflavonoids that may assist the body to relieve pain associated with arthritis and gout. Our 100% pure, non-pasteurized and guaranteed non-gmo concentrate also naturally contains perilyl alcohol, a natural compound that is powerful in reducing the incidence of all types of cancer as well as ellagic

acid. Clinical tests conducted at the Hollings Cancer Institute at MUSC shows consuming ellagic acid may aid the body in cancer prevention. Isoqueritrin and queritrin (flavenoids) are part of the Tart Montmorency Cherry's phyto-chemical profile that assist the body in eliminating by-products of oxidative stress thereby slowing the aging process. These cherries are truly nature's most powerful combination of cell rejuvenating antioxidants!

Noni, goji berry and mangosteen simply cannot compare! If you want to give your body the most nutritionally potent fruit juice we could find, discover "Apothe-Cherry". It tastes great and you will LOVE it!!

*How to use: Add 1 oz. (2 tbs.) of concentrate to 8-10 oz of water or other juices, drink daily, best when taken an ½ hour to an hour before going to bed.*

**Revive-It-All** – It is no secret that more and more Americans are classified as baby boomers, the "aging population." However, getting older does not mean you have to have less energy, poor memory, slow down, and move aside for the next generation. We say no way! Our turn back the clock formula was inspired by the research of doctors - yet contains ingredients that make it unique to PHP. If you are tired of feeling tired, you must try this easy to use product.

According to a study at the University of California, Berkeley, dated February 19, 2002, two dietary supplements put the spark into aging rats and might do the same for people. Doctor and Researcher Bruce Ames, and others observed reversal in memory loss, increased vigor, and increased energy in the animals that were taking Acetyl L-Carnitine with Alpha Lipoic Acid. Their conclusion- if you tune up the mitochondria, you may have a means of delaying at least the onset of a number of age-related problems that we encounter, and we can in some ways, hopefully, reverse what has already taken place.

At PHP we have taken this one-step further by adding two proven ingredients, Ginkgo Biloba to increase circulation and Glisodin®, an antioxidant with great anti-aging properties, because we believe it is never too late to "revive it all."

*How to use: Take 3 capsules daily. For best results take 1 capsule in the morning, 1 capsule in the afternoon and 1 capsule in the evening.*

Remember staying young requires that we exercise and keep our muscles strong. We must also exercise our minds with new experiences, learn new skills and perform challenging tasks- we also need to remain limber, flexible both in body and mind. Expose yourself to new music, food, languages or people. If we do not use our brain to learn, we lose 10,000 brain cells each day, which lets us know it is a "use it or lose it" type of thing!

**This information should be shown to your doctor and discussed as an integrative solution to or possible lifestyle support for, the mentioned conditions. Always seek the advice of a licensed qualified physician with an understanding of integrative therapies.**