



AIM

# Garden Trio®



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.

## Juicing

Juicing is separating the juice of a fruit or vegetable from its fiber. It is a means of receiving optimum 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 maximum amount of nutrients available.

How healthy is juicing? Studies show that juice can provide most of the basics of human nutrition, including carbohydrates, proteins, fats, vitamins, and minerals, as well as phytonutrients and enzymes. 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 are 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.

## AIM BarleyLife®

Before green barley grass undergoes the reproductive cycle, the grass contains a similar vitamin and mineral composition as dark green vegetables. When grasses are harvested at a young age, they have a different nutritional profile 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 BarleyLife, they are far superior nutritionally.

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

BarleyLife is a whole food concentrate that captures all the nutrients in green barley grass. Extensive research has dem-

## Key Benefits and Features

- 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
- Natural chlorophyll
- Pure juice products, minimal fiber present
- Benefits of juicing without the inconvenience

*Consult each individual datasheet for more detailed information.*

onstrated that young barley grass is the most nutritious of the green grasses. AIM's barley is harvested, processed, juiced, and dried into a powder at the height of its nutritional value.

Rigorous testing standards and a number of quality assurance steps must be met before the product is packaged and marketed to AIM Members. Barley has been AIM's flagship product since the company founding in 1982. No one knows and does barley better than AIM.

## PRAL indicates BarleyLife is an alkalizing food

Body pH is a delicate balance between acidity and alkalinity, and the foods we eat play a key role in maintaining a healthy pH. Now there is a new method that can calculate the alkalizing or acidifying effect of a food on the body, making our healthy eating responsibility a little bit easier.

The calculation is called Potential Renal Acid Load (PRAL). It uses a formula to convert the protein and select mineral content of a food into a PRAL value, measured in molar equivalents per day. Acidifying foods have a positive PRAL value, alkalizing foods have a negative PRAL value. Higher protein and phosphorous contributes to increased acid in the blood, which results in positive PRAL. Higher potassium, magnesium and calcium result in decreased acid in the blood for a negative PRAL.

The PRAL score of the new AIM BarleyLife reflects just how healthy AIM's green juice is for the body. As you might expect, BarleyLife has a significantly negative score—a -6.8 at 12 grams per day. When you add in the recommended daily servings of Just Carrots (-6.16) and RediBeets (-0.52) the combined Garden Trio PRAL is an impressive -13.45. BarleyLife's negative PRAL values indicate that it is a strong alkalizing food.

## AIM Just Carrots®

It is well-established that carrots are a healthy food that contains 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. The remaining beta-carotene boosts 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.”

Just Carrots has one of the highest sources of natural beta-carotene and provides up to 420 percent of the Reference Daily Intakes (RDI) of vitamin A. In addition to beta-carotene, Just Carrots contains calcium and potassium.

It takes two-thirds of a pound of carrots to produce 1 tablespoon of Just Carrots. The carrots used in Just Carrots are tested residue-free, ensuring that you will not be ingesting harmful toxins. A special process is used to produce Just Carrots, which ensures that nutrients and enzymes remain active. This process does not use added sugars, sweeteners, or artificial colors.

## AIM RediBeets®

Historically, beet roots 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, beet roots have been thought to be beneficial for the detoxification of the liver, and they were used for the treatment of hepatitis. The exact mechanism by which beets support the liver remains unknown; however, theories suggest that beets 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 its ability to help the liver process fats. Betaine also plays a role in reducing homocysteine, an amino acid associated with cardiovascular disease, so betaine is thought to support cardiovascular health.

One cup of raw beets contains phosphorus, sodium, magnesium, calcium, iron, and potassium as well as vitamin A, niacin, folic acid, and biotin.

The one-third of a pound of beets used to make one teaspoon of RediBeets is tested 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.

## How to use the Garden Trio

### BarleyLife

- Take two teaspoons 2 times per day. Many people start with one teaspoon per day and gradually increase their serving every four to five days.

### Just Carrots

- Take one tablespoon 1 time per day.

### RediBeets

- Take one teaspoon 2 times per day.
- Because beet juice can have a strong effect on some individuals when first used (dizziness due to detoxification), it is suggested that you start with half the recommended serving. Do not exceed two 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 RediBeets.

### Garden Trio

- You may take the members of the Garden Trio individually or combined.
- Mix with cold water or juice. Drink immediately after mixing. Best taken on an empty stomach, 30 minutes before or two hours after a meal.
- 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 Garden Trio? Can I take them with other AIM products?

Many AIM Members mix one of the 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 Garden Trio with other AIM products. To receive the greatest absorption of nutrients, take AIM Herbal Fiberblend® one hour before or 30 minutes after taking the Garden Trio.

### Can I 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 BarleyLife and 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 RediBeets, it is suggested that people take the recommended amount.

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