



MonaVie News

Acai in MonaVie! The following list of benefits attributed to this little berry:

- Feel greater stamina
- Improves digestion
- Improves mental focus
- Enhances sleep
- Acai berries have more proteins than one average egg.
- Acai berries have essential minerals like potassium, iron, phosphorus and calcium. Also, Acai has Vitamin B1, Vitamin B2, Vitamin B3, Vitamin C, and Vitamin E.
- Helps improve sexual drive / function
- Acai berries have up to 33 times the Antocyanine as compared to red wine grapes.
- Acai has a high concentration of fibers which is very healthy for the elderly and for anyone experiencing digestive-related problems.
- Acai berries have fatty acids called Omega 6 and Omega 9. Research studies prove that these two fatty acids help maintain healthy cholesterol levels.
- Acai's Anti-Oxidant properties play an important role for maintaining the vascular cardiac system; this in turn is extremely vital for optimal blood circulation.
- Acai is being recognized as one of the richest nutritive fruits on earth.
- Because of the berry's amino acid complex and valuable trace minerals, it contributes to proper muscle regeneration and contractions.

Nutritional Tidbits

Pay attention to the protein package. Fish, poultry, and beans are your best bets.



Animal protein and vegetable protein probably have the same effects on health. It's the protein package that's likely to make a difference. A 6-ounce broiled porterhouse steak is a great source of protein—38 grams worth. But it also delivers 44 grams of fat, 16 of them saturated. That's almost three-fourths of the recommended daily intake for saturated fat. The same amount of salmon gives you 34 grams of protein and 18 grams of fat, 4 of them saturated. A cup of cooked lentils has 18 grams of protein, but under 1 gram of fat.

So when choosing protein-rich foods, pay attention to what comes along with the protein. Vegetable sources of protein, such as beans, nuts, and whole grains, are excellent choices, and they offer healthy fiber, vitamins and minerals. The best animal protein choices are fish and poultry. If you are partial to red meat, stick with the leanest cuts, choose moderate portion sizes, and make it only an occasional part of your diet.

More Protein Nutritional Tidbits



Wow! One little Acai berry has more protein than an egg, all the fiber you need, boosts your immune cells, makes you younger, helps you sleep, stops aging, gives you more stamina and increases your mental focus!

Acai berries are indeed good for you. They contain a high amount of fiber and, for a fruit, a good amount of protein and healthy fats. They also contain some antioxidants which science believes helps fight various diseases. In fact, there have been studies that show Acai berries might have a beneficial effect against cancer. One such study performed by the University of Florida. The study does indeed confirm that Acai berries may have a beneficial effect. Here's the exact quote: "Published today in the Journal of Agricultural and Food Chemistry, the study showed extracts from acai (ah-SAH'-ee) berries triggered a self-destruct response in up to 86 percent of leukemia cells tested, said Stephen Talcott, an assistant professor with UF's Institute of Food and Agricultural Sciences."

Helps to Self-Healing

As we remove the hindrances to self-healing, and provide the body with the ingredients that will rebuild the immune system, essential organs, and the self-healing mechanism God placed within our body, the body will almost always heal itself of whatever ails it. Following is a list of ingredients that will promote self-healing:

- 1. CARROT & OTHER RAW VEGETABLE JUICES** -- These juices go almost intravenously to the cellular level of our body, providing the body with the building materials needed to rebuild the immune system, essential organs, and the body's own self-healing mechanism.

- 2. MOSTLY RAW PLANT BASED DIET** -- The body is a living organism, comprised of living cells, and was designed by God to receive its nutrients in living or raw form. All cooked food is basically dead food, having the enzymes needed by the body missing along with a good majority of any nutrition, and thus not in the proper form to provide the body with the building materials it needs to keep the body cells strong and healthy. All animals in the wild eat their food raw, and by and large, never get sick. It is sad that we humans are not as wise!

- 3. TWO MEALS A DAY** - The human body was made to work with two meals per day. Eat breakfast like king, lunch like a queen and dinner like a pauper (small dinner of fruit, herbal tea crackers gradually working into no food after the lunch meal). This will help your body to fast and detoxify until you **BREAK** the FAST the next morning.

- 4. PHYSICAL EXERCISE** -- Without daily aerobic physical movement of the

- It cleanses and detoxifies your body.
- It boosts your immune system.
- Fights cancer cells.
- Attacks premature aging.
- Promotes younger and healthier looking skin.



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What Love Is; What Love Isn't

(Author Unknown)

*Are your palms sweaty, is your heart racing
 And is your voice caught within your chest?
 It isn't love, it's like.*

*You can't keep your eyes or hands off of them,
 am I right?*

It isn't love, it's lust.

Are you proud, and eager to show them off?

It isn't love, it's luck.

Do you want them because you know they're there?

It isn't love, it's loneliness.

Are you there because it's what everyone wants?

It isn't love, it's loyalty.

Does your heart ache and break when they're sad?

Then it's love.

Do you cry for their pain,

even when they're strong?

Then it's love.

*Do their eyes see your true heart,
 and touch your soul so deeply it hurts?*

Then it's love.

*Do you stay for their confessions of love,
 because you don't want to hurt them?*

It isn't love, it's pity.

*Are you there because they kissed you,
 or held your hand?*

It isn't love, it's low confidence.

Do you belong to them

because their sight makes your heart skip a beat?

It isn't love, it's infatuation.

*Do you stay because a blinding,
 incomprehensible mix of pain and
 elation pulls you close and holds you?*

Then it's love.

*Do you pardon their faults
 because you care about them?*

It isn't love, it's friendship

Do you accept their faults

because they're a part of who they are?

Then it's love.

*Do you tell them every day
 they are the only one you think of?*

It isn't love, it's a lie.

*Are you attracted to others,
 but stay with them faithfully without regret?*

Then it's love.

*Are you willing to give
 all of your favorite things for their sake?*

It isn't love, it's charity.

Would you give them your heart, your life, your death?

Then it's love.

body, toxins build up within the body, contributing to physical breakdown; muscles atrophy; the brain becomes sluggish due to lack of oxygen, and so much more. Exercise is as important as proper diet for self-healing.

5. PURE WATER --

Approximately 70% of the body is comprised of water. We are constantly losing water through the urine, feces, sweat glands, mucous membranes, and even breathing. This lost liquid must be replaced on a daily basis. The purest liquid, to replace the lost liquid is in the form of juices found within the raw vegetables and fruits. The second best form of liquid is distilled water.

6. PROPER REST -- It is only during the sleeping hours the body's self-healing is activated and healing takes place. Seven to eight hours nightly should be the minimum. Each hour of sleep before midnight is equal to two hours after midnight.

7. PURE AIR -- We should strive to breathe the purest air possible at all times. Many people have moved from the city to the suburbs or country in order to have cleaner air to breathe. Indoor air often needs an air-purifier.

8. SUNLIGHT -- The body needs sunlight to shine upon it on a regular basis if we desire health. Sunlight helps build the immune system & provides the body with the means of producing the essential vitamin "D", energizing the body and promoting healing.

9. TRUST IN GOD -- God is the Creator and sustainer of our life. With God as our constant companion and guide, the bible says that he will guide us into all truth. Psalm 32:8 says: "I WILL INSTRUCT THEE AND TEACH THEE IN THE WAY WHICH THOU SHALT GO..."