

**Ginkgo B:** Ginkgo B is an extract cultivated from the leaves of the ginkgo tree. Researchers have found that daily supplements of Ginkgo B improve the quality of health of patients suffering from short-term memory loss (senile dementia and Alzheimer's), reduced coronary and cerebral blood flow, allergies, asthma and related bronchial problems, eye disorders, and gastrointestinal inflammation. Ginkgo extract thins the blood and dilates the blood vessels, improving circulation and consequently enhancing memory and cognitive function. Ginkgo B decreases platelet aggregation, which by reducing inflammation thus lessens the risk of disease. By increasing vitality and energy, Ginkgo B also helps improve one's mood and sociability. Each bottle contains 60 capsules. Each capsule of Ginkgo B contains Ginkgo biloba extract (60 mg), Ginkgoflavonglycosides (24%), Terpene lactones (6%), Ginkgolide A (1%), Ginkgolide B (1.5%), Ginkgolide C (1.8%), and Bilobide (1.3%). Price: \$12.95

**5-HTP (5-hydroxytryptophan):** This extract from a natural plant seed is a precursor to the neurotransmitter serotonin. Found in the brain and central nervous system, blood platelets, and cells of the gastrointestinal tract, serotonin is related to depression, anxiety, panic disorder, and sleep patterns. Studies have shown that supplements of 5-HTP increase serotonin levels in the brain. Furthermore, scientists have found that 5-HTP decreases carbohydrate cravings. By virtue of these abilities, 5-HTP is a *natural* alternative to antidepressants and sleep aids. It has no known side effects and should not be used in conjunction with MAO inhibitors or other antidepressants. Each bottle contains 30 capsules. Each capsule of 5-HTP contains 50 mg of 5-hydroxytryptophan. Price: \$14.95

**Melatonin:** Produced by the pineal gland, melatonin is a hormone that helps support sleep. This supplement functions by resetting your internal clock, rebalancing the circadian rhythms (the natural sleep/wake cycles) of the body. People who work night shifts, travel across multiple time zones, or suffer from insomnia greatly benefit from melatonin. Recent research suggests that this hormone possesses superior antioxidant qualities as well. Extensive studies demonstrate that all-natural melatonin helps: 1) provide a good night's sleep, without leading to tolerance or addiction; 2) promote the healthy functioning of the immune system; 3) support positive mood and healthy attitude; and 4) enhance the body's natural ability to cope with stressful conditions. Each bottle contains 30 capsules. Each capsule contains 3 mg of melatonin (5-methoxytryptamine). Price: \$7.95

**Optivision:** Nutrients and a complete range of antioxidants work together in this formula to maximize healthy vision. Ingredients such as bilberry and quercetin provide antioxidant protection by shielding the eye from oxidative damage. Bilberry supports capillaries within eyes, while quercetin blocks the activity of the enzyme aldose reductase. Optivision also includes the minerals zinc, chromium, copper, and selenium. Other important nutrients include N-acetyl-L-cysteine (which maintains proper levels of the antioxidant glutathione in the body) and taurine (a potent antioxidant concentrated in the retina). Vitamins B-6 and B-12

are also included to facilitate the absorption and metabolism of other key ingredients. Each bottle contains 60 capsules (350 mg each). Price: \$24.95

**Kava kava:** A soothing herb, Kava kava root has been used for centuries by Polynesians for its natural, non-addictive, anti-anxiety effects. It promotes deep physical relaxation without affecting mental clarity. Kava's benefits are due to kavalactones, its active constituent. Scientific research demonstrates that kavalactones promote calming and relaxing effects. Deep physical relaxation means kava may promote deep muscle comfort. Kava also appears to affect the limbic system by creating a calm, tranquil state. Studies indicate that kava maintains its effect over time – with no tolerance buildup. Overall, the herb Kava kava safely supports peaceful rest, helps relax the central nervous system, and supports the body's natural ability to ease muscles. Each bottle contains 30 capsules (250 mg each). Price: \$14.95

**Colon formula:** The digestive system and colon, where vital nutrients are extracted and absorbed from food, keep us young, strong, and energetic. However, over time our diets can break down the digestive and eliminative system, decreasing its efficiency. The colon must therefore be rejuvenated through internal cleansing. Colon Formula is a potent bowel formula composed of thirteen cleansing and nutritive herbs. Designed for individuals who experience approximately one bowel movement every three to five days, Colon Formula can be used in conjunction with multi-herb and multi-fiber formulas for whole body internal cleansing, but may also be used alone. Colon Formula promotes two to three bowel movements per day, yet it is gentle on the eliminative system. This non-addictive dietary supplement effectively enhances and supports your body's natural ability to function on its own. Each bottle contains 100 tablets (each containing a 621 mg blend). Price: \$15.95

**Essential Oil Formula:** Essential Oil Formula contains six powerful expeller-pressed oils in each gel capsule, including Flax Seed Oil, Black Currant Seed Oil, Pumpkin Seed Oil, Safflower Oil, Lecithin, and Natural Vitamin E. These oils are vital to optimum health in that they nourish the skin, hair, mucous membranes, nerves, thyroid, adrenals, cells, and more! Moreover, these ingredients keep the gastrointestinal tract lubricated, aiding in smooth, efficient digestion and elimination. The body is unable to manufacture these essential nutrients, so you MUST obtain them through dietary or supplemental means. Essential Oil Formula provides the perfect blend of essential fatty acids in precise ratios and is protected from damaging light and oxygen. This supplement is absolutely necessary in the body's metabolic and life-sustaining processes. Each bottle contains 90 softgels (each containing a 1000 mg blend). Price: \$19.95

**Super II:** This dietary supplement, consisting of twelve popular herbs, is designed to function as a natural bowel cleanser. Super II includes Slippery Elm Bark, which soothes the intestinal tract and aids in the absorption of toxins from the bowel. Cascara Sagrada Bark helps promote regularity with its highly

effective laxative properties, while Ginger Root relieves nervous stomachs and motion sickness. Each capsule also contains Fennel Seed, Licorice Root, Capsicum Fruit, Anise Seed, Barberry Bark, Butternut Bark, Red Raspberry Leaf, Turkey Rhubarb Root, and Aloe Vera Leaf to improve overall gastrointestinal tract and bowel function. Each bottle contains 150 tablets (850 mg each). Price: \$19.95

**Jenasol Libido Activator:** Designed for concerned men, this formula contains the ingredient prostiglandins, which stimulates smooth muscle and dilates small arteries. Creatine monohydrate has been added to combat muscle fatigue and aid in endurance. Additionally, Saw Palmetto extract supports normal prostate function. Zinc also functions in the Libido Activator as an important mineral for the reproductive organs. Finally, the Libido Activator contains Yohimbe Bark extract for the overall support of male reproductive function. Each bottle contains 30 caplets (355 mg each). Price: \$29.95

**Lifesource Libido:** This formula is designed for men who want to increase their potency and sexual stamina. Lifesource Libido provides men with all of the essential nutrients required by the reproductive system for optimum performance, including royal jelly, Oriental Ginseng (internationally renowned for its stimulating properties), Vitamin E (traditionally used to treat impotency), and 30 other important vitamins, minerals, and enzymes. Libido provides an incredible surge of sexual energy, with greater stamina and endurance! Each bottle contains a 30 day supply. Price: \$29.95

**Yummi Bears:** Yummi Bears are whole food, multi-vitamin, and mineral supplements for kids. These vitamins are a great source of organic vegetables with added fruit, including broccoli, brussels sprouts, cabbage, carrots, tomatoes, spinach, cauliflower, parsley, alfalfa, papayas, and apples. These are blended in a healthy base of fruit juice, natural grain dextrin, organic cane juice, gelatin and fruit pectin, citric and lactic acids, natural flavors and colors, and polished lightly with vegetable oil. Kids love the sweet fun and moms and dads appreciate the wholesome nutrition! Yummi Bears contain the highest quality, certified organic whole food concentrates, vitamins, and minerals to help kids keep their growing bodies healthy. Each box contains 60 Yummi Bears. Price: \$13.95

**Hot water bottle and enema kit:** Hot water bottles are great for soothing headaches, pain, and swelling. The easy-fill, no leak design retains heat for hours of quick pain relief. The Deluxe model consists of a syringe, tubing, and shut-off clamp for easy douching and safe, cleansing “in-home” enemas. Price: \$5.99 for regular hot water bottle, \$9.99 for deluxe hot water bottle.

**Posture brace:** Improve your posture as elastic straps gently but firmly pull shoulders back and hold the head straight to prevent unflattering slouching. This comfortable support helps you stand straighter and makes your whole back feel better, thus decreasing fatigue. Invisible under clothes, the brace fits around the

shoulders and across the back for firm support. The posture brace is adjustable; one size fits all. It is flattering for women's figures and men's physiques! Price: \$6.99

**Penile enlargement medical vacuum pumps:** Build confidence and achieve an erection without surgery or drugs! This easy-to-use pump design helps men achieve a full erection quickly. A safe and effective alternative to surgery or medication, the vacuum therapy pump allows men to enjoy a healthy sex life again. Vacuum therapy is also the most affordable of the major treatments for impotence. A plastic cylinder is placed over the penis and against the body, creating a vacuum which draws blood into the penis. Increased blood flow thus produces the enlargement and rigidity necessary for satisfying sexual intercourse. The pump is ideal for men suffering from impotence due to age, stress, medication, circulatory problems, diabetes, or other complications. Price: \$405.00 for the Pos-T-Vac 700 model; \$465 for the powered Pos-T-Vac 1000 model.

**Tongue cleaner:** Help eliminate and prevent harmful oral debris and plaque and get fresher, sweeter breath! This simple, hygienic device scrapes away offensive bacteria on your tongue. Research shows that cleaning the tongue removes a potent source of bad breath problems. Doctors found that 80% of halitosis problems begin in the mouth and can be significantly reduced by tongue cleaning. Widely recommended by dentists and hygienists, tongue cleaning reduces the coating on the tongue's surface and improves the sense of taste. The stainless steel tongue cleaner is long-lasting, impervious to bacteria, and easily reaches the back of the tongue (where most bacteria is found) without harming it. The pre-curved U-shape provides precise control over pressure and position of the cleaner, which helps overcome gagging. Price: \$14.95

**Learning tapes:** Hilarity abounds in these learning cassettes for children ages 3 to 10. Each thirty-minute tape stimulates a child's imagination, sense of humor, and encourages character development. Fun stories featuring wacky characters and amusing sound effects entertain children while at the same time address basic life skills – kindness, sharing, honesty, gratitude, caring, and obeying. Each tape is \$9.95.

**Hanging crystals:** Create a roomful of rainbows with these beautiful lead crystal prisms. Suspend them in a window and watch them refract gorgeous streaks of light and color! The faceting and clarity of each crystal provides colors of unsurpassed brilliance. Each crystal has a small hole drilled at the top for hanging anywhere. Each crystal is \$29.95.

**Music for your health:** Relaxing music and the peaceful sounds of nature are both powerful therapeutic tools that help reduce stress and anxiety and focus thoughts elsewhere. Studies show that calming music and nature sounds bring back memories of a happier time and place. Each CD incorporates these

scientific elements without losing the beauty of the original music. *Natural Stress Relief* brings body rhythms from a stressful state to a stress-free state; *Natural Sleep Inducement* brings body rhythms down to a sleep level; *Natural Concentration* entrains your brain waves into your brain's peak performance zone, allowing you to perform at maximum efficiency. Each CD is \$19.95.

**Core Communication workbook:** This beneficial workbook allows participants to practice and exercise a practical set of skills central to all interpersonal situations and offers interactive principles and guides for relating effectively to others. Each workbook includes: 1) a pre-questionnaire (based on program concepts and skills) to help assess current communication skill level and set learning goals; 2) an introduction and four sections with the content material of principles, skills, guides, and processes, as well as worksheets, exercises, how-to information, and assessments; and 3) a post-questionnaire to check on the participant's progress and learning. Workbook is softcover, 8 ½ x 11 inches, 159 pages. Price: \$24.95

**Communication Skills floor mats:** These mats, showing the Awareness Wheel and the Listening Cycle, are for practice during and between sessions and for continued application afterward. Each mat encourages active, whole brain accelerated learning by simultaneously engaging the kinesthetic, visual, and auditory channels of the brain. Each skills mat is canvas, 30 x 30 inches. Price: \$7.95 for each mat.

**Couple Communication video tapes:** Four video tapes demonstrate the use of specific communication and interaction skills as real couples discuss their issues. Each tape consists of brief vignettes that instructors insert into the program at various times. In addition, the tapes show how to use the Communication Skills floor mats effectively. These video cassettes are especially useful for demonstrating skills for an instructor who teaches the program without a co-instructor. VHS, total time 45 minutes. Price: \$125.00 for the set.