

Whole body health results when all body systems are in balance. No single body system is targeted—we make choices 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 fibre. It is a means of receiving optimal 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 maximal amount of nutrients available.

Studies show that juice can provide most of the basics of human nutrition, including carbohydrates, proteins, fats, vitamins, and minerals, as well as phytochemicals and enzymes. Phytochemicals are simply plant chemicals that are thought to be essential to health. Enzymes are essential for the thousands of chemical reactions that occur throughout the body—the production of energy at the cellular level, the facilitation of digestion, the absorption of digested nutrients, and the rebuilding and replenishing of all that the body requires for metabolism to occur.

According to the U.S. Department of Agriculture, three raw carrots (216g, or a little less than one-half pound) contain about 2g of protein, 21g of carbohydrates, 60mg of calcium, 1mg of iron, 696mg of potassium, 60,000 International Units (IUs) of vitamin A in the form of beta carotene, 19mg of vitamin C, 30mcg of folate, and traces of many more vitamins and minerals.

Dr. Norman W. Walker (1981) explains that 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 is 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. In 1976, he said, “Juices are very liquid food, mostly organic water of the finest quality with nourishing atoms and molecules in comparatively microscopic volume. It is the microscopic volume for which the cells and tissues are starved!”

AIM BarleyLife™

Before green grasses undergo the reproductive cycle that creates the grains, they are in the grass stage. When grasses are harvested at a young age, they have a different chemical makeup 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 AIM BarleyLife™, they are far superior nutritionally. AIM BarleyLife™ contains 19,700IU of vitamin A per 100g. AIM BarleyLife™ contains 730mg of calcium per 100g.

Research has found that green barley extract has antioxidant activity and supports the immune system.

AIM BarleyLife™ is produced in the clean, green, pristine lands of New Zealand and Canada. While



American soil, water, and air have become increasingly devoid of nutrients and polluted from chemicals, the soil, water, and air in New Zealand and Canada are richer and purer than in many places in the world.

The barley used for AIM BarleyLife[®] is grown from a variety of seed that allows for the longest harvest window. The leaves are harvested with state-of-the-art equipment when their nutrients are most potent and alive. The leaves are then juiced (not milled, as in many other barley grass products) and processed using the most advanced and efficient cold-processing methods for maximum freshness and nutrition. The juice is spray-dried, using a special, low-temperature process. This preserves the delicate balance of nutrients and phytochemicals.

AIM Just Carrots™

It is well-established that carrots are a healthy food. They contain many important nutrients—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 500 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, and that which is not changed contributes to the immune system and is also a potent antioxidant. Antioxidants help remove free radicals.

AIM Just Carrots™ has one of the highest sources of natural beta carotene. In addition to beta carotene, AIM Just Carrots™ contains calcium and potassium. AIM Just Carrots™ is monitored for maximum nutrient levels.

The carrots used in AIM Just Carrots™ are pesticide-free. A special process is used to produce AIM Just Carrots™, which ensures that nutrients and enzymes remain active. This process does not use additives, sweeteners, fillers, or artificial ingredients. The caplets contain a small amount of inert binders to hold them together.

AIM RediBeets®

One cup of raw beets contains phosphorus, sodium, magnesium, calcium, iron, and potassium as well as vitamin A, niacin, folic acid, and biotin. When these nutrients are captured in a juicing process, they remain in a form that is much easier to assimilate than synthetic nutrients. The iron in beet juice, in particular, is noted for being more easily assimilated than other forms of iron supplements.

Potassium, in particular, is essential for all cellular functions. Along with sodium, it regulates water balance and acidity-alkalinity balance in the blood and tissues. It is often depleted with aging and with a highly refined diet that is high in sugar.

The exact mechanism by which beets support the liver remains unknown; however, theories suggest that they 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 this ability to help the liver process fats. Betaine also plays a role in reducing homocysteine. So betaine is thought to support cardiovascular health.

The half pound of beets used to make one teaspoon of AIM RediBeets® is residue-free. When the beets are processed to separate the juice and its valuable nutrients from the fibre, the beets are not subjected to high temperatures that may damage their nutrients.

AIM RediBeets® offers a convenient way to achieve an improved diet through regular consumption of vegetables.

How to use AIM Garden Trio™ powders

AIM BarleyLife™

- Take 1tbsp (5g) 2 to 3 times per day. Many people start with 1/2tsp (1g) per day and gradually increase their serving every 4 to 5 days. You may take more or less depending on your needs.

AIM Just Carrots™

- Take 1tbsp (12g) once a day. You may take more or less depending on your needs.

AIM RediBeets®

- Take 1 tsp (4g) 2 times per day. You may take more or less depending on your needs.
- Because beet juice can have a strong effect on some individuals when they use it for the first time it is suggested that you start with half the recommended serving. Do not exceed 2 servings per day without the advice of your health practitioner.
- People with Diabetes should consult a health practitioner before using AIM RediBeets®.

How to use AIM Garden Trio™ capsules and caplets

AIM BarleyLife™

- Take 6 capsules (5g) 2 times per day. Many start with 1 to 2 capsules (1.5g) per day and gradually increase serving every 4 to 5 days. You may need to take more or less depending on your needs.

AIM Just Carrots™

- Take 12 caplets (9g) once a day. You may take more or less depending on your needs.

AIM RediBeets®

- Take 6 caplets (4g) once a day. You may take more or less depending on your needs.
- Because beet juice can have a strong effect on some individuals when they use it for the first time, it is suggested that you start with half the recommended serving. Do not exceed 2 servings per day without the advice of your health practitioner.
- People with diabetes should consult a health professional before using AIM RediBeets®.

AIM Garden Trio™

- You may take AIM Garden Trio™ products individually or combined.
- Mix with water or juice.
- Drink immediately after mixing.
- Best taken on an empty stomach: 30 minutes before or 2 hours after a meal.
- Because heat and acidity can affect enzymatic activity, it is recommended that the AIM Garden Trio™ not be taken in any of the following: cranberry or prune juice, carbonated drinks, or hot drinks.
- You may mix the AIM Garden Trio™ with other AIM products. To receive the greatest absorption of nutrients, take AIM Herbal Fiberblend® 1 hour before or 30 minutes after taking the AIM Garden Trio™.
- 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 AIM Garden Trio™? Can I take them with other AIM products?

Many people mix one of the AIM Garden Trio™ powders with their favorite juice for a delicious and refreshing drink. Others 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 AIM Garden Trio™ with other AIM products. To receive the greatest absorption of nutrients, take AIM Herbal Fiberblend™ 1 hour before or 30 minutes after taking the AIM Garden Trio™.

Is it OK to 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 AIM BarleyLife™ and AIM 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 AIM RediBeets®, it is suggested that people take the recommended amount at first and increase gradually if necessary.

Where can I find more information?

You may find more information on each product in their individual product fact sheets.

Suggested Reading

Juicing

Blauer, Stephen. *The Juicing Book*. Garden City Park, NY: Avery Publishing Group, 1989.

Heinerman, John. *Encyclopedia of Healing Juices*. West Nyack, NY: Parker Publishing Co., 1994.

Walker, Norman W. *Fresh Vegetable and Fruit Juices: What's Missing in Your Body?* Prescott, AZ: Norwalk Press, 1981.

Benefits & Features

Benefits

- Helps maintain whole body health
- Helps maintain a healthy immune system
- Provides increased energy
- Benefits of unique and powerful plant antioxidants and beta carotene
- Benefits of live enzymes, including superoxide dismutase (SOD)
- Benefits of complete amino acid profile
- Provides a complete juicing program

Features

- Building on nearly 40 combined years of safe and beneficial use by AIM Members
- High quality continually sustained through research and development
- Natural chlorophyll
- Nutrients in natural proportions
- Pure juice products, minimal fibre present
- Benefits of juicing without the inconvenience
- Convenient powder

Consult the individual data sheet for each product for more detailed information.

The AIM Garden Trio™ is a Whole Body Nutrition product. The complete Whole Body Nutrition line consists of the AIM Garden Trio—AIM BarleyLife™, AIM Just Carrots™, and AIM RediBeets®. Use these products for a solid foundation for your health.

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