

"We've Got Life!"™

Vitality

An Educational Publication -

Exclusively For Members of the Vitality Family

June 2001

Lifelines

Can An All Natural "Phytochemical" ... Really Do All This ?*

- ◆ Drop High Blood Sugar Levels 50, 100, 150 points or more ... in a matter of days!
- ◆ Drop High Blood Pressure Dramatically!
- ◆ Eliminate Painful Migraine Headaches!
- ◆ Restore Normal Digestion and Eliminate Chronic Constipation!
- ◆ Reduce Inflammation and Painful Swelling!
- ◆ Increase Energy Levels Significantly!
- ◆ Raise Low Blood Pressure and Let You Feel Good Again!
- ◆ Eliminate Itchy Eczema Condition!
- ◆ Visibly Reduce Tumor Size!
- ◆ Give Relief From Allergies and Respiratory Problems!
- ◆ Drop PSA count from 55 down to 1.1!
- ◆ LET YOU FEEL GOOD AGAIN!

Thousands of Satisfied Customers Say YES!

Learn all about this Amazing Life Giving Product Inside.....

* Phytochemical- natural chemicals or substances derived from plants.

FREE NONI !



Limited Time Offer.

see page 7

Do You Suffer From Seasonal Allergies???

Due to the many "Immunomodulating" benefits of Noni, you might be surprised by how effective Noni can be for calming down your allergy response!

It works for many of our Vitality Members, why not you?

Try 2 capsules, 3 times a day and see for yourself.

If you are suffering from severe seasonal allergies, you can increase your Noni to 3 or 4 capsules three times per day until you see results.

What is "Noni" ?

Noni (*Morinda Citrifolia*) is actually a fruit that grows in tropical locations including Tahiti, Hawaii, South America and the West Indies. Native Hawaiians and Polynesians in general have known about the "miraculous" health benefits from consuming Noni for over 1,500 years.

Science has been very intrigued by all the health benefits that Noni has to offer. They have been studying Noni to identify what beneficial phytonutrients are naturally found in the Noni that could possibly explain all the many benefits it provides for humans. What they were able to discover and identify was very interesting.

Noni to Regulate Underactive and Overactive Immune Systems

After considerable research, scientists discovered a highly beneficial and natural compound unique to Noni called "Noni ppt."

Noni ppt contains numerous individual "Immunomodulating Polysaccharide Substances" in very effective amounts. Immunomodulating means a substance that is used by your body to stimulate an underactive immune system and to calm down an over active immune system as well !

⇒ If you suffer from allergies, asthma, arthritis, lupus... you have an **overactive immune response**, and Noni may provide tremendous benefits by helping to calm down your over active immune system response- *naturally*. Try 2 or 3 capsules two or three times a day. You can increase or decrease dose until you find relief.

⇒ If you suffer from frequent colds, flus, infections, cancers, tumors, chronic fatigue, strep throat... you likely have an **underactive immune system**. Noni may also stimulate your immune system to produce important T- cells, macrophages and thymocytes. All powerful natural weapons that your body needs to attack harmful invaders.



#150 Vitality- Noni- is loaded with "Noni ppt" to help your body calm down an overactive immune response like seasonal allergies!

NONI BENEFITS- CASE STUDY #1 ALLERGIES, DIGESTION AND IRREGULARITY

"For the past 18 years, I have suffered with allergies and upper respiratory problems. For the past 10 years I have suffered with gastrointestinal refluxation (when the stomach builds up too much acid too fast.)

After being on your Noni product for about two weeks I've noticed a substantial change. All of my life I've suffered with allergies. This time of year I would sneeze most of the day and night. I couldn't rest well at night.

I've noticed a big difference in my allergies and I can finally sleep well at night! I've also noticed that the acid content is under control after taking your Noni product and I no longer suffer from irregular bowel movements and too much stomach acid. Many thanks to your Noni product and Dr. Howard Gales for sharing it with me. I've never felt better in 10 years!"

Darryl W. Norfolk, VA

Noni to Improve Sluggish Digestion and Constipation

Vitality Noni also contains significant amounts of *Anthoquinones* which are very similar to OPC 2000. These are powerful free radical neutralizers and each of them provides many health benefits. There is one in particular called “Damnacanthal” which has purgative activity. This accounts for the highly beneficial “cleansing effects” that many of our users notice while using our product.

⇒ If you suffer from sluggish digestion and slow moving bowels (constipation) Noni can help to stimulate the process and thereby increase peristalsis and cleanse your colon! Try 2 to 4 capsules two or three times per day, and see for yourself.

Noni to Calm Down Painful Inflammation and Migraine Headaches

Asperuloside, Eugenol and *Scopeletin* are all found in our Noni with many other beneficial phytonutrients that have the ability to provide pain relief and calm down inflammation.

⇒ For many people, using our Noni is all they need to find relief from terrible migraine headaches that they previously suffered with. Try 3 or 4 capsules when the pain is bothering you.

Noni to Control High Blood Pressure

Over 50 million Americans have high blood pressure. Many people have no idea they have high blood pressure until it is too late. Some common warning signs of high blood pressure include *headaches, sweating, rapid pulse, shortness of breath, dizziness, and visual disturbances*. What many people don't realize is that not only does high blood pressure force your heart to work much harder, but it can also lead to other serious health problems including *coronary heart disease, kidney failure, atherosclerosis, obesity, diabetes, hyperthyroidism, adrenal tumors, heart failure and strokes*.¹ High blood pressure is a serious condition that nobody should ignore.

The causes of high blood pressure can vary. Unfortunately the drugs prescribed for high blood pressure have some very serious side effects. Many people have used Noni to find that almost immediately they were able to lower their high blood pressure significantly.

⇒ For most people just 2 or 3 capsules two or three times daily makes all the difference in the world. If you have **high blood pressure**, you should consider supplementing with Noni and pay very close attention to your blood pressure readings. After no more than 2 or 3 days, you should notice your blood pressure moving down. If you are taking any prescriptions for your high blood pressure, as you notice Noni dropping your blood pressure down, work with your doctor to see if you can cut back on your prescription. **You should never just stop taking your high blood pressure prescriptions without first consulting your doctor.** These

NONI BENEFITS- CASE STUDY #2 MIGRAINE HEADACHES AND PAIN

“I have suffered with migraine headaches for the past 10 years. I would feel sharp pains running from one side to the other in my head. Often times I couldn't even do my daily work because the pain was so severe.

The first week after taking the Noni product, it immediately went to the pain in just ten minutes. I felt the pain leave my head. I have also noticed a tremendous change in the way my head feels. I am no longer suffering from migraine headaches. Now that the headaches are gone I can think clearer and rest better at night.

I also had problems with my legs. They would hurt all the time. Sometimes it would hurt just to walk. But ever since the first week of taking Noni, I no longer have any pains in my legs. I feel very good in my body.”

Rosemary S. Surry, VA.



#150 Vitality Noni - is loaded with phytonutrients that have significant *pain relieving benefits* and may help your body to calm down inflammation!

Frequent Hypoglycemia Symptoms

- **Dizziness**
- **Fatigue**
- **Headaches**
- **Shaking**
- **Irritable**
- **Light-headed**
- **Fainting**

Frequent Diabetes Symptoms and Complications

- **Fatigue**
- **Sluggishness**
- **Loss of Vision**
- **Loss of Circulation**
- **Plaque Build Up**
(Heart Disease)
- **Poor Circulation**
- **Kidney Failure**
- **Skin Problems**
- **Cancer**
- **Slow Wound Healing**
- **Constant Thirst**
- **Gangrene**
- **Amputations**
- **Frequent Urination**

The very best way to determine if you are hypoglycemic and / or diabetic is by completing the 5 hour blood sugar test panel.

You are given a large amount of glucose and then each hour your blood sugar levels are checked to see how well your body can control it. It is normal for the first reading to be above 120 and then drop steadily each hour down to around 80. If your blood sugar levels do not steadily decline you are determined to be diabetic, or if they decline too fast and drop too low, you are hypoglycemic.

This test should only be performed under a doctor's care because if your blood sugar levels elevate too high or drop too low, you could pass out and have serious consequences including comatose.

are powerful drugs that have very serious side effects. Using Noni however may be just what you need to significantly reduce and possibly eliminate these dangerous drugs from your life!

Noni to Lower High Blood Sugar

High blood sugar levels (diabetes) is very closely tied to your diet. If you suffer from high blood sugar levels, we have many Members who have used our Noni on a daily basis and dropped those high levels dramatically!

⇒ To lower your **high blood sugar (diabetes)** level, try using 2 or 3 capsules of Noni two or three times per day. Typically you will find that using Noni helps your body drop those high levels within just a few days. If you really want to do something about your high blood sugar levels then you really must also change your diet. As you notice Noni helping you to lower your blood sugar levels, we suggest you stay in close contact with your doctor and ask him if you can lower your medication he has you on for the problem. The less you can use of these drugs the better for you and your condition. To find out why, read the following articles on managing your blood sugar.

Hypoglycemia and Diabetes are Closely Related

In fact, hypoglycemia is actually a precursor to the development of diabetes. If you have hypoglycemia and do nothing about it, typically it progresses into diabetes. A very common problem for millions of people is that they are actually diabetic and don't realize it until it's too late. The sooner you are aware of the problem the more you can do to control and reverse it.

Normally your body maintains your blood sugar levels between 70 and 110 mg%. If your blood sugar drops below 70 and stays there, you are hypoglycemic. If that happens, you will notice the severe symptoms of hypoglycemia including, dizziness, chronic fatigue, severe mood swings, headaches, shaking, and in severe cases you could pass out. ³

If your blood sugar levels rise above 120 for prolonged periods of time, you are diabetic. All diabetics were, and still may be hypoglycemic. That's because hypoglycemia is really the precursor to the development of full diabetes.

Diabetes is defined as the inability of your body to control high blood sugar levels. If your fasting blood sugar levels (*meaning blood sugar levels first thing in the morning before you eat breakfast*) consistently exceed 110 mg%, you are diabetic. This is easy enough for you to check by purchasing a simple glucose monitor kit from your local drugstore. Diabetes is the natural progression from hypoglycemia and if you ignore it, the consequences are very severe.

Blood Sugar- the Way It Is Supposed to Be

When you eat food, your digestion breaks it down and eventually converts some of it into glucose that enters your blood stream. This glucose is then taken up by the hormone insulin which allows the glucose/insulin molecule to be transported into your cells where it can be oxidized for energy. Through an amazing and wonderful process of cooperation and control, many different parts of your body from your brain to your intestines are involved in keeping your blood sugar levels stable.

For a normal healthy person those hunger pangs are signals from your brain that you are running low on blood sugar (glucose) and need to eat something to restore the blood sugar levels. If on the other hand your blood sugar levels are too high, then your pancreas will go to work by releasing large amounts of insulin to remove the excess blood sugar.

If the excess sugar is still too high, then your body tries to flush out the excess sugar by combining it with water and eliminating it through your kidneys and through your skin. This of course works your kidney extra hard by the large amounts of urine being generated. This is also why kidney failure is very high among diabetics. What you end up doing is wearing out your kidneys prematurely.

Control Your Blood Sugar ... CONTROL YOUR DIET!

Diabetes is a modern day disease meaning that prior to 1950 diabetes was very rare. Yet according to the World Almanac, today diabetes and its terrible complications are listed as the third largest cause of death in the United States and it is growing dramatically.

What you eat is more important than anything else to control your blood sugar levels. That is because certain foods are more quickly digested and converted into blood sugar than others. Foods that are quickly converted into glucose like alcohol, candy, simple carbohydrates and flour will flood your bloodstream with glucose that forces your body to take drastic measures to lower it back to safe levels.

What ultimately happens when you consume these high glycemic foods, is that your blood sugar levels go on a roller coaster ride of extreme highs to extreme lows many times throughout the day. The wear and tear on your body is tremendous. Due to excessive and chronic high blood sugar problems, your cells become less and less efficient at oxidizing and burning the glucose for energy.³ First your body starts storing the excess glucose as body fat, but much of the excess blood sugar stays in your blood and now you have high blood sugar problems, *diabetes*.

NONI BENEFITS- CASE STUDY #3 DIABETES AND HIGH BLOOD SUGAR

DROPPED DANGEROUSLY HIGH BLOOD SUGAR LEVELS FROM 348 DOWN TO 180!

"I have been a diabetic for many years. My doctor has me injecting 45 units of insulin twice daily. Even so, many times my blood glucose levels have been as high as 348 mg%. I would wake up several times during the night to get water and was always thirsty. My daughter gave me the Noni product and I began taking 6 capsules a day. I was extremely pleased to watch my blood sugar levels drop on the second day and continue to drop with each passing day. I noticed right away that I was finally able to sleep all night and not be awakened by thirst and my energy levels improved noticeably. Now after just 2 weeks, my blood sugar levels are consistently around 180 mg% and my doctor cut my insulin injections to just once daily!" Elvira, Carson City, NV.



#150 Vitality Noni- may help you lower your high blood sugar levels dramatically. Lower your high blood sugar and raise your level of good health!

SAVE \$10.00 !



Limited Time Offer.
see page 7

High Glycemic vs. Low Glycemic Foods

Ever notice how when you are hungry, if you eat something like a candy bar or potato chips or bread, you quickly feel much better but it may only last for a few minutes or an hour or so? Then your'e hungry all over again. That's because those "junk" foods are high glycemic foods meaning that your body converts them to glucose quickly and then has to deal with too much blood sugar.

On the other hand, eat something like a steak or chicken or cheese, low glycemic foods, and you are satisfied and full for several hours. This is because the low glycemic foods are slowly and gradually converted into glucose a little at a time. They take considerably longer to digest and that is the key. This allows your blood sugar levels to remain stable, eliminate any hunger pangs and you feel good.

While diabetics are frequently prescribed insulin to help lower their high blood sugar levels, the reality of it is that the vast majority of diabetics already manufacture plenty of insulin in their own bodies. The problem is that their cells become less efficient at taking up the insulin/ glucose molecules so flooding them with additional insulin temporarily helps to force the cells to burn the glucose. Problem is that all this insulin has severe side effects and the cells just keep getting less and less efficient at utilizing it. *Now you are on a fast track to serious health problems.*

If you want to enjoy the healthy benefits of stable blood sugar levels, you need to eat foods that are slowly converted to blood sugar/ glucose over a long period of time. By doing this you enjoy the benefits of optimum health, control your weight, and reduce the work load on your body. Moderate exercise is also extremely beneficial as your muscles burn glucose (blood sugar) for energy.

Noni A Great Enzyme Stabilizer!

#150 Vitality Noni seems to have something to offer for everybody. One of the big reasons for this is because Noni is used by your body to stabilize enzymes.

Your body needs and uses important enzymes to accomplish millions of functions every single day of your life. If you are missing these enzymes, or they are inadequate or damaged, your health will suffer because your body will not be able to perform its normal healthy functions.

What will Noni do for you? You might be surprised. It has worked wonders for thousands of satisfied Members, *why not you?*

FIND OUT HOW TO GET YOUR NONI- FREE!

see page 7

Glycemic Food Index² (Partial listing)

High Glycemic Foods

(quickly converted to glucose)

Alcohol, White Bread, Flour Products, Potato Chips, Puffed Rice, Corn Flakes, Crackers, Banana, Raisins, Apricots, Papaya, Mangos, White Rice, Instant Potato, French Fries, Soda...

Medium Glycemic Foods

Whole Grain Rye Bread, Apples, Pears, Grapes, Peaches, Spaghetti, Pasta, Oranges, Peas, Kidney Beans, Garbanzo Beans, Candy Bars...

Low Glycemic Foods

(slowly converted to glucose)

Beef, Chicken, Lamb, Fish, Cheese, Cottage Cheese, Nuts, Cherries, Plums, Grapefruit, Fructose, Yogurt, Whole Milk, Tomato Soup, Barley, Whole Grain Foods...

#150 Vitality Noni is the Most Effective!

There are many different companies you can buy Noni from. Noni from Vitality - Lifechoice is superior to them all and here is why.

- Vitality Noni is freeze dried and concentrated by almost 4 to 1. That means ounce for ounce you get 4 times as much of the beneficial phytochemicals in our Noni compared to other products.
- Vitality Noni comes to you in a convenient and easy to use capsule that you simply swallow at your convenience. No bad tasting liquids and no sugar or artificial sweeteners needed!
- Vitality Noni comes to you with our exclusive enzyme base included. These enzymes serve to "preactivate" the Noni for you so that you get even better results!



Now is your chance to try Noni for yourself and prove what it will do for you. *BUY NOW AND SAVE BIG \$\$\$\$\$\$*

OPTION #1 Big Savings!

Great Offer YOU SAVE \$5.50! *

#150 Vitality Noni -
Enzymatically Activated
60 capsules



Member Discount Price- ~~\$40.00~~

SPECIAL SALE PRICE- \$34.50!

YOU SAVE \$5.50 on every bottle you order!

OPTION #2 FREE NONI!

Best Deal ! YOU SAVE \$40.00! *

#150 Vitality Noni
Enzymatically Activated
60 capsules

Purchase Just 3 Bottles of #150 Vitality Noni at the Regular Member Price...



GET THE 4TH BOTTLE ABSOLUTELY FREE !*

You Save \$40.00!

***HURRY BECAUSE BOTH OF THESE OFFERS EXPIRE JULY 31, 2001!**

PV for this special offer is 30.00 for each bottle.

CALL NOW- 1-800-423-8365 or ORDER ONLINE

<http://www.vitality-corp.com>



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