

Nutrition with Intention™

Newsletter

Fall Edition

2011

Creating Balance

Convention 2012 Sneak Peek

*Achieving the Body's Perfect Balance
with phAdjust™*



NEW SPIRIT
NATURALS



Finding the Perfect Balance

The concept of "Balance" is best embodied by the Tai Chi symbol (shown above) depicting two polar opposites (Yin & Yang), seemingly two contrary forces that are interconnected and interdependent. Yin and Yang are complementary opposites that interact with a greater whole as part of a dynamic system. It is said that everything has both Yin and Yang aspects and that sometimes either of these aspects may actually manifest more strongly in particular objects and may ebb and flow over time.

Yin and Yang are always opposite and equal qualities. When one quality reaches its peak, it will naturally begin to transform into the opposite quality. Yin is characterized by the black side of the symbol while Yang is represented in the white.

Yin is characterized as slow, yielding, diffuse, cold, wet and passive. It is associated with water, the earth, the moon, femininity and nighttime. Yang, by contrast, is characterized as fast, hard, solid, focused, hot, dry and aggressive. It is associated with fire, sky, the sun, masculinity and daytime. While these are opposing, they are not in opposition to one another. They are always seeking balance.

Our body operates by this same principle it is always seeking balance or homeostasis. When we are in tune with our body, we can often feel when we are out of balance. Unfortunately most of the time we are too busy and simply ignore the symptoms of imbalance. If the body has all the tools (nutrients, vitamins, hormones, minerals, trace minerals, enzymes, etc.) available, then the body can adjust itself back into balance.

If there is a deficiency in our tools, the imbalance begins to draw on other parts of the body. For example, a calcium deficiency in one area may cause the body to draw calcium out of the bones creating an imbalance that we refer to as osteoporosis. This in turn affects our structural system and additional pressure is brought to bear on joints and organs. It can lead to a never ending cycle that, over time, robs us of a high quality of life.

New Spirit Naturals advocates that food and supplements give the body the tools needed to restore balance. In this issue, we have featured several key products that we have specially formulated to assist the body in creating balance. I hope that you will enjoy these products as thousands of people around the world already are. Use them and bring your body back into balance.



See you at Convention!

**Dr. Larry Milam, Ph.D., HMD., CNC
President/CEO**

New Spirit In the News

Going Green



Over the summer, New Spirit started a recycling program at our Corporate Headquarters. Local distributors can return their empty vitamin bottles to our facility. We are happy to announce that we have turned in **250 lbs. of bottles** to be recycled! We encourage all our distributors to recycle your bottles at your nearest recycling facility!

We are also happy to announce that New Spirit uses a new bio-degradable packing material when shipping out your product. Just another way New Spirit is doing our part to protect our planet.

New Spirit Around the World

Within the past few months, New Spirit has had the pleasure of hosting many international guests. Our most recent visitors were leaders in the National Health Industry from China.



In addition, we have had one of the largest orders ever placed in New Spirit's history by our #1 International Customer! We are now launching ocean containers to many distributing countries.



**Pictured left to right: Isaias, Esteban, Gus.
They loaded our 40 ft. truck full of product!**



The Challenge of Finding Balance

Menopause is a natural transition in a woman's life when the body decreases the production of estrogen. As a result, hormonal changes influence the physical and mental well-being for many women.

There are 4 classifications of menopause.

- Pre-menopause**
- Peri-menopause**
- Menopause**
- Surgical menopause**

Physiological/Psychological Changes During Menopause

- Hot flashes and night sweats
- Vaginal dryness and thinning of vaginal wall
- Loss of elasticity in skin and dry eyes
- Depression, mood swings, or insomnia
- Cardiovascular disease (CVD)
- Osteoporosis

Women use various techniques to manage the changes in their system during menopause such as healthy eating, exercise, vitamins and minerals, relaxation techniques, vaginal lubricants, and hormone replacement therapy (HRT). Yet some women are uncomfortable with the health risk associated with taking synthetic estrogen or continuing (HRT). Concerns with (HRT) were validated when the Women's Health Initiative Study (2002) by the National Institutes of Health had to be halted due to serious side effects of (HRT) drugs.

- Increased Risk of Strokes (44%)
- Increased Risk of Blood Clots (100%)
- Increased Risk of Cardiovascular Disease (29%)
- Increased Risk of Breast Cancer (26%)

The long term data indicated that the risks of using (HRT) outweighed the benefits and in turn led to a reduction in the recommendation, dosage, and length of time (approximately four weeks) in the use of (HRT). Obviously, four weeks doesn't offer women much hope to assist with a transition that may take months or years to complete.

Now a Solution

To assist women with this natural transition, New Spirit Naturals offers a new, clinically proven, 100% natural product with over 400 years of documented use.

HerbaEST Balance™ contains a proprietary blend of three herbal extracts: *Plomis Umbrosa*, *Angelica gigas Nakai* and *Cynanchum Wilfordii*.

This unique proprietary blend has been clinically shown to reduce the most typical menopausal symptoms such as hot flashes, night sweats, insomnia and vaginal dryness. **HerbaEST Balance™** appears to significantly improve the symptoms of menopause without affecting the female hormone levels in the body.

Clinical Research

The initial, randomized, double blind, placebo controlled study with Asian female participants was conducted at Samsung Cheil Hospital, School of Medicine, Sungkyunghun University, South Korea. The research was conducted over a period of twelve months. The participants used the three combined herbal extracts found in **HerbaEST Balance™**. Results indicated statistically significant improvement in various menopausal symptoms, including hot flashes, sleep disorders, mental awareness, joint pain, dyspepsia, urinary incontinence and fatigue compared to that of the placebo group.

The Kupperman Index (KI) was used as means to evaluate and assess menopausal complaints within the framework of the study. (KI) focuses primarily on symptomatic relief assessed on the basis of the physician's summary of the severity of the climacteric complaints. Eleven symptoms are evaluated and assigned a score from 0 to 4 (4 being the most severe). Results obtained revealed that the use of **HerbaEST Balance™** showed significant improvement and effective management of the symptoms associated with menopause.

The improvement at 6 and 12 weeks was statistically significant between the two groups as the mean serum estradiol level in **HerbaEST Balance™** group did not increase, which suggests that **HerbaEST Balance™** is not an active estrogen hormone.† Mean serum follicle stimulating hormone (FSH) level remained unchanged, indicating **HerbaEST Balance™** does not appear to exert its effect at the hormone receptor level. This result is consistent with the previous receptor binding affinity test which showed that the **HerbaEST Balance™** does not bind to either Alpha and Beta estrogen receptors.

Suggested Use

Take 2 capsules per day, preferably with a meal or as directed by your healthcare provider. Note: There are no menopausal ingredients that work within a few days or a few weeks – even hormone replacement therapy often takes months.

HerbaEST Balance™ may take from three to five weeks to take effect, but the good news is the clinical end points are five times greater than placebo.

Creating the



NutriFem™ For Women *MaryAlice Bourdelais, Executive Director*

Mood swings, hot flashes, night sweats, vaginal dryness – just some of the experiences we women may experience as we progress through our life cycles. Many of us reach for products that assist us with PMS, menstrual issues, estrogen excesses/deficiencies, perimenopause, and menopause. At New Spirit Naturals, we trust that Dr. Milam and the staff bring together ingredients that work synergistically and safely, giving added support to our efforts to balance our ever-changing bodies.

Let's take a look at **NutriFem™**. This product is based on the premise that our female vitality and energy is tied to our nutritional health. Well, that makes sense. Our first step is to eat a very good diet. (I have to laugh as I write this, having been raised on a version of basic four food groups that had more emphasis on the meat portion and less on the veggies – taking responsibility for what I put into my mouth remains one of my biggest challenges.) Okay, so we strive to eat a diet full of essential fatty acids, absorbable proteins, vitamins, minerals, antioxidants, eating good carbohydrates (the unrefined ones), reducing the bad carbohydrates (the refined ones), etc. When we can't eat optimally, we supplement. So what are we adding to our diet when we put a tablet of **NutriFem™** in our mouths?

NutriFem™ is a gentle blend of vitamins, minerals, glandulars, and herbs. The vitamins include A, B6, B12, C, E, and Folic Acid. These help keep mucous membranes healthy (think vaginal health!), reduce water retention, nourish our nervous systems, help our cells grow and reproduce. Minerals include Magnesium, Zinc and Boron-- assisting the vitamins in doing their jobs, aiding in cell growth and tissue repair, helping with the production and balance of sex hormones, and helping regulate blood sugar. Additional support is provided by the inclusion of Adrenal, Ovarian, and Anterior Pituitary glandular substances. **NutriFem™** also contains Soya Lecithin along with a blend of herbs, many of which have been used throughout history for female issues. Herbs contain vitamins, minerals, and other phytonutrients such as flavonoids and saponens.

Consider the ingredients in **NutriFem™** -- the vitamins, minerals, and the herbs which include Sarsaparilla, Licorice Root, Pau d'Arco, Cranberry, Echinacea, Juniper Berries, Barberry, Buchu leaf, Marshmallow, Nettle, Raspberry Leaf, Kelp, Don Quai, Peppermint, Blessed Thistle, and Hops. Some of these herbs are indigenous to South Africa, to Europe and Asia, and others from the Americas. What would happen if, rather than just unconsciously popping a tablet into our mouths, we were to imagine

receiving support from all places and parts of the earth? And what if we engaged in thoughts of appreciation as our wonderful bodies digested and put these substances to work? We can take "**Nutrition with Intention™**" to a whole new level by adding another ingredient - "the power of our own intention."



(2082) 60 tablets



(315) 4 oz.

Perfect Balance

Natural Balance™ Wild Yam Creme

Lynette Lucero, Senior Director



From puberty through menopause, women experience a delicate dance of hormones that is a daily reminder of how closely their endocrine system is tied to the mind, body and spirit. The word hormone comes from a Greek word meaning "I excite", giving insight into hormones that are literally chemical messengers that activate and direct the entire system, including organ functions, urges and feelings.

Each hormone has a unique shape and is designed to be recognized by receptor sites in cells where the hormone molecule fits perfectly, just the way a key fits in its lock. So powerful are a hormone's actions, that your body only needs to make minute quantities of each hormone as they are required. The health of a woman's reproductive organs depends greatly on two major steroid hormones, estrogen and progesterone, working in close communication with the body's chief control centers, the pituitary and hypothalamus.

When the rhythmic cycling of estrogen and progesterone during each month gets out of sync, there are many effects, from infertility to PMS, depression, bloating, endometriosis and fibroids.

For centuries, menopause has been viewed as the natural passage of a woman from child bearing years. This naturally occurs in women between the ages of 40 and 50, and during this time, both estrogen and progesterone production decline. However, fat cells, adrenal glands and ovaries continue to secrete and store estrogen throughout a woman's life. Even after menopause, a woman typically produces 40% - 60% of the amount of estrogen produced in childbearing years.

In contrast, a woman's supply of progesterone is not nearly so plentiful. Because of inconsistent ovulation, progesterone levels can drop below those of a man. Moreover, after menopause, a woman's only source of progesterone is the adrenal glands, which unfortunately also must deal with the effects of menopause, daily stress and environmental factors.

What can we do to help balance our bodies naturally and relieve the symptoms associated with PMS, Peri-menopause and Menopause?

The medicinal properties of wild yam have been known for many years by folk herbalists and pharmaceutical manufacturers. Throughout the 18th and 19th centuries, wild yam was used to treat menstrual cramps and problems related to childbirth. In 1936 Japanese scientists discovered that a species of wild yam growing in the south of Mexico contained a chemical called diosgenin, which is remarkably similar to progesterone. For a number of years following this discovery, Mexican wild yam was a primary source for the production of progesterone and other hormones.

Wild yam has proven useful to women whose progesterone production has declined naturally. Of equal importance, wild yam is safe. It imposes no increased risk of cardiovascular disease, breast cancer, or endometrial cancer and it has no side effects, unlike synthetic hormones.

Why choose New Spirit's Natural Balance™?

New Spirit's source of Wild Yam is a luxurious lotion containing a 16% standardized extract created with the exceptional quality you have come to expect from all New Spirit products. Clinical studies report that cream is the most effective delivery system as the progesterone precursors are absorbed through the skin and directly enter the bloodstream. In addition, this important ingredient is skillfully blended with other important herbs to enhance the effects of Wild Yam, including:

Dong Quai

The most prized of all Oriental plant treatments for women's hormonal problems, this root quickly clears the kind of hot flushes which are the result of too little or the wrong kinds of estrogen in the body, calms menopausal anxiety and improves sleep. Dong Quai is known as a fast working remedy (usually in a week or two). It is also known for renewing the skin.

Alfalfa

Rich in organic vitamins, trace minerals, natural estrogens and boron, alfalfa provides the body with a source of phytoestrogens, weak estrogens that bind with estrogen receptor sites and protect them from circulating estrogens in the body and from xenoestrogens in the environment.

Chamomile

Used for thousands of years as a women's herb to help painful menstruation, to calm anxiety and aid sleep. Chamomile is also known to help build strong bones, since it contains a form of readily absorbed calcium.

Borage Oil (GLA)

Has a positive effect on the production of steroid hormones, including progesterone and the stress hormones estrogen and testosterone. Essential for prostaglandin synthesis. GLA has also been identified as important in helping prevent PMS and improve the skin.

Water Cress

Helps relieve fluid retention and stimulates the rate of metabolism.

Vitamin E

Oxygenates tissue and protects unsaturated fatty acids, sex hormones and other fat-soluble vitamins from oxidation. As a supplement, women given Vitamin E experience significant improvement in PMS symptoms, including headaches, tiredness, depression, insomnia and nervous tension.



Convention 2012

January 27th - January 30th

Preferred Registration—\$149.95

Includes:

- Admission to all seminars in Main Convention Hall
- Convention Materials and Product Data Sheets
- One (1) Ticket to Luncheon & Awards Dinner
- One (1) Ticket to Luncheon at the New Spirit Corporate Office on Day 4

Basic Registration—\$99.00

Includes:

- Admission to all seminars in Main Convention Hall
- Convention Materials and Product Data Sheets
- One (1) Ticket to Luncheon at the New Spirit Corporate Office on Day 4

Schedule of Events:

Friday, Jan. 27th

6pm: Registration
New Spirit Top 10: *An In-Depth Look at our Most Popular Products*
7:30pm: New Spirit VIP Hospitality Suite Event

Saturday, Jan. 28th

8:30am: Registration
9:30am: Keynote Speaker, Dr. Larry Milam
10am-12:30pm: New Product Introductions
12:30pm-2pm: Awards Luncheon
2:30-5pm: New Product Introductions
6pm-7pm New Spirit VIP Hospitality Suite Event
7pm: Awards Banquet

Sunday, Jan. 29th

9:30am-12pm: : New Product Introductions
12pm: Convention Concludes
1pm-4pm: Post Convention Seminars (\$25 each)
(take the opportunity to attend 2 Seminars)
Session #1 = 1pm-2:30pm Session #2 = 2:30pm-4pm

Monday, Jan 30th

At New Spirit Naturals Corporate Office
9:30am-2pm: Health Seminar, Product Specials,
Factory Tour, Health Screenings,
Delicious Lunch & Raffle Prizes

Post Convention Seminars— Select any 2 sessions (Only \$25 each session)

- Seminar Option 1**— "How to Look Younger than your Age" Dr. Susan Lin, MD & Special Guests
Seminar Option 2— "Marketing Tools and Methods to Expand your Business" Victoria Dauer & Special Guests
Seminar Option 3— "Understanding Blood Tests & Using Nutrition to Correct Issues" Dr. Milam & Special Guests
Seminar Option 4— *New Spirit Naturals en Español* Charo Fiorentini & Special Guests
Seminar Option 5— "Nutritional Energy: The Foundation for a Better Life" Ondre Seltzer

Call & Confirm your room today!
Mention New Spirit and get the
SPECIAL RATE
of \$99 Double Occupancy + tax



John Wayne-Hilton Hotel
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(949) 833-9999

Schedule is subject to change...please stay posted for latest updates!

A SNEAK PEEK AT CONVENTION 2012!

MEET 2 OF OUR FEATURED SPECIAL GUEST SPEAKERS!



Susan Lin, MD is a board certified obstetrics-gynecologist practicing in the San Francisco Bay area for 16 years. Dr. Lin graduated from Boston University School Six Year Medical Program with a NIH Cancer Research Fellowship. She completed her postdoctoral training in Obstetrics and Gynecology at Kaiser Permanente Oakland, and a Felix Rutledge Oncology Fellowship at MD Anderson Cancer Center and a Galloway Fellowship in Gynecologic Oncology at Memorial Sloan Kettering Cancer Center.

Dr. Lin is a fellow of American College of Obstetrics and Gynecology, American Board of OB/GYN, American Academy of Anti Aging Medicine, American Academy of Aesthetic Medicine, American Society for Laser Medicine and Surgery. As well as expert reviewer for Medical Board of California and served as Assistant Clinical Professor of OB/GYN for UCSF School of Medicine. Dr. Lin owns and operates MD Laser & Cosmetics Center in Northern California. She holds the patent for new cosmetic lash product as well as and she served as the president of the nonprofit foundation for autism initiatives.

Dr. Sari Roth-Roemer is a medical psychologist and the director of Arizona Medical Psychology, PLC in Scottsdale, AZ. She is also an adjunct professor at Arizona State University supervising and teaching psychology doctoral students studying behavioral medicine.

Her clinical and research work over the last 20 years has focused on helping adults and older adults handle the challenges of physical illness, aging, brain injury, and chronic pain. Recently, she has begun to explore the role of intuition and spirituality in the psychological healing process, in an effort to develop this emerging area of intuitive psychology through dialogue with others. She is an avid user of many New Spirit products.



Seminar Preview

The New Spirit Top 10 will feature 10 dynamic speakers sharing new information on our most popular products including: **Green Magic™**, **VitaBalance 2000™** and **NutriCleanse™**!

**Register for Convention Today
for your chance
to Win an iPad 2**



Winners must be present to claim prizes

pH+Adjust™

Better Balance

Better Health

pH+ Adjust™ Ingredients

- Beet
- Pumpkin
- Broccoli
- Pear
- Amino Acid Blend
- L-Lysine, Histidine, Arginine
- Apple Pectin
- Sprout Garden®
- Broccoli Sprout
- Daikon Radish Sprout
- Red Radish Sprout
- Ancient Sprouts Blend
- Barley Sprout
- Organic Amaranth Sprout
- Buckwheat Sprout
- Organic Millet Sprout
- Organic Quinoa Sprout
- Nutrim® Oat Bran
- Lemon
- Lime
- Pea
- Parsley
- Papaya
- Asparagus
- Spinach
- Carrot

The term pH refers to acidity or alkalinity of a substance.

- pH scale is 0.0-14.0
- Less than 7.0 = acidic
- Over 7.0 = alkaline
- Pure water has a pH of 7.0 (neutral)

When pH is balanced and functioning properly, the body will repair itself. Our homeostatic mechanism seeks to maintain a consistent pH of 7.365 in the blood. The body is at its greatest potential when the pH of the body's clear fluids remains in the healing potential range of 7.1 to 7.5 (slightly alkaline).

pH plays a critical role in the healthy function of various types of tissues and organs. With the exception of the stomach, an alkaline environment is generally healthier than an acidic one. (In the stomach, a higher acidic level provides stronger protection against pathogens entering the digestive system.)

What happens when we are out of balance?

Excess acid in the body creates many disease states as dissolving both teeth and bones. Excess alkalinity creates even more severe problem including vomiting, seizures, chronic indigestion, night cramps, and edema.

pH+Adjust™ uses powerful sources of natural foods that adjust the pH of the body gradually and naturally. pH+Adjust™ provides FOOD to the body to cleanse nourish and energize cells.

“The brick walls are not there to keep us out; the brick walls are there to give us a chance to show how badly we want something.” - Randy Pausch

Clinically Tested

Research results indicated that the ingestion of 1 serving of pH+Adjust™ at bedtime resulted in an increased pH value in freshly collected urine the following morning.

On average, pH value increased by 0.5 pH units following a single treatment.

Based on these results, it is suggested that frequent use of pH+Adjust™ may result in the maintenance of a healthy pH level in the body.

(Research performed by Dept. of R&D, FutureCeuticals, Inc.)

Ask Dr. Milam

Q: Isn't changing my diet the best way to balance my pH?

A: Not always. The average time for a highly acidic individual to balance their lymphatic pH through diet changes alone is 12 months. The average person has more acid in their body at all times. The major cause of this is food. Trying to balance pH by food alone requires radical changes in choices and habits that many find not sustainable.

Q: Are all acids bad for you?

A: No. The body is designed to work best with a healthy balance of good acids and good alkaloids. Good, balancing acids can be found in fresh citrus fruits, onion and garlic.



Degenerative Chronic Diseases associated with excess acidity (pH 5.0 to pH 6.5) in the clear fluids of the body:

- Cancer
- Fibromyalgia
- Heart disease
- Arthritis
- Asthma
- Osteoporosis
- High blood pressure
- Tooth decay
- Diabetes



(6075) 150 Capsules

Testro Balance

By Dan McGovern, Executive Director



(2084) 60 Capsules

Testosterone Levels – “Early Warning of Impending Disaster”

The Food and Drug Administration states that 4 to 5 million American men may suffer from low testosterone, but only 5% are currently treated. What about the remaining 95%? Could you be one of them? Take the quiz below and find out if you have “Low T”.

1. Are you over 30?
2. Are you prone to weight gain, particularly around the mid-section?
3. Is your recovery from exercise slow?
4. Do you have poor muscle tone?
5. Do you frequently feel weak and tired without any apparent reason?
6. Do you have difficulty handling stress?
7. Do you feel depressed, irritable, and unmotivated?
8. Do you have trouble getting a good night's sleep?
9. Do you have a low sex drive or symptoms of sexual dysfunction?
10. Do you smoke, drink alcohol, or take prescription meds?

If you answered “yes” to more than half of these questions, chances are your testosterone levels are less than optimal and you may be deficient.

Testosterone—What is it?

Testosterone is a hormone, produced in the testes of men. It is responsible for the development of male characteristics such as body and facial hair, muscle growth and strength, and a deep voice. Normal levels of testosterone also influence the production of sperm and promote sex drive. Testosterone is normally thought of as an exclusively male hormone. However it is not unique to males. Testosterone is also produced in the ovaries and adrenal glands of women and is often low as well.

Testosterone Facts

It is estimated that:

Testosterone levels will drop to abnormally low levels in 20% of men after age 50. In men over 40, lower testosterone levels affect physical, sexual and cognitive functions.

Andropause (also known as male menopause) is a health problem that requires treatment. Hormone levels decline as we age—causing us to age faster.

A 40 year old man generally has less than half the testosterone of a 25 year old man.

Testosterone Deficiency in Women

Testosterone Deficiency is commonly thought of as a problem that only men experience. But since women produce it as well, a low level of testosterone in a woman's body could cause serious problems as well.

Testosterone Deficiency in women can be characterized by extreme changes in mood, low sex drive or sexual desire, and even extreme fatigue. Bones and muscles also become significantly weaker during menopause due to the loss of testosterone. Seventy-five percent (75%) of women with osteoporosis are post menopausal. So testosterone therapy can help you to build up your physical strength (bone health and muscle mass) which will make it easier to exercise and stay in shape.

The Benefits of TestroBalance™

TestroBalance™ is not a hormone or a drug, but a natural product clinically studied to improve testosterone levels. It contains Tribulus Terrestris which affects muscle building, stamina, and endurance. Calcium Fructoborate enhances status of hormones. Vitamin D and calcium, while promoting better bone and joint health. It contains the additional ingredients of B6, Zinc Citrate, and Magnesium Chelate.



Dan's Story (Also known as Mr. T)

For over 20 years, I've used New Spirit's products on a daily basis. Our new product, “TestroBalance™”, is a phenomenal product. Since I have been using it, I feel younger and more vibrant. I've also benefited from a loss of 25 pounds over the last 8 months, with a consistently balanced energy level. Who wouldn't love a naturally produced hormone that gives you energy, lifts your mood, and supports strong bones and healthy muscles?



ProForm™ for Men

Clinical Study of ProForm for Men

This study was conducted in Khmelnytsky Oblast (Western Ukraine) in 1997 - 2001 by an andrologist in in-patient admission of a Clinical Hospital. An experimental group (Group 1) consisted of 67 people, the control group of 50 people. ProForm™ for Men was used in the conventional dose for phase II treatment of men with excretory-toxic form of infertility (after inflammatory places in the reproductive system) in order to restore and stimulate spermatogenesis.

As a benchmark the analysis of semen parameters was used, taken under standard conditions before treatment, after 1, 2, 3 and 4 months of taking ProForm™ for Men.

Before taking ProForm™ the quantitative and qualitative semen indexes in the experimental and control groups did not differ significantly, but in the course of treatment the rates significantly increased to a greater extent in the experimental group compared to the control group.

In the first 3 months it was almost a linear effect and had much more quality indicators. The maximum effect was achieved after 3 months of continuous use ProForm™ and held at this level with continued treatment (Table 1).

Given the severity of demographic, environmental distress, food shortages, increasing incidence of inflammatory diseases of the reproductive organs in the human population a nutritional supplement like ProForm for Men™, that contains essential materials and herbal extracts for the reproductive system, is very effective and appropriate in the modern medical practice.

TABLE 1

Stage	Sperm Quality (ml)	Number of Sperm in 1 ml (107)	Mobility Ability (%)	Endurance to NaF (min)
	Group 1 / Control Group	Group 1 / Control Group	Group 1 / Control Group	Group 1 / Control Group
Before Treatment	2,7 / 2,6	4,2 / 4,4	56 / 52	4 / 4
After 1 month	2,6 / 2,5	4,3 / 4,1	64 / 56	5 / 4
After 2 months	2,9 / 2,6	4,7 / 4,4	71 / 63	7 / 5
After 3 months	3,4 / 2,5	5,1 / 4,6	76 / 62	9 / 6
After 4 months	3,3 / 2,7	5,9 / 4,3	78 / 65	11 / 7

Results for Group 1

- Sperm quantity increased during the 4 month period (Approx. 22%)
- Total number of sperm cell increased (Approx. 40%)
- Mobility of sperm increased (Approx. 40%)
- Endurance of sperm increased (Approx. 250%)



My name is Chris Sequeira . I have been using ProForm since the early nineties as part of my overall nutritional program which includes daily Green Magic™, Three Treasures Teas, Earth's Harvest™, Controlled Response, Calcium Complex, Vita Balance 2000 and Ionic Trace Minerals. At 58, I am free of any male related cancers or having more than one night time bathroom visit. I am fully satisfied with my overall experience with New Spirit as a company with high standards as well as for the high quality products.

THE PRESIDENT'S CLUB TRIP TO SPAIN 2011

Dr. Milam hosted a magnificent trip to Spain for our President's Club members. They had many adventures touring this beautiful and picturesque country. Would you like to join the President's Club on their next exciting journey? Find out how by attending our upcoming Convention 2012! You won't want to miss it!



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