

# Nutrition with Intention™

Newsletter

Summer Edition

2012

## Enjoy Life



Convention 2013  
“Using Nutrition to Hold  
Back the Hands of Time”

The Wellness Pack  
The Foundation of Optimal Health

New Spirit Global  
The President’s Club goes to Turkey!

Nutrition on the Go



**NEW SPIRIT**  
NATURALS

# A Message from Dr. Milam

It is difficult to enjoy life when one has to deal with serious health issues on a daily basis. When the body is out of balance, energy that we need for daily life activities are often diverted to areas of the body needing attention. If we are not careful and attentive we can end up in a vicious cycle. We don't have the energy to do what we know we need to do. This is why New Spirit advocates that a good balanced diet, along with food and dietary supplements in concentrated form, are the best methods to give our body the nutritional tools it requires to restore its natural balance (homeostasis). We believe when one encounters serious health issues that need addressing a good diet alone cannot always provide the concentrated therapeutic value that we need. That's where dietary supplements can provide this therapeutic level in a concentrated form, strong enough to make a substantial change in health and energy patterns. We call these "biological active" food and dietary substances. Only the body can make the correction needed -but we can influence this process with the right condition of vitamins, minerals, enzymes, and herbal substances that have been often time tested for centuries.

New Spirit Naturals offers a complete line of dietary supplements and functional foods. Our products are formulated, manufactured and packaged in our FDA licensed facility and according to the latest Good Manufacturing Practices (GMP's), each product is made without useless fillers, additives, or artificial coloring agents.

For 30 years our quality products have remained in demand throughout the world. We believe that we will accomplish our vision of "Changing the Health of the World One Person at a Time" beginning with you.

During 2012 we will expand our company into several additional countries and keep changing the health of millions of people. We need your support, your vision, your enthusiasm and your positive thoughts to make this vision a reality. Our President's Club members have the vision and are leading the way. I want to personally thank each of them for their commitment of continued work, support and loyalty to New Spirit Naturals' products and to our vision: **Colin & Ayesha Rognlie, Dr. Bo Wagner, Dr. Ping Wu, Dr. Wendy Rashidi, Mark Jennings, Terry Kane, Dan and Nadene McGovern.**

2012 is shaping up to be our best growth year ever. We are in the right growth industry - Nutrition. It has become a hundred billion dollar industry! It is the right time for you to build your business. Millions need our health products and the financial opportunity offered. Don't be afraid to step out and show your enthusiasm for the opportunity you present.

You have the power to make a real difference in someone's life. But that can't happen unless you are willing to take a chance to break the ice - to make a new friend by sharing your story. Set your goal today to attend our 31st year Convention. Our theme will be "Using Nutrition to Hold Back the Hands of Time."

I am so proud to have you representing New Spirit Naturals in your area and wish you the Best of Health and Prosperity as you enrich the lives of others!



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

## New Spirit In the News

### 2012 The President's Club is going to Turkey! June 18th - 28th



The members of New Spirit's President's Club were awarded a free trip to Turkey this year due to their sales efforts.

Tekirova is a seaside resort situated on the Mediterranean Sea in the Antalya Province of Turkey. Mount Olympus is just a short drive down the coast as well as the Roman Ruins in Phaselis.

The combination of ancient remains with a forest surrounded by sea on three sides makes it a beautiful national park. The pristine stretch of beaches and sand is the pride and joy of Tekirova.

Tekirova is a 15 minute drive from Kemer and is situated 73 km from Antalya. Here are some more highlights of what to expect on their exciting upcoming trip:

- 2 nights in Istanbul with a visit to the Grand Bazaar and special celebration dinner
- 7 nights in the beautiful all inclusive resort on the sea
- Special nutritional seminars
- Advanced product training
- Presentations by Dr. Rashidi, Dr. Milam, & Dr. Bill Akipinar



## Bon Voyage

to our Top Distributors &  
President Club Members of 2012  
Collin & Ayesha Rognlie

# Convention 2013

## “Using Nutrition to Hold Back the Hands of Time”

January 25, 2013 - January 28, 2013

*Irvine Hilton, Irvine, California*

### VIP Registration \$199.95 includes:

- Admission to all seminars in Main Convention Hall
- VIP Seating in Main Convention Hall
- Convention Materials and Product Data Sheets
- One (1) VIP Ticket to Luncheon
- One (1) VIP Ticket to Awards Banquet
- One (1) Ticket to Luncheon at the New Spirit Naturals Corporate Office on Day 4
- Admission into the New Spirit VIP Event on Friday
- Admission into 2 break out sessions of your choice
- One (1) VIP swag bag filled with New Spirit Goodies
- Additional Product & Service Coupons

**Limited Tickets Available!**

### Preferred Registration \$165.00 includes:

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

### Basic Registration \$110.00 includes:

- Admission to all seminars in Main Convention Hall
- Convention Materials and Product Data Sheets

**Call Now and Reserve Your Space! (800) 922-2766**



# Nutrition

## Vita B<sub>12</sub> Spray

Vitamin B<sub>12</sub> is a water soluble vitamin that plays many roles in our bodies from maintaining proper red blood formation, neurological, brain, heart, liver, and kidney function. It is essential for health, performance and well-being.

Vitamin B<sub>12</sub> works in concert with Vitamin B<sub>6</sub> and Folic acid and helps to release energy! The most noted benefits of B<sub>12</sub> is its ability to boost one's energy level, and speed up your metabolism.

Deficiencies in Vitamin B<sub>12</sub> are fairly common. Vitamin B<sub>12</sub> signs of deficiency have been linked to fatigue/weakness, decreased sensory perception, neurasthenia, diminished reflex response, mood changes, cognitive dysfunction, amenorrhea (lack of menstrual flow) and more.†

Research indicates that Vitamin B<sub>12</sub> may have benefits assisting the body with weight management, chronic fatigue syndrome, menopause, premenstrual syndrome, cardiovascular disease, osteoporosis and brain and nervous functions.†

New Spirit now makes B<sub>12</sub> easier to have on a daily basis with our Vita-B<sub>12</sub> Spray. Spray in mouth, under tongue and continue to hold in mouth until absorbed. Each container contains approximately 150 sprays.



(2050S) 30 ml.

## Vita-D<sub>3</sub> Spray

### Vitamin D<sub>3</sub> Benefits

Vitamin D protects and promotes many of your body's functions, a deficiency of which may mean that your body lacks the tools it needs to keep you in the "optimal health zone". Newer research suggests that Vitamin D may be involved in the regulation of up to 2,000 different genes. Scientists are now suggesting that all cells and tissues in your body have Vitamin D receptors. This would suggest that every cell and tissue has some degree of need for Vitamin D for its well-being.

Evidence suggests that Vitamin D may be involved in assisting in the following health issues†: Pancreatic health, the aging process and cell longevity, reproductive health, respiratory health, sleep patterns, Parkinson's Disease, Alzheimer's Disease, eye health, Osteoporosis, weight management and Autoimmune disorders (Multiple Sclerosis, Lupus, Rheumatoid arthritis, Muscular degeneration, Psoriasis, Celiac Disease, Cystic Fibrosis, Graves Disease, etc.)

Using the latest technology New Spirit now has made Vitamin D<sub>3</sub> conveniently available in spray form. When you spray this fine-mist formula into your mouth, the essential nutrients flow quickly to your circulatory system, tissues and cells. This convenient spray allows you to deliver your exact need, as each spray delivers 1,000 IU's of Vitamin D<sub>3</sub>.

Some researchers suggest that up to 85% of people could be Vitamin D deficient. The recommended level by the government is still quite low so many experts are suggesting a need to raise the daily recommendation from 200 IU's to at least 1,000 IU's. It is recommended that you have your current level tested and work with your doctor/ health care provider to insure you are receiving an adequate level.

Each non-aerosol container contains approximately 150 sprays (150,000 IU's).

**New Spirit Naturals Vita-B<sub>12</sub> & Vita-D<sub>3</sub> Spray Contain:**  
No artificial flavors or colors    No sugar, starch, corn, wheat, gluten, eggs, salt or dairy  
Great tasting- natural peppermint flavor



(2049S) 30 ml.

# on the Go!

## Green Magic™ Superfood Bar

Now the benefits of using Green Magic™ are available in a convenient superfood bar. It's a great way to resist the temptation of high calorie, refined sugar snacks when you are on the go with your busy lifestyle. It's a good anytime snack made with lots of organic foods (over 95%) that can help satisfy your appetite and energy needs.

Featuring: **Organic Mangosteen, Organic Goji Berry, Organic Green Food Juices, and Organic Quinoa Sprouts**

- Features more than 95% organic ingredients
- Contains 8 grams of vegetable protein
- Formulated with Agave, a natural whole food sweetener. Low glycemic - no sugar added
- Contains probiotics and prebiotics
- Alkaline forming foods
- Over 21 wholesome foods & natural ingredients
- Each bar has a full serving of Green Magic™ (3 grams)
- Handcrafted using clean renewable, and sustainable solar energy.

Approximate  
ORAC value  
per bar  
1360

Great Taste!

NO transfat

NO junk food

NO preservatives



(NB-2005) 50 g. (1.75 oz)

## ORAC+™ Superfood Bar

ORAC (Oxygen Radical Absorbing Capacity) stands for the measure of the ability of a food or a substance to counteract free radicals and help neutralize their harmful effect. The foods combined in this bar were carefully selected and chosen for their ORAC capacity. This Superfood Bar contains a 1/2 serving of the original ORAC+™ Superfruit Powder.

It's tasty, convenient and should be part of your daily food plan to ensure your body of nutrient dense whole foods. It's the perfect food when you need a natural lift of energy and the will power to turn away from highly processed, sugar laden, refined snacks.

Featuring: **Organic Pomegranate, Organic Mangosteen, Organic Goji Berry, and Organic Blueberry**

- Features more than 95% organic ingredients
- Contains 8 grams of vegetable protein
- Formulated with Agave, a natural whole food sweetener. Low glycemic - no sugar added
- Over 70 trace minerals
- Alkaline forming foods
- Over 25 fruits, fruit extracts (resveratrol) and natural ingredients providing natural antioxidant support to the diet.
- Handcrafted using clean renewable, and sustainable solar energy.

Great Taste!

NO transfat

NO junk food

NO preservatives



(NB6000) 50 g. (1.75 oz)



Approximate  
ORAC value  
per bar  
3000+

# Seven Steps to The Well

New Spirit's Wellness Pack provides over 200 vital nutrients including fiber, protein and green superfood to help nourish the body's cells

## **Green Magic™**

- The World's best combination of 16 Superfoods
- Provides maximum nutrition with minimum mass
- The perfect combination:
  - 1/3 protein
  - 1/2 carbohydrates
  - 1/3 good fatty acids
- Abundant in natural chlorophyll
- Contains needed alkaline foods to help the body achieve the proper alkaline/acid balance.

## **VitaBalance 2000+**

- Contains a full spectrum of essential vitamins, chelated minerals & trace minerals.
- Rich in amino acids, bioflavonoids and antioxidants.
- Over 20 botanical herbs that assist the body's natural rejuvenating and cleansing mechanisms.
- Time released formula to provide maximum absorption and utilization.

## **NutriCleanse™**

- All natural enzymatic colon cleanser
- Helps provide:
  - Bulk forming fiber - approximately 10 grams of fiber
  - Increases water content of the stool
  - Cleansing herbs: garlic, black walnut, cascara sagrada
  - Digestive enzymes
- Contains Plantago Psyllium seed (Blonde) known as "colon broom"

## **Phyto Opti-Zymes™**

- A complete plant-based multi
- Helps relieve symptoms of ga
- Boosts digestion and absorpt (protein digesting enzymes) s (carbohydrate digesting enzy lipase (fat digesting enzyme) (indigestible fiber digesting )
- Helps cultivate healthy probi



# Optimal Health ness Pack

multi-vitamins and minerals, antioxidants, essential fats, digestive enzymes, and probiotics, assist in detoxification and for excellent general nutritional support.



## **New Life 1000™**

- Made from cold water processed salmon oil
- Enhanced with Vitamin E
- May lower LDL cholesterol levels & increase HDL levels
- Helps stimulate the production of natural anti-inflammatory agents in the body
- Keeps blood platelets from sticking together & helps prevent the development of arteriosclerosis
- Reduces harmful fats and triglyceride levels. †

## **Mega Pro Plus**

- Powerful Antioxidant Complex
- Contains standardized, concentrated Proanthocyanadins, (OPC) from Muscadine, Grape and Cranberry extract
- Provides a broad support for the body's antioxidant system
- Contains potent extracts including polyphenols from Green Tea, Lutein, Lycopene, Curcuminoids, Turmeric and Bioflavonoids.
- Contains Alpha Lipoic Acid which protects from free radical damage

## **Meal in a Glass™**

- A superior taste; best-tasting protein powder available
- Natural weight control program!
- Contains NO SUGAR.
- A complete amino acid profile (including non essential amino acids)

Multi-enzyme  
gas and bloating  
absorption with three proteases  
(seven carbohydrases  
enzyme); proprietary acid stable  
(e) and proprietary hemicellulase  
(g enzyme)  
probiotics

[vspirit.com](http://vspirit.com)

# Distributor



Meet Two of New

*Belem Gonzalez*  
Executive Director

## Belem's Story:

I came to New Spirit Naturals in December of 2011. My family and I participated in the Live Blood Cell Analysis Screening. Our health concerns were many and we all needed help to find a way to be healthier. Some of us were dealing with weight, others with depression. Personally, I was experiencing digestive trouble and was having trouble sleeping. This screening was a wake up call to my entire family and gave us a great opportunity to feel better. After setting up a supplement protocol for our specific needs, I am so excited to say that my family has lost a total of 50 pounds! Our moods are more positive; we are exercising more, eating the right foods and of course taking our New Spirit products!

With such amazing results from the New Spirit products we take, I am now on a mission to bring everyone I know to New Spirit Naturals. I realize that I am helping people when I share my story. I have so much enthusiasm for my business and know that my customers are experiencing the same results. I am trying to educate people that you can't wait until a health problem arises to decide that your health is important. That is what I did - and knowing now that I could have prevented a lot of pain and discomfort is what drives me to educate others so that they do not have to live in discomfort.

New Spirit Naturals has given me the chance to feel healthy and change my life for the better. I am fully dedicated to my New Spirit business and plan on making it to the President's Club. I have set my goals and am working hard to achieve them. I know that I am doing the right thing for myself because I feel better than I ever have and am earning a great bonus from introducing others to this awesome company.

My advice: Tell everyone about New Spirit Naturals! The products are great. The business opportunity is excellent. I have never seen a company so generous with the intention of helping people feel good and succeed!

## Belem's Product Recommendations:



(1004) 90 softgels



(2000) 90 tablets



(4016) 11 fl. oz.



(2058) 60 capsules



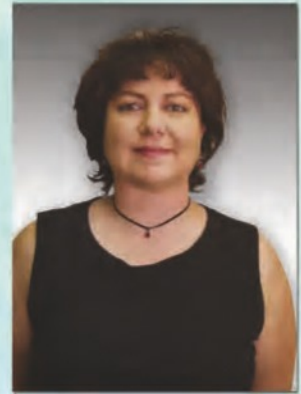
(1510) 90 capsules



# Spotlight

## Spirit's Rising Stars

*Dr. Marla Omar*  
Executive Director



Dr. Omar is a graduate of the Southern California University of Health Sciences, Class of December, 1997. She had a successful year-long internship at Thie Chiropractic Clinic, Pasadena, CA during the 1997 calendar year. In addition to her regular internship, Dr. Omar completed a surgical rotation at Coast Plaza Doctor's Hospital in Norwalk.

Prior to becoming a Chiropractor, Dr. Omar was a financial analyst and business administrator for Xerox Medical Systems for 15 years. While playing competitive soccer for the OCWSL, she suffered a severe knee injury which required extensive reconstructive surgery. It was the successful post-surgery treatment to her spine, hip and knee which compelled Dr. Omar to seek a career as a doctor.

Dr. Omar is certified in Applied Kinesiology from the International College of Applied Kinesiology. She attended the Carrick Institute of Neurology and is Board Eligible for her Diplomate status in Functional Neurology.

Dr. Omar has been in practice since 1997. Her philosophy is to provide quality treatment and relief to all those in need of health care. Her success in patient care includes evaluating the nutritional status of each patient and providing recommendations for dietary changes and using quality nutritional supplements.

New Spirit Naturals continues to be a big part of her successful practice. The products are naturally formulated and provide the highest quality nutrition to supplement the patient, aiding the resolution of various patient conditions. Using New Spirit Natural's products has been so successful, Dr. Omar has expanded her practice to include providing nutritional guidance to patients out of the local area, including people out of state. Her philosophy parallels that of Dr. Milam, "To change the health of the world, one person at a time".

Dr. Omar's mission statement:

"To deliver clinical excellence in healthcare and to make a change the patient can clearly experience."

### Dr. Omar's Product Recommendations:



(3000) 60 capsules



(5002) 171 g. powder



(2069) 60 capsules



(1015) 1 lb. powder



(2005II) 10 oz. powder

# Did You Know?

All New Spirit products are manufactured by New Spirit, an FDA regulated Drug Facility.

Our Calcium Complex contains 1200 mg of calcium and ranks as #2 top selling product worldwide.

New Spirit's Probiotic Powder contains 10 billion organisms ready to boost the body's re-colonization process and restore health to the digestive tract.

Using the Sol Vita™ Sauna for just 15-20 minutes could easily burn 300 calories, the equivalent of running 2 to 3 miles!

New Spirit products are available in over 20 countries.

Nutri-Grand™ is not only an excellent source of fiber, but also a powerful source of Omega-3 fatty acids, lignans, and natural phyto-estrogens.

Mediterranean Bliss™ Balsamic Vinegar is aged over 10 years in selected resinous aromatic wooden barrels made from durmast oak, chestnut, ash, cherry, and mulberry and carries the taste of an 18 year old balsamic vinegar.

Sea Clear Laundry Detergent is more than 95% biodegradable within 7 days and 100% biodegradable within 30 days.

Green Magic™ is not only beneficial to your health but also helps provide nutrition to your pets as well! Just a teaspoon of Green Magic™ mixed in with their food will keep your furry friends happy and healthy.

RSVP™ is the vegan form of New Spirit's protein powders and provides 15 grams of vegetable protein per serving.

Magic Fruit™ Tea is 250 times sweeter than refined sugar, but contains NO calories and is low glycemic.



# New Spirit Global

Throughout the past 30 years, many changes have occurred as New Spirit Naturals continues to pursue its mission **“To Change the Health of the World – One Person at a Time”**.

During the first 10 years of business, New Spirit Naturals concentrated its mission within the United States. As New Spirit began to grow, our products and services gained attention from the International community. Very quickly New Spirit spread to the United Kingdom and Eastern Europe. To better serve our International customers, New Spirit opened an office near London to be a coordination center for European Operations.

In 1994, an agreement was signed with **Vitamax** to coordinate distribution of our products in the former Soviet Union countries. An incredible success story has followed with tens of thousands of loyal

Distributors for the past 17 years! In 2004 New Spirit began its expansion into the Asian market beginning in Vietnam then stretching to Thailand.

In 2008, New Spirit Naturals took another bold step in its International business and established a GMP factory in the south of China. It is here that New Spirit produces an array of food products and supplements specifically designed for the China market.

In 2011, Dr. Larry Milam, the Founder and President of New Spirit Naturals announced the need to expand our global vision. With this decision, he introduced the **New Spirit Naturals Global**. New Spirit Global was charged with developing products and tools for training, product education, marketing and communications that could benefit all the countries offering the New Spirit brand.

## Global Partners Alliance

In August, 2011, New Spirit Naturals joined the Global Partners (GPA). The GPA was formed between Vitamax, New Spirit Naturals and the University of Natural Medicine.

The official signing of the GPA was held in Kiev and Moscow. Signing for the GPA was Mikhail Raskin and Victor Troshenko representing Vitamax and Dr. Larry J. Milam representing New Spirit Naturals and the University of Natural Medicine.

The GPA welcomes other associated and/or affiliated organizations to join as a part of the alliance who are interested in promoting longevity and wellness through diet, lifestyle and natural products.

The China partners of New Spirit Naturals, Guangxi Yili Health & Biotech Co., Ltd., has recently joined the GPA as well as New Spirit Naturals, UK.

Other interested parties who wish to join are invited to contact Vitamax at <mailto:gpa@vitamax.ru> or New Spirit Naturals at [eservice@newspirit.com](mailto:eservice@newspirit.com) for more information.



Mikhail Raskin

Dr. Larry Milam

Victor Troshenko



## Are you logged in? [www.newspirit.com](http://www.newspirit.com)

- Place your product orders online 24/7 anytime, anywhere!
- User-friendly: all products are arranged in an easy to navigate forum based on category.
- Technical bulletins for product education are available to all Members.
- Find out What's New with New Spirit: Calendar of Events, Monthly Specials, Distributor Spotlight, and Customer Testimonials.
- Keep informed with our helpful Resources section that includes our Online Catalog, "Find your ingredients" Tool, Books, Newsletters and other downloadable literature too!
- New customers can learn about the New Spirit opportunity and the advantage of becoming a Member by visiting our "Opportunity" page.
- Create your personal New Spirit Website to keep track of your order history, build and review your organization's activity, and make product recommendations for your new customers.