

# Nutrition with Intention™

Summer Edition 2013

## GO GREEN!

The Power  
of Green Foods

Convention 2014

Super Foods  
for a Super You!

The President's Club  
Trip to Maui



NEW SPIRIT  
NATURALS



# A Message from Dr. Milam

As we head into the summer, many will be taking vacations to enjoy a little break from the fast pace of our daily lives. Whether you travel far or stay close to home, New Spirit Naturals wants you to enjoy your summer with optimal health. Protect yourself this summer as you are soaking up additional sun and continue to make smart food choices that will keep your body and its immune system strong.

During travel it is often difficult to maintain our healthy routine. We indulge in food that might not normally make it into our own kitchen. It is vital that we take New Spirit products with us! Our products can help bridge the gap between what we are used to eating on a daily basis and "on the go" foods. Our green food products can help stabilize our diet with "Nutrition on the Go"!

Green Magic™ is a perfect source of fruits and vegetables and other healthy ingredients that can be mixed into a quick smoothie or taken in capsules. And don't forget about our Green Magic™ Super Food bar – a great alternative to junk food. I encourage you to read all the interesting articles in this newsletter and share them with your family and friends.

I would like to thank Ayesha Rognlie for her wonderful article on Guardian Greens™. She is a great leader in New Spirit and has a wealth of knowledge to share with all of us. Nutrition is her passion!

In this issue, we recognize those members who earned a spot in the **2013 Winners Circle**. You are the leaders of New Spirit and we are so proud to have each of you as a part of our team. We have taken the opportunity to put the spotlight on two members of the President's Club as well. Dr. Wendy Rashidi, our Top US Distributor and Dr. Bo Wagner are both no strangers to the President's Club. They incorporate New Spirit into their practices and spread the word of Nutrition with Intention™. We will feature more members of our President's Club in upcoming publications.

All of us at New Spirit Naturals wish you a very Healthy Summer! "Keep it Green!"



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

## New Spirit In the News



**Aloha!**

**Our President's Club will be spending a 5 night luxury get-away at the *Grand Wailea Resort Hotel & Spa* this August in Maui.**

**During their stay, members will enjoy the sites of Hawaii and special New Spirit Seminars. Congratulations to our 2013 President Club Members:**

Dr. Wendy Rashidi  
Ayesha & Collin Rognlie  
Dr. Bo Wagner  
Dr. Ping Wu  
Dr. Bill Akpinar

Mark Jennings  
Terry Kane  
Dr. Marla Omar  
Teri Nero  
Dan & Nadene McGovern



Pallets of New Spirit Products

New Spirit recently packed, loaded and shipped three ocean containers of New Spirit products to Russia, Ukraine, and the countries of the former Soviet Union.



Just another example of how New Spirit is growing all around the world!



# Super Green Foods for a Healthier You



## Alpha Greens™

### Nature's Alkalizer\*

Alfalfa (*Medicago sativa*) is one of the most studied plants. With today's advances in science, we know that it contains important substances, including saponins, sterols, flavonoids, coumarins, alkaloids, amino acids, vitamins, minerals, trace elements, enzymes, plant sugars and proteins (approx. 25% by weight). Overall, alfalfa is one of the most nutritious foods known.

Alfalfa contains vitamin A, E, K, B, and D. It also contains silicon, phosphorus, iron, potassium, chlorine, sodium, magnesium and many additional trace elements. Alfalfa has eight known enzymes that promote chemical reactions that enable food to be assimilated properly within the body.

In addition to alfalfa, Alpha Greens™ contains a blend of 100% pure cereal grass juices, including organically grown wheat, barley and kamut grass juices.

Alpha Greens™ contains no grains, only the juices from these young cereal plants. Our cereal grasses are organically grown in an ancient high altitude, pristine, mineral rich volcanic sea bed. Only natural mineral spring water is used to irrigate these rich fields. When the plants reach approximately 6" to 8" in height, they are quickly cut, juiced and dried at low temperatures (below 100° Fahrenheit) to preserve heat sensitive nutrients, vitamins, enzymes and precious chlorophyll.

Chlorophyll is perhaps the most significant, therapeutic ingredients in plants. It accounts for approximately 70% of the solid content of wheat grass juice. Chlorophyll is the plasma of plants. Green plants take in sunlight and transfer it into food. This diverse process is called photosynthesis.

Famous research scientist, E. Bircher, founder of the famous Bircher-Brenner Clinic in Switzerland, called chlorophyll "concentrated sun power" and found that, "chlorophyll increases the functions of the heart, affects the vascular system, the intestines, the uterus and the lungs."

It has also been reported to raise the basic nitrogen exchange. This, plus its stimulating properties, makes alfalfa a unique tonic.



## Earth's Harvest™

Blue-green algae are among the most ancient life forms on earth. They are natural foods that have existed since life began. Their nutritional content is broad and highly concentrated. A form of blue-green algae was consumed regularly hundreds of years ago by Aztecs, while spirulina was a favorite among native peoples in the Sahara desert region of Africa.

Today blue-green algae and spirulina are some of the top superfoods, providing extraordinary nutrition in a time when most food sources are of poor nutritional quality. Blue-green algae and spirulina are rich in vitamins A, C, E and the B-complex vitamins, including vitamins B12 and B6. Since these vitamins are packaged in their natural form, they are in a highly usable state that makes them far superior to modern vitamin supplements. Blue-green algae is 70% vegetable protein and has higher levels of beta-carotene than broccoli.

The one-two punch potency of blue-green algae is that it contains a high concentration of nutrients- over 65 vitamins, minerals and enzymes and the complete spectrum of eight essential amino acids and ten nonessential amino acids... and they are all easily absorbed by the body.

In fact up to 97% of the beneficial vitamins, minerals and enzymes found in blue-green algae are easily absorbed (some supplements are as low as 5-25% absorbable). Contains the most biologically active chlorophyll of any known food. These foods are rich in natural minerals like calcium, magnesium and iron. They are also an excellent source of trace minerals that are commonly lacking in today's diet.

Many of these vitamins and minerals exhibit antioxidant properties which aid in the elimination of toxins and free-radicals, helping the body fight disease and stay healthy. These elements also fight cancer - in fact, preliminary studies point to spirulina as a natural anti-cancer agent.† Spirulina and blue-green algae are highly effective for heavy metal detox, as multiple studies have shown.

Blue-green algae and spirulina do not pack a lot of calories. This makes it effortless to incorporate these superfoods into your diet regardless of your nutritional needs and preferences.

**Try Alpha Greens™ and Earth's Harvest™ today to experience the great benefits!**  
*For more information contact your local distributor or New Spirit Naturals.*



# Protect and Strengthen your Immune System

contributed by Ayesha Rognlie

Executive Director; President Club Member

Our vegetable kingdom provides the most healing power available from food. The father of medicine, Hippocrates, stated "Let food be thy medicine and medicine be thy food." Therefore, we should look to the plant kingdom for the majority of our sustenance. The beauty of taking various vegetable juice powders is that they are nutrient dense and digest easily. As a result, they work more efficiently in our cellular system to nourish and feed our bodies.

Most importantly, a strong immune system is critical for staying healthy and maintaining resistance to the myriad of germs, viruses, and our environment with its chemicals, allergens, toxic metals, and polluted air. Guardian Greens™ provides support for the immune system and its associated internal organs including, the brain, liver, kidneys, spleen, gall bladder, stomach and intestinal tract, pancreas, blood, and nerves.

This powerful blood and brain enriching tonic is made from a blend of brain nutrients, micro-algae, and phyto-nutrient rich herbs.

Together these ingredients provide synergistic support for our immune system. Green powders are extremely rich in much needed vitamins, minerals, and chlorophyll. These nutrients help to optimize health. These green foods are of tremendous benefit, easy to digest, and make it much easier for us to reach the goal of 7 to 10 servings of vegetables per day. It is so easy to mix Guardian Greens™ into a smoothie on a daily basis. You can also use it as a means for detoxification or fasting, by making up to 5 drinks throughout the day. We combine organic spinach, kale, blueberries, orange, five walnuts and banana in coconut water with a teaspoon of Guardian Greens™, Ageless Beauty™, and whey protein. It is delicious, nourishing, preventative, health enhancing, and promotes weight loss, as well.



## Guardian Greens™ brain nutrients include:

### Phosphatidylserine to Improve Overall Mental Alertness

Phosphatidylserine can rejuvenate your brain, strengthen memory, and increase mental acuity. Phosphatidylserine, a completely natural extract from soy phospholipids, is taken up and processed by the liver within 30 minutes and readily crosses the blood-brain barrier.

Phosphatidylserine increases the brain's glucose metabolism and the number of neurotransmitter receptor sites and may eliminate the symptoms of memory loss, and mental confusion.

### Ginkgo Biloba to Improve Blood Flow to the Brain

Ginkgo Biloba has a powerful effect on the cardiovascular system, especially in the improvement of blood flow to the brain.

### Guardian Greens™ micro-algae include:

- Spirulina
- Chlorella
- Dunaliella

See page 7 for more information on the amazing health benefits of these micro algae.



# The Incredible Benefits of Guardian Greens™

## Guardian Greens™ phyto-nutrients include:

### **Alfalfa Juice Powder:**

Alfalfa is rich in carotenes, vitamin K, chlorophyll, and amino acids. Alfalfa supports the body in removing inorganic minerals from blood & lymph fluids. Alfalfa is a blood-building food. Alfalfa Grass is also used to detoxify the body by cleaning the liver, being useful as a natural remedy kidney and urinary tract infections.

**Red Beet Juice Powder:** Red beet roots and beet juice have a storehouse of plant-sourced nutrients and a tremendous amount of healing potential. Red Beet cleanses toxic waste and encourages healthy blood cell formation. Red Beet is a rich source of plant iron. Beets have also been clinically proven to support liver function in rats.

**Rhubarb Juice Powder:** Rhubarb has been used as a traditional Chinese medicine since ancient times and today it is still applied in various herbal preparations for health benefits. Rhubarb is a gentle tonic bitter, a liver cleanser, a colon cleanser, an antiseptic, and a healer for stomach and duodenal ulcers. Rhubarb also has the benefits of anti-oxidant, anti-inflammatory, and anti-allergy activities.

**Black Currant Powder:** Black currant berries are considered to be the "King of Berries" and the elixir of youth. This is because they contain high concentrations of Potassium, Magnesium, Iron, Calcium, Vitamins A, B, & C, trace minerals, organic acids, antioxidants, essential fatty acids, and many more phytonutrients than are found in any other fruits. Black Currant is an excellent source of essential fatty acids (EFA) including gamma linoleic acid (GLA), which are necessary for a host of metabolic processes throughout the body. A recent study in the American Journal of Clinical Nutrition found that subjects who were given a mixture of berries daily (including black currants) had a reduction in blood pressure and an increase in good (HDL) cholesterol, two factors that can decrease the risk of cardiovascular diseases like heart attack and stroke.

**Red Clover Tops:** Red clover is a source of many valuable nutrients including calcium, chromium, magnesium, niacin, phosphorus, potassium, thiamine, and vitamin C. Red Clover is a blood purifier and has been used in the treatment of inflammatory skin conditions and psoriasis, childhood eczema, rheumatoid arthritis, and relief from bronchitis.

**Parsley Greens:** Parsley is high in vitamin A, beta-carotene and vitamin C. It is an excellent source of chlorophyll, Vitamin B, and Potassium. As a whole some organic-food it is also a good choice for bone health with vitamin K (536 mg in an average serving). Parsley has a strong alkalizing effect on the body.

**Dandelion Greens:** Dandelion Greens are rich in A, C, D, and Potassium. Dandelion Greens is a diuretic relieving high blood pressure. Dandelion Greens gently stimulate intestinal function making it suitable for all forms of gall bladder disease.

**Watercress Greens:** Watercress is considered an anti-aging food. It contains a lot of lutein, which helps improve or maintain eye health. It is very high in iodine, so it is excellent for people with low thyroid function to consume. Watercress is particularly high in vitamin A and calcium.

**Milk Thistle Powder:** Milk thistle is a medicinal plant that has been used for 2,000 years as an herbal remedy for a variety of ailments, particularly liver, kidney, and gall bladder problems. The ancient Greeks and Romans used milk thistle as a treatment for liver ailments and snake bites. Milk Thistle strengthens cell walls to prevent toxins from crossing into the cell and also stimulates enzymes that make toxins less harmful to the body.

**Burdock Root Powder:** Burdock root contains small quantities of many vital vitamins, including folic acid, riboflavin, pyridoxine, niacin, vitamin-E, and vitamin-C, that are essential for optimum health. Both vitamin C and E are powerful natural antioxidants help the human body stave off infections. It also contains some valuable minerals such as iron, manganese, magnesium; and small amounts of zinc, calcium, selenium, and phosphorus. Burdock Root purifies the blood and lymph of circulating toxins, removing metabolic waste products. Burdock root helps to control liver damage. Burdock also contains high level of insulin that acts like the insulin found in the human body and helps fight hypoglycemia. It also aids to soothe people diagnosed as pre-diabetic and helps to maintain proper blood sugar levels.



# Green Magic™



There is a growing body of research and evidence linking the consumption of vegetables and fruits with the prevention of many degenerative diseases. Antioxidants and phytonutrients and other compounds in these foods are said to be responsible for their therapeutic affect. Now there is a re-emergence of green foods as people begin to get educated about the benefits they offer. Since Green Magic™ was introduced millions, worldwide have re-introduced Green foods as part of their daily diet.

#### What is Green Magic?

- A combination of the most nutrient dense foods on earth.
- Dried with low heat to keep the valuable micro & macro nutrients intact.
- Easily digested and assimilated.
- Can assimilate up to 99 percent of the food value.
- Gluten Free.
- Preservative Free.

#### What is one the Magic Ingredients in Green Magic?

##### CHLOROPHYLL

Chlorophyll in plants convert light energy from the sun into a dazzling array of energy molecules. This green pigment is known as the blood of the plants. It is an aggressive, powerful, detoxifying agent for the liver and an internal deodorizer for the entire digestive tract. Chlorophyll is a photoreceptor.

#### Chlorophyll has a number of healthful benefits:

- Reduces excess cholesterol, triglycerides and other blood lipids.
- Stimulates production of hemoglobin.
- Natural iron - improves anemic conditions.
- Helps improve blood sugar issues (diabetes).
- Helps wounds heal faster.
- Feeds heart tissue.
- Helps regulate menstruation.
- Aids in the discharge of mucus from the body.
- Natural appetite suppression - reduces food cravings.
- Helps detoxify the skin & body.
- Strengthen the immune response.
- Improves digestion.
- Increases strength, stamina, and energy.
- Increases mental clarity and concentration.

Green Magic™ is nutrient dense containing vitamins, minerals, antioxidants, enzymes, and phytonutrients. It has a low calorie value and is great for natural weight loss. There are no added sugars, colors, or preservatives and Green Magic™ has a balance of protein (30%), carbohydrates (40%), and good fat (30%).



Nelly Barajas and her son,  
Jose Luis both enjoy Green Magic™

## The Incredible Benefits of Green Magic™

Weight Loss  
Helps reduce appetite  
Increases mental clarity  
Helps relieve stress  
Overall health & wellness

Good for adding vegetables to your diet  
Diabetes (no added sugar)  
Cardiovascular disease (antioxidants)  
Energizes the body

Lowers blood lipids  
Helps clear excess bile acid  
Helps alkalize the body  
Good detoxifier



# Superfoods Selected for Green Magic™

16 selected out of thousands of ingredients for Synergy and chosen for their concentrated nutrients.  
High energy dense foods • High antioxidant value  
ORAC (oxygen Radical Absorbing Capacity) • 1060 ORAC units per 3 grams  
Equal to 100,700 ORAC units/per 10g bottle of powder

**Spirulina** is a type of blue-green algae that is rich in protein, vitamins, minerals, carotenoids, and antioxidants that can help protect cells from damage. It is the most concentrated, nutritious whole food available to man. Spirulina has more protein than any other food with the full range of essential amino acids, and is highest in natural, easy to assimilate iron. Spirulina is very high in chlorophyll and in the B-complex vitamins. Because of its high concentration of protein and iron, it makes it ideal for pregnant women, surgery recovery or anytime the immune system needs a helpful boost.

**Chlorella** with its dense nutritional profile contains a wide spectrum of healing nutrients-such as vitamin A, C, E, beta carotene, and chlorophyll. Chlorella is high in protein and it can be a good source of protein for vegetarians, vegans and anyone else who wants to eat less meat and to get more protein from vegetarian sources. Chlorella fuels the body and its "guardian system" to fight off potential health-limiting "invaders", promotes cell growth & heals wounds.

**Dunaliella** is one of the most nutrient dense food sources known to man. It is packed with health promoting properties. Dunaliella is a red micro-alga with the highest quality of natural source carotenoids. Carotene helps to support a healthy immune system and to maintain healthy skin and eyes. Research has proven that consumption of the Dunaliella algae is effective in prevention of some forms of cancer. Dunaliella is also rich in essential minerals, vitamins, proteins, amino acids, essential fatty acids, carbohydrates, chlorophyll, and other important nutrients. Dunaliella also protects the adrenal glands, reproductive organs, pancreas, spleen, skin and the retina of the eye.



Start each day with the Power of Green Magic™

## Wheat Grass, Barley Grass, Kamut Grass Juices (Organic)

- Harvested at a very early stage, 7 – 10" height.
- Contains over 80 different nutrients, minerals, trace minerals, vitamins, enzymes, phytonutrients and chlorophyll.
- Contains "growth stimulating factors."
- Promotes mobility of the intestinal tract.
- Supplies 11 times the calcium of dried milk.
- Improves skin color and tone.
- Assists in weight control and management.
- Good blood purifier and cleanser.

## Lecithin (De-Oiled) Soya (Non GMO)

- Helps the body emulsify and mix lipids and water.
- Helps promote healthy cell membranes.
- Helps reduce cholesterol (blood lipids).
- Helps support brain health.

## Probiotic Blend

- Helps build immune systems.
- Helps with detoxification.
- Helps normalize toxic bacteria.
- Helps balance pH (acid/alkaline).
- Helps the body make natural antibiotics.
- Helps normalize bowel regularity.

## Jerusalem Artichoke Flour (JAF)

- A prebiotic.
- Source of natural inulin (prebiotic).
- Promotes healthy skin.
- Support intestinal health.
- Help reduce Candida (yeast growth).

## Sea Vegetables

(Icelandic Kelp & Nova Scotia Dulse (Macro Algae)

- 28% minerals.
- Contains over 60 trace elements.
- Contains enzymes, alginates, polysaccharides.
- Kelp- contains natural iodine.
- Supports thyroid health.
- Dulse – contains naturally occurring lithium.
- Supports mental balance.

## Fibers

High Pectin Apple Fiber

- Provides internal fiber with good taste.
- Helps trap cholesterol and excessive blood lipids.
- Soluble fiber.

Rice Membrane Powder

- Good source of insoluble fiber and B-complex vitamins.
- Certain brain nutrients.

## Super Antioxidants

Co-Enzyme Q10

- Antioxidant.
- Good for heart health.
- Used by cells to produce energy (ATP).
- Declines with age in the body.
- Good for dental health.

Royal Jelly

- Concentrated.
- Enzymes, antioxidants, vitamins, and 20 amino acids.
- Promotes healthy skin.
- Longevity ingredient.



# Green Magic™



## Smoothie Recipes

### Dr. Milam's Signature Green Magic™ Shake

8 OZ. PURIFIED WATER  
1 HEAPING SPOON GREEN MAGIC™  
1 SCOOP ULTRA WHEY/MEAL IN A GLASS  
1 SPOON DEOILED LECITHIN  
¼ CUP OMEGA CRANBERRIES  
½ BANANA  
ICE AS NEEDED

### Green Magic with Cherries on Top

1 SCOOP ULTRA WHEY VANILLA  
1 TSP. GREEN MAGIC™  
2-3 FROZEN STRAWBERRIES  
1/4 CUP OF OMEGA CHERRIES  
1-2 CUPS WATER  
ICE TO DESIRED CONSISTENCY  
MAKES 1 SERVING



#### Featuring :

- Organic Mangosteen
- Organic Goji Berry
- Organic Green Food Juices
- Organic Quinoa Sprouts

**GREAT TASTE!  
NO TRANS FAT!  
NO JUNK FOOD!  
NO PRESERVATIVES!**



Handcrafted using clean, renewable, and sustainable solar energy

#### Key Features

8 grams of protein/serving

Formulated with Agave, a natural whole food sweetener

Low glycemic - no sugar added

Contains probiotics and prebiotics.

Alkaline forming foods

Over 21 wholesome foods and natural ingredients

Each bar has a full serving of Green Magic™ (3 grams)

"For years I have dealt with quick drops in my blood sugar – resulting in lightheadedness and fainting. I relied on orange juice or fruit to give me a quick boost in my blood sugar but never had anything to help it stay stabilized. With the Green Magic™ Superfood bars, my blood sugar levels stay steady throughout the day! This product has been such a life changer for me. I never go anywhere without a Green Magic™ Bar." Jacey Rubinstein, Boston



# Longevity™ Tea

with Green Tea No Caffeine

Enjoy this great tasting, caffeine-free, traditional Chinese herbal formula to quench your thirst while it cools and detoxifies your body. Longevity™ Tea delivers high levels of polyphenol (80%) from green tea, powerful, bioavailable antioxidants to fight cancer cells, control cholesterol and hypertension, inhibit microbiais and correct the body's metabolism of fats.

Three Treasures Longevity™ is concentrated. Each dropper full (30 drops) provides as much polyphenols as 10 to 20 cups of regular green tea (in tea bags). In addition, this powerful anti-aging formula contains standardized extracts of Chinese Wolfberry, Jujuba, Hawthorn Berry, Orange Peel, Ginger, Astragalus, Liriope and Rhemannia. All herbs are designed to work in concert to provide the most comprehensive "anti-aging" formula available. (60 servings per bottle)

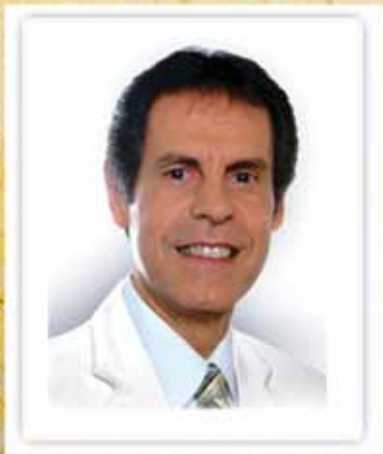


## Meet 2 Members of the 2013 PRESIDENT'S CLUB



**Dr. Wendy Rashidi, M.D.** is a family physician who has always been ahead of her time. Prior to enrolling in medical school she studied for a Masters degree in Clinical Nutrition at the University of Illinois. She then went on to graduate from the University of Illinois College of Medicine at Rockford, and completed her specialty training in Family Medicine with Kaiser Foundation Hospital, Fontana, California. She is both board-certified by the American Academy of Family Physicians, and by the American Board of Holistic Medicine.

In her practice of medicine, she sees her role as a physician to be consultant, teacher and expert advisor in partnership with her patients. Her preferred approach is both holistic and preventive, using nutrition and lifestyle changes to optimize health. With her background in clinical nutrition, she joins a growing body of health care professionals in exploring the specialty of Functional Medicine. This specialty works with the patient to evaluate the underlying biochemical pathways involved in the development of disease and aging. She has been a member of New Spirit Naturals Advisory Board and President's Club since 1998. Making New Spirit's extraordinary nutritional products available to her patients has boosted their compliance of natural alternatives and dramatically increased her practice. Her credentials continue to grow. She and Ardi, her husband of twenty-five years, have two sons and two daughters. They all enjoy excellent health. They like to stay healthy through nutrition, regular exercise, and natural herbal medicines.



### **Dr. Bo Wagner, N.M.D., Ph.D.**

For 36 years, Dr. Bo Wagner has been practicing, counseling and teaching his patients natural holistic healthcare. Dr. Bo's clientele is primarily the entertainment industry and he is often referred to as the "Nutritionist to the Stars". His famous "Total Body Wellness Plan" is a complete detoxification and rejuvenation program, which the stars swear by. His connection with the entertainment business began early and has spanned most of his adult life. At the age of five, Dr. Bo was appearing in the original Mickey Mouse Club as a drummer and dancer. He was also a regular on the Lawrence Welk TV show and many other popular TV shows.

Like so many in holistic health, Dr. Bo's prestigious nutritional career began with the intention of reclaiming his personal health. He took wellness seriously and received his first degree, a Doctor of Natural Medicine (N.M.D.) in 1968. Dr. Bo has gone on to receive a B.S., M.S., and Ph.D. in Natural Health Sciences in Clinical Nutrition. In the 90's, Dr. Bo opened his current practice, a Holistic Health Care Center called Universal Life Force. He continues to work closely with TV and movie studios, providing the essential support that this industry's fast paced environment demands. His popularity continues to grow, as does his celebrity client list, because his nutritional programs produce results. Dr. Bo is committed to product excellence and is passionate about wellness.



# New Spirit's 2013 Winner's Circle Members

**#1 Distributor, USA**  
Dr. Wendy Rashidi



Dr. Bo Wagner



Dr. Ping Wu



Dr. Bill Akpinar



Mark Jennings



Ayesha & Collin  
Rognlie

## President's Club



Terry Kane



Dr. Marla Omar



Teri Nero



Dan & Nadene  
McGovern

## Director's Circle

Marcela Ramos  
Dr. Ed Bauman  
Gentle Wellness Center  
Lydia Hernandez

## Elite Circle

Cecelia Cordova  
Belem Gonzalez  
Angelina & Guillermo Camarena  
Carmen Ornelas  
Hacer Bozkurt  
Judith & Tom Weckerly  
Ondre Seltzer  
Jim & Connie Tolbert

## Inner Circle

Marie de Jesus Paz  
Edith Rowland  
Fran Westerland  
France Robert  
Delia Velasco  
Donna Hinojoza  
Feigen Marifosque  
Diana Moreno  
Silvia Marquez  
Maryalice Bourdelaise  
Eileen Almada  
Eleanor Allen  
Audrey Pollock  
Patricia Prado  
Jane Viers  
Donna Toth

Victoria Rodriguez  
Rose Kaneshige  
Norma Ahumada  
Ed Marifosque  
Jessie Mendez  
Dr. Jean Maddox  
Nelida Barajas  
Trudy D'Agay  
Basic Health & Life Corp.  
Hilario & Amelia Casado  
Ann O'Neill Herrera  
Malia Talonaa  
Linda Zayas  
Raul Gullient  
Jack Homer



# Wellness



# NEW SPIRIT NATURALS

# Energy

- Anti-Aging
- Strength
- Mobility
- Youth

- Fitness
- Vitality
- Longevity
- Balance

# Family

- Adults
- Seniors
- Kids
- Pets

# Lifestyle

- Opportunity
- Prosperity
- Adventure
- Success



# CONVENTION 2014

January 24th - 27th



## Irvine, California

### VIP Registration \$249.95 Limited Space.

- Includes: Admission to all seminars in Main Convention Hall
- VIP Seating in Main Convention Hall,
- All Convention Materials & Product Data Sheets
- One (1) VIP ticket to Luncheon and Awards Banquet
- One (1) ticket to Luncheon at the New Spirit Naturals Corporate Office on Day 4
- Admission into the New Spirit VIP Event
- One (1) VIP swag bag filled with New Spirit Goodies
- Additional Product & Service Coupons



### Preferred Registration \$199.95

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



### Basic Registration \$149.95

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

# REGISTER TODAY

800 922-2766



New Spirit  
Available  
Anytime,  
Anywhere!



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.
- Watch & share product education videos.
- Find out what's new with New Spirit: Calendar of Events, Monthly Specials, 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.