

# SECRET SOURCES

**Secret Sources For Healing Foods and  
Natural Medicines That Can Save Your Life**

**M I K E   A D A M S**



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Natural Medicines That Can Save Your Life**

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## What you'll find here

This book reveals the little-known sources where you can purchase foods, food ingredients and herbal products that very few people know about and yet are critical for overcoming chronic diseases like diabetes, cancer, heart disease and clinical depression. For example, in this book you're going to learn about where to buy freeze-dried berries that work as powerful whole food vitamins that will lower cholesterol, fight cancer, enhance immune system function, prevent cardiovascular disease, and provide a long list of other healthful benefits.

But that's only the beginning. You'll also learn about a little-known source for rainforest herbs that holds the key to reversing cancer, fighting off infectious disease and even surviving a flu epidemic.

Beyond that, I'll also tell you where you can get freeze-dried vegetables that you can eat like snacks as a replacement for potato chips or fried foods. These freeze-dried vegetables give you the crunchy texture you crave when you're wanting comfort foods, but without all the trans fats and calories found in fried foods. They serve as a fantastic replacement for eating fried snack foods.

I'll also tell you where you can get the best superfoods mixes on the internet. These mixes are powders that contain a variety of superfoods with the ability to prevent and even treat chronic diseases like cancer, diabetes, heart disease, osteoporosis, clinical depression, and many more. I'll also share the best sources for getting chlorella and spirulina.

You'll even learn where to buy quinoa and other ancient grains for just pennies on the dollar. Normally if you go into a health food store and want to buy quinoa, you're going to pay as much as \$10 / pound for it. I'll show you where to get it for a little over \$2 / pound! I'll also show you where to get flax seeds for about a \$1 / pound, or where to buy oat bran for a little over \$2 / pound.

I'll show you where to get real salt that's been harvested from the ocean rather than concocted in a synthetic chemical factory (as is common table salt). I'll reveal where to purchase stevia extract powder (a natural herbal sweetener that replaces sugar) at the very best price you'll find anywhere.

I'll show you how to buy sea vegetable powders for pennies on the dollar, I'll reveal sources for getting healthy oils like avocado oil and cancer-fighting apricot kernel oil (which some people claim is an outright cure for many forms of cancer). You'll learn where to get disease-preventing powders like broccoli powder and beet root powder that you can mix into drinks as part of your daily nutrition.

I'll show you how to get coral calcium at a fraction of the price you've been paying in the health food stores. I'll also explain where to get a powerful mushroom blend that works to boost immune system function and even helps fight cancer.

Unlike the manufacturer of all these products, I am not bound by unfair FDA restrictions that prohibit free speech. *I can tell you the truth* about these products and that is exactly what I am going to do in this book. You're going to learn exactly how to prevent and even treat chronic disease with the most powerful healing foods and natural medicines on the planet.

## Priceless health know-how

Essentially, I am going to give you information that will not only save you a considerable amount of money over purchasing these food items at the grocery store or at health food stores, I'm also going to give you dozens of strategies for replacing unhealthy comfort foods and snack foods with healthier choices that enhance your health instead of compromising it.

I'm going to give you ways to use foods to fight cancer, reverse diabetes, treat heart disease and cardiovascular disorders. I'm going to show you how to get your nutrition from whole foods in a convenient way that anyone can follow, even if you don't like to cook. I'm also going to reveal a powerful, little-known vitamin that I call "vitamin X" that is just now emerging on the market, and that has been shown to be 500 times more powerful than vitamin E as an antioxidant. I'll tell you where you can get vitamin X and I've even managed to convince two manufacturers to offer exclusive coupons that give you a discount on vitamin X just by reading this report.

This is the kind of information you're going to get in this book. This is the kind of information that it has taken me years to gather and learn from experience. I use this information myself every single day. This is exactly where I purchase my own foods, herbs, freeze-dried berries and other supplements that I use as the main ingredients in my own diet.

Essentially, I am giving you the blueprint to my own healthy diet and revealing the exact sources where I acquire the products that make this possible.

## Why I'm giving this away

You might be wondering, "If this information is so valuable, why is Mike crazy enough to give it away?" The short answer is that not everybody in the world is a greedy, money-grubbing corporate CEO that has to make a buck off every single thing. But the more accurate answer is that I hope to accomplish three important things with this:

First, I am deeply dedicated to the mission of helping people transform their health. I truly want to live in a world where people are healthier, and giving away this information is just one small way in which I can help make that happen.

Second, I hope to support the companies offering health-related products. The best way to keep these companies in business is to make sure they have lots of customers. So even though I don't earn a dime from your purchases of the products mentioned here, you're still doing the world a favor by supporting the financial well being of these companies. And they deserve your business!

Third, I hope that you will give this report to a hundred friends and that they, in turn, will find out about **[www.NewsTarget.com](http://www.NewsTarget.com)**, **[www.TruthPublishing.com](http://www.TruthPublishing.com)** and all the health-related information available through those online resources. The more people I reach with a message of disease prevention and health transformation, the better I feel about being alive. No kidding. So by stealing this report and giving it away to people you know, you'll also be helping me out. And that's how you can return the favor, frankly. (If you want to send me Christmas cards as a thank you, that's okay too.)

## Most people don't have a clue where to get these items

What's really interesting about all this is that most consumers around the world have no idea how to really eat healthy. They don't really know where to get the food sources they need to support health. And they also tend to spend a fortune on foods at the grocery store. People always say to me, "Hey Mike! I can't eat in the healthy way that you describe because that would cost me a fortune!" Then they go to the grocery store and buy foods like macaroni and cheese or dinner mixes that are actually ten times more expensive than the foods I am going to reveal to you in this report.

The truth is, *it isn't expensive to eat healthy if you know the secret sources that I am going to reveal in this book.* You're going to save a small fortune on feeding yourself and your family just by following this information. Let me give you a concrete example of what I'm talking about here.

If you want to have a healthy meal, one of the best grains to use is quinoa. And quinoa is very expensive if you go into the health food store. But once again, I'm going to reveal a source where you can buy organic quinoa at \$15 for 7 pounds! That's a large #10 can – and it comes out to a little over \$2 / pound! You'd normally pay quadruple that price at a local retailer.

By the way, one pound of dry quinoa is enough to make a meal for a large family, especially if you throw in some other ingredients like organic chicken, onions, garlic, broccoli and make a quinoa soup out of it. You can also make quinoa chili or use it as flour and make quinoa pancakes or pastas. The point is, for \$2 worth of quinoa, you can feed yourself or an entire family a whole lot of food. It's not expensive. And as you'll find here, it will save you a small fortune over purchasing more popular foods at the grocery store. It's also incredibly easy to prepare as a food. No baking required.

## **Ugly packaging, beautiful nutrition**

The other thing you'll notice in this report is that I'm talking about the purchase of foods, products, and food ingredients that are shipped to you in ugly packaging. None of these are beautifully-packaged products, but the foods inside are outstanding. You see, when you buy foods at the grocery store, they come in pretty color printed packaging. When you buy brand-name food products, you're paying a lot more for the packaging than you are for the ingredients inside!

Your average box of cereal, for example, contains ingredients that cost only a fraction of what it costs to produce the box itself. So for most people who go shopping for food at the grocery store, they are actually paying for all of the hype and packaging. They're paying for the color printing, the plastic packaging, the food containers. And the stuff inside the box? It's mere pennies. Nutritionally speaking, most of the stuff inside is worthless.

But you, using the information in this book, are going to be spending your money on wholesome food and food ingredients rather than pretty packaging. Because if you want to go out and buy pretty cardboard, you can do that on your own. But don't confuse that with shopping for food.

## **No financial relationship with suppliers**

One final point on all this is that I make absolutely no money from the sales of the products I mention here. None of the companies paid to be listed here. This is not a giant advertisement. Many of the companies here are not even aware they are being listed. By the time you read this, they will probably be well aware. But when I wrote it most weren't aware that they were going to be listed.

I chose these companies because they are the ones that I use personally. And once again, I make absolutely no money whatsoever from the purchase of products mentioned here. This ain't no payola factory!

## Secret Source #1: Emergency Essentials

The first secret source I'm revealing here is a company called "Emergency Essentials" The URL for this is [www.BePrepared.com](http://www.BePrepared.com). Emergency Essentials is actually a company that caters to people purchasing food for long-term storage – people who want extra food for emergency use. That's not a bad idea because given all the hurricanes, power outages, terrorist attacks and everything else going on in this world, being prepared is certainly a smart strategy.

But that's not the purpose for mentioning them here. Instead I'm going to tell you how to use these preparedness foods as a source of outstanding nutrition. And to do that, you're going to want to look at a line of products sold by Emergency Essentials known as "freeze-dried products." What I'm specifically talking about here are freeze-dried vegetables, meats and fruits. I will list specific items here and describe what they're good for.

### The advantages of freeze-dried foods

What's so interesting about freeze-dried foods? First of all, they have an incredibly long shelf life. Freeze-dried foods can stay stored in the cans in which they are shipped for ten years or more. So you don't need to worry about them going bad on your shelf. Secondly, the freeze drying process conserves much of the nutrition of these foods. In fact it conserves far more nutrition than just drying the foods... and certainly far more than canning them. That's because freeze-drying doesn't subject these foods to extremely high temperatures for a long period of time.

It's more like "flash freezing." And what really happens during the freeze-drying process is that the water in these foods is very rapidly forced out of the food through a phase transformation process called "sublimation," leaving just the crunchy, dry fruits or vegetables without any of the water. As a result, they are less expensive to ship as well because you're not shipping the water weight.

## **Freeze-dried berries: disease-fighting gifts from nature**

Freeze-dried berries are my favorite products from Emergency Essentials. You can easily add them to a wide variety of foods and drinks and, in doing so, transform them into healing meals that prevent and even help reverse chronic disease.

Do you remember the breakfast cereal called Lucky Charms and how much fun it was to eat Lucky Charms as a kid? Lucky Charms had these little wheat bits surrounded by tiny crunchy marshmallows, which were basically pure sugar with artificial coloring. Those were delicious, right?

You can get close to that experience today by using this freeze-dried berry blend product from Emergency Essentials. For \$26 you get a #10 can full of a blend of freeze-dried berries that are absolutely loaded with antioxidants and health-enhancing phytonutrients. If you make a bowl of cereal using some healthy low-sugar cereal (such as Hi-Lo cereal or some other high fiber cereal), you can toss in a couple of spoonfuls of freeze-dried berries, and it instantly transforms that boring bowl of cereal into something that looks and tastes a whole lot like Lucky Charms... *but without the sugar!*

With this magic combination, you have crunchy, sweet, nutritious berry clusters floating around in your bowl of cereal. It's a true delight. Better yet, you're not eating any refined sugars: all the sweetness comes straight from the berries, the way nature intended. At the same time, you're getting a vast array of beautiful, natural colors: the blue from the blueberries, red from the raspberries, and so on. It is precisely these pigments that exhibit powerful disease-fighting characteristics.

## **Tremendous health benefits from eating berries**

Blueberries have been clinically proven to lower cholesterol even better than statin drugs. They also improve vision health and protect against oxidative damage to the eyes. Raspberries enhance the health of your kidneys and cardiovascular system. All of these berries contain antioxidants and a wide spectrum of phytonutrients that conventional medicine doesn't even know about yet. They all enhance your health in profound ways that have yet to be understood (or even described) by modern medical science.

When you eat this freeze-dried berry blend product you're getting all the benefits of these berries in their natural form without the inconvenience of buying berries at the grocery store and having them go moldy on you in a day or two. That's the problem with buying berries, isn't it? I often try to buy blackberries or raspberries from the store and after you get them home, if you don't eat them within a matter of hours, it seems like they start molding.

When you buy freeze-dried berries, you don't have this problem. The berries are available to you anytime you want them. You just add a couple of spoonfuls of this berry blend into any food or drink you want. If you're making a healthy breakfast drink, for example, put in a couple of spoonfuls of the berry blend, and it will greatly enhance the health of the breakfast shake while also turning it a wonderful dark berry color.

## **Real blueberry pancakes for a change**

Another great idea is to use these berries in baking mixes. If you're making some pancakes for breakfast (hopefully you're using a healthy whole grain pancake mix like something made by Bob's Red Mill or another trusted manufacturer), you can toss in some of these berry mix powders. You'll get some blueberries, some raspberries, some strawberries, and it will make a delicious pancake recipe that's far superior to anything you could buy at the store (both in terms of taste and health impact).

Remember that when you buy mixes at the store that are labeled as "blueberry mixes," such as a blueberry muffin mix or blueberry pancake mix, they almost never contain actual blueberries. They contain little chunks of fructose colored with artificial colors to make them appear purple. All that does is promote disease and neurological disorders thanks to the toxic side effects of artificial colors. *If you want the real colors, get the real berries.* And the way to do that is to buy these freeze-dried berry blend products from Emergency Essentials.

You can also buy freeze-dried blueberries all by themselves for \$25 for a #10 can. This is a product I especially recommend for anyone with heart disease or high cholesterol. If you're taking statin drugs or even considering taking statin drugs, try these blueberries instead. For just \$25 you can have an entire #10 can of blueberries, and you can mix them in with your breakfast cereals, blended drinks or other foods and consume them in large quantities on a daily basis. Your cholesterol numbers will vastly improve in a matter of a few weeks. With the right



dietary changes, your doctor will probably tell you that you don't need to take statin drugs after all. And remember, these blueberries won't go bad on you either. So you can keep them around and use them any time of the year, any time you wish.

## **Freeze-dried strawberries**

The next berry product I recommend is freeze-dried sliced strawberries at \$22 for a #10 can. Why do I like this product so much? Because if you go out and buy a typical breakfast cereal claiming to contain actual strawberries, you'll find that there are maybe two or three strawberries in that entire box. And they've chopped that strawberry up into tiny little pieces to try to make it look like there's a lot more in there. There's really not much fruit in the cereal box at all.

Using this can of freeze-dried strawberries, however, you can transform any boring cereal into a delicious strawberry cereal by just putting in a cup or so of freeze-dried strawberry slices. And it's absolutely delicious. It makes any cereal far more interesting (and sweeter) without adding refined sugars of any kind.

## **Freeze-dried garden pole beans**

Let's move on to the vegetables here. One of my favorite freeze-dried vegetables is the green garden pole beans, which is \$16 for a #10 can. That kind of price may seem a bit expensive, and it's true – these are some of the more expensive food items in this book. It's not cheap to produce freeze dried fruits and vegetables. That's because the freeze-drying process reduces the weight of the fruits and vegetables so much that you're actually getting a lot more food than you think. If you were to add water and rehydrate the foods, you'd get a much better idea of how much food is actually in there. But without that perspective, when you open up a can of freeze-dried garden pole beans, you think, "Gee! I spent \$16 for this? It looks like a large bag of snack chips!"

So let me explain what's good about this. First of all, you can eat these freeze-dried garden pole beans as if they were snack chips. They are crunchy. You can pop them in your mouth and chew on them... and you think you're eating something like green Fritos or some kind of odd-shaped potato chip. It's a handy snack food, but without the negative health effects.

Whenever you're in the mood for something crunchy, and you don't want to be eating fried snacks that promote heart disease and have trans fatty acids (and other dangerous chemical compounds like acrylamides), you can reach for the can of green garden pole beans and start munching on those. That's what I do. And you'll find that even though the can costs \$16, it lasts a long time. That's partly because when you eat these as snack foods, you must drink a lot of water at the same time, and the water reconstitutes the foods, making them take up more space in your stomach (which makes you feel full).

### **Safety note: Always drink lots of water**

From a safety perspective, drinking lots of water is critically important because if you don't drink extra water while consuming freeze-dried foods, you could end up with serious gastrointestinal problems. That's because all freeze-dried foods will soak up water once you swallow them. And if you're eating them in their dry form, your body is going to start pulling water out of your stomach and out of your digestive tract in order to rehydrate these foods. So it's important to consume a large amount of water at the same time you're eating these foods: a good guideline is to drink 8 oz. of water for every one cup of freeze-dried fruits or vegetables you consume. Of course, drinking water is good for you anyway, but it is especially important when you're eating freeze-dried vegetables.

The strategy of eating freeze-dried vegetables is a great hunger buster. I can't tell you how many times this has gotten me through a tough evening when I felt really hungry and wanted to eat some kind of crunchy snack food. But of course, I don't touch fried foods, nacho chips, or other popular snack foods. Instead, I just reach for the freeze-dried garden pole beans and start munching until I'm full.

### **Freeze-dried broccoli: Much better than you'd suspect**

Next on the list of vegetables is freeze-dried broccoli florets. What's so good about broccoli florets? A couple of things. First, you can eat these as a replacement for crunchy snacks like potato chips or cheese puffs. They're quite delicious, and if you want to add some spices, you can throw in some salt or taco spices to alter the flavor.

The great thing about these broccoli florets is that when you eat them in the freeze-dried state, they don't taste bitter at all (like fresh broccoli sometimes does). They are genuinely good. And because they are broccoli, they are powerful anti-cancer foods. In fact, I recommend this as a snack for anyone who has a history of cancer in their family or who has been diagnosed with cancer or pre-cancerous conditions. I've often stated that broccoli is such a powerful anti-cancer food that if the pharmaceutical companies could patent it and sell it to consumers, they would charge \$100 for a plateful of broccoli.

In contrast, for just \$12, you can get an entire can of freeze-dried broccoli florets that are powerful immune boosters and cancer fighters. And you can eat these like the garden beans: they are crunchy, they make an excellent snack food, and they're extremely nutritious at the same time. As always, be sure to **drink lots of water** when you eat freeze-dried broccoli florets. One more thing, you can also toss these into soups or even into the blender when you're blending up some healthy drinks. They'll turn any drink or meal into a cancer-busting meal.

## Freeze-dried peas

Next on the list are freeze-dried fresh peas. You may be familiar with a snack product called 'Wasabi' (Wasabi peas). Those are peas that have been rolled in rice flour and Wasabi spices such as horseradish. And they're quite delicious. But if you don't want the sugar and the rice flour, you can just buy these freeze-dried fresh peas and eat them right out of the can. It's \$17 for a #10 can, and just like the other freeze-dried vegetables, you can eat these as snacks or add your own spices. They are absolutely delicious! In fact, these fresh peas are fairly sweet, making them another of my favorite vegetables for munching on when I want some snack food.

## Popcorn cauliflower

Next on the list is freeze-dried cauliflower, or what I call "vegetable popcorn." That's because it looks a lot like popcorn. In fact, if you take a bowl of this freeze-dried cauliflower, put some butter flavor on it and add a bit of salt, you can crunch on it like popcorn and probably fool yourself into thinking it might be popcorn (that is, if you have a good imagination). And yet, it's far healthier for you than popcorn. For one thing, it doesn't have the high glycemic index of popcorn. Nor does it have the unhealthy fats or added sugars typically found in popcorn snacks.

It's also loaded with immune boosting, cancer fighting phytonutrients similar to the way broccoli is. In fact, cauliflower is in the same group as broccoli: cruciferous vegetables. It is well known to contain potent cancer-fighting phytochemicals. The freeze-dried cauliflower costs \$16 for a #10 can. It's one of the vegetables I purchase and consume on a regular basis. It makes a great snack that won't murder your heart and pack on the pounds.

## **Quality meats: Freeze-dried chicken**

Next, let's move to the meats. The only meat I recommend is freeze-dried chicken, which is \$40 for a #10 can. That's pricey, but there's a lot of chicken in there, and it's pure chicken meat with no flavors, additives or preservatives. The format is diced chicken chunks, and by the time you receive the shipment through UPS, some of it will probably have turned to chicken dust at the bottom of the can. But the point is, if you ever want quality animal protein in your diet, this is a good way to do it (especially if you're traveling). It's very hard to get good quality protein when you're eating at a restaurant, on an airplane, or at work.

With this freeze-dried chicken, there are no preservatives, no flavors, no salts, no MSG and none of that other garbage that you normally find in other meat products. And don't forget about sodium nitrite, because sodium nitrite is a dangerous chemical preservative found in virtually all packaged meats in the grocery store. It's well known to cause cancer in the human body due to the formation of nitrosamines during digestion. Freeze-dried chicken from Emergency Essentials has no sodium nitrite whatsoever. So without the preservatives, you're just getting good quality proteins without any associated health risks.

On the down side, freeze-dried chicken is rather tasteless. Don't expect to fall in love with the taste of this food. It's not just bland, it's almost offensive. This is hard-core food for people who are very disciplined about what they eat. Don't dive in with this product if you're expecting something that tastes like Chicken McNuggets. The other downside is that this chicken meat is not free-range or organic chicken meat. Unfortunately, organic freeze-dried chicken meat doesn't exist as far as I know, so you're stuck with conventional chicken meat if you want it freeze-dried.

## **Avoid manufactured food products**

By the way, there are many other products available from Emergency Essentials, but I don't recommend them. There are plenty of products you want to avoid from Emergency Essentials. And that includes most of the mixes or meals the company offers. Anything that is a prepared product such as an MRE or a prepared meal is likely to contain harmful ingredients that I certainly do not recommend for your health. Remember, manufactured foods almost always contain additives. In contrast, freeze-dried berries, vegetables or meats have no additives whatsoever.

The only products I recommend are the ones I've mentioned here: the freeze-dried fruits, vegetables and meat products. And by the way, I don't recommend the freeze-dried turkey product because the quality of that meat wasn't nearly as high as the quality of the chicken product (at least not when I ordered it).

So that's the scoop on Secret Source #1 – Emergency Essentials. They're at **www.BePrepared.com**. It's a great place to get food products that can enhance your health, that can help prevent chronic disease and that can serve as healthy snack foods so that you can avoid consuming unhealthy fried foods when you get that craving for a comfort snack.

## **How to save money with Emergency Essentials**

As a service to **www.NewsTarget.com** readers, I've negotiated an exclusive discount with Emergency Essentials. Type "newstarget" in the promo code box of the shopping cart at **www.BePrepared.com**, and you'll get free shipping on any order over \$20. I'm not certain if this applies outside the USA, however.

## Summary of freeze-dried recommendations

ITEM	NUTRITIONAL BENEFITS	PRICE
<b>Berry Blend</b>	Excellent source of antioxidants, protects against heart disease, lowers LDL cholesterol, helps prevent cancer, protects against nervous system disorders, adds sweetness to foods or drinks without using refined sugars	\$26
<b>Blueberries</b>	Proven to lower LDL cholesterol better than statin drugs, without any negative side effects. Outstanding source of antioxidants.	\$25
<b>Strawberries</b>	Excellent antioxidant source, high in vitamin C. Great for using on cereals.	\$22
<b>Raspberries</b>	Another great source of natural antioxidants.	\$25
<b>Blackberries</b>	Yet another great source of natural antioxidants.	\$29
<b>Garden Pole Beans</b>	Excellent replacement for fried, crunchy snack foods. (But a bit pricey.)	\$16
<b>Broccoli</b>	Anti-cancer food: contains an assortment of phytochemicals clinically shown to prevent the growth of cancer tumors. Also boosts immune system function. Can be eaten as a snack.	\$12
<b>Peas</b>	Good choice for late night snack food for when you have “the munchies.” No fats, no unhealthy additives like MSG.	\$17
<b>Cauliflower</b>	Natural “popcorn” alternative. Add butter flavor and natural salt to make a veggie popcorn snack. Also offers an assortment of anti-cancer phytochemicals, similar to broccoli.	\$16
<b>Chicken Meat</b>	Pure chicken meat product with no additives or flavors. Great for traveling, since quality protein is difficult to find in airports, restaurants, etc.	\$40

## Secret Source #2: Walton Feed

Secret source #2 is a company called Walton Feed. Visit their web site at [www.WaltonFeed.com](http://www.WaltonFeed.com). I have been using Walton Feed for many years. I learned about this company years ago when I was helping people with preparedness and nutrition. Walton Feed is absolutely the best source for affordable “healing foods” such as whole grains and quinoa. At Walton Feed, you can feed yourself and your family at a fraction of the price you’ve been spending at the grocery store. Let me give you several examples:

### Flax

You can get 7 lbs of quinoa for \$15 at Walton Feed. Likewise, you can get flax seeds for less than \$1 per pound. Stop for a minute and think about how amazing that price is. When you go to the grocery store, you probably spend \$5 per pound for flax seeds. I have seen stores that charge \$8-\$10 per pound. The fair market price on flax seeds is really only about \$1 per pound, and that’s what you pay at Walton Feed. So stop spending your money like water on healthy products from places that are charging an arm and a leg. Buy healthy products in bulk (and in plain packaging) from places like Walton Feed. You’ll have all the flax seeds you need to keep you fit and promote cardiovascular health.

### Oats

You can also buy oat groats from Walton Feed. For those of you who don’t know what they are, oat groats are what oatmeal was before it got rolled into a flat shape. Oat groats are the way oats should be eaten – as whole grain oats. If you boil oat groats as a cereal, you’ll find out what oatmeal is really supposed to be. Common instant oatmeal that you find in grocery stores isn’t really true oatmeal. It’s a processed form of oatmeal with lower nutritional value. Eat oat groats if you want the real thing and buy them from Walton Feed.

If you want to make healthy oatmeal, take some oat groats, boil them and add a couple of spoonfuls of oat bran. You’ll get a high fiber, high bran, oatmeal-like cereal, but with a lower glycemic index than typical oatmeal, which is important for stabilizing blood sugar levels.

Oat bran is an excellent source of fiber. Some qualified health claims now say that oat bran reduces the risk of cardiovascular disease. But the real claim should be that oat bran provides the insoluble fiber most people are missing in their diets. At Walton Feed you can get oat bran for just over \$2 per pound, and that's for *organic* oat bran. If you go to grocery stores or health food stores, oat bran can cost you four or five times that much. Get oat bran from Walton Feed for just a couple of dollars a pound and save yourself a fortune.

(Wheat bran is another product you can get from Walton Feed. It has the same function as oat bran, but as you guessed, it's derived from wheat.)

## Wholesome grains

How about some ancient grains, also known as healthy grains? Buckwheat, available in bulk at Walton Feed, is the number one grain for people who are diabetic because it has a very low glycemic index. You can also buy kamut, millet, spelt and barley at a fraction of the price you'd pay in any local retail store. Walton Feed prices simply can't be beat.

Are you looking for some healthy organic brown rice? If you like to eat rice, brown rice is the only type you should be eating. Walton Feed sells a six-pound bag of brown rice for \$11 – an incredible deal. Check the price of brown rice at your grocery store. You will find that prices are three or four times that much for brown rice. Only fools buy whole grains and rice products at grocery stores. Smart consumers who want to be healthy and save money buy grains in bulk, in plain packaging, from places like Walton Feed. Again, you can't beat \$11 for 6 pounds of brown rice.

As an added benefit, Walton Feed offers grains and seeds in #10 cans. Insects and mice can't get into these grains because they aren't held in wimpy plastic bags. The grains and seeds that are shipped in #10 cans are sealed for long-term storage. That's right; your grains won't go bad! You can store the cans for five or even ten years, pull them off the shelf and eat the food stored inside. Not only is buying canned grains and seeds good for saving money, it's also a great idea to have some healthy organic foods standing by for preparedness purposes. When there's a rainy day, an ice storm or a power outage, you'll need some backup food. The world is full of unexpected events.



## Real salt

Another item you can get from Walton Feed is *real salt*. “Real salt” implies an opposition to fake salt – and that’s true. The salt you buy at the grocery store is synthetic salt. Sodium chloride is not salt, folks! Real salt comes from the ocean. It has dozens of minerals and trace minerals in it. If you’re salting your food with salt from the grocery store, you’re giving yourself hypertension and heart disease. You should be using real salt instead. You can purchase 9 pounds of real salt from Walton Feed for \$30. That’s enough salt to last a very long time. Even if you eat a lot of salt, 9 pounds goes a long way! You’ll find that \$30 is the best price you can find on the internet.

## Caution

Just as I mentioned previously with *Emergency Essentials*, there are many products you should avoid from this secret source, Walton Feed. Please avoid all meal ready-to-eat (MRE) products and food mixes like powdered fruit drinks and boxed dinners. You should also avoid all milk, butter, margarine, shortening and sugar products. Products such as their pancake mixes are loaded with sugars and white flour, and you certainly don’t want those in your diet. Don’t buy products just because they are from Walton Feed. Do order quinoa, flax seeds, whole grains, ancient grains, pearled barley, brown rice and so on. These are the products that should be part of your health-enhancing diet and can help you save a fortune on groceries.

## Summary of recommendations:

ITEM	NUTRITIONAL BENEFITS	PRICE
<b>Quinoa</b> (organic) 88 oz. #10 can	A near-perfect grain: high in protein and fiber, easy to cook. Used by the Incas for centuries.	\$15.10
<b>Flax</b> 76 oz. in #10 can	Flax seeds contain heart-healthy omega-3 fatty acids shown to prevent cardiovascular disease. You can grind flax seeds in a regular coffee grinder just before sprinkling them on cereals or other foods.	\$5.95
<b>Oat groats</b> 85 oz. in #10 can	Excellent source of complex carbohydrates and fiber. Boil oat groats to make a real oat meal (they're not easy to chew, however, so be warned).	\$6.15
<b>Oat bran fine</b> (organic) 57oz. in #10 can	Excellent source of fiber, helps prevent cardiovascular disease, reduces effective glycemic index of foods eaten, helps prevent colon cancer. Can use together with oat groats to make a high-fiber oatmeal.	\$8.25
<b>Buckwheat hulled</b> (organic) 85oz. in #10 can	An excellent, high-fiber grain with a remarkably low glycemic index, making it ideal for diabetics.	\$10.50
<b>Kamut</b> (organic) 85 oz. #10 can	An ancient grain, one of the ingredients in the popular "Kashi" whole grain product.	\$7.95
<b>Millet hulled</b> (organic) 84 oz. #10 can	Another ancient grain with a small grain size. Like the other grains here, it can be ground up and used as flour, or boiled whole.	\$6.65

*Continued on next page ...*

Spelt (organic) 85 oz. in #10 can	An ancient grain and excellent replacement for wheat. Spelt has (slightly) more protein than most varieties of wheat. Can be boiled and eaten in its whole grain form.	\$8.65
Brown rice (organic) 84 oz. in #10 can	A healthy, high-fiber rice that serves as a replacement for disease-promoting “instant rice” or “white rice.”	\$10.50
Pearled barley 92 oz. #10 can	Great for diabetics: a complex carbohydrate and good source of fiber. Barley also helps cleanse the kidneys and stabilize blood sugar.	\$4.55
Real Salt 128 oz. #10 can	Real salt from the ocean, with complex minerals and trace minerals.	\$30.45

## Tips for dealing with Walton Feed

The company doesn't necessarily like to be widely known. They even seem to go to great lengths to hide their shopping cart on their website, making it difficult for people to find. While the company has always been 100% fair and honest in dealing with me, *don't be in a huge hurry or get pushy with this company*. Because their product pricing is so good, they have the luxury of choosing who they want to deal with, and if you give them a difficult time, they'll just tell you to go somewhere else.

As this report gets more widely distributed, you can expect order fulfillment times at Walton Feed to exceed two weeks. This is to be expected. *Be nice to these folks*. They're performing a wonderful public service in making healthy foods so affordable (and in helping people prepare with long-term storable foods, too).

**Where to Order:** [www.WaltonFeed.com/cart/all.html](http://www.WaltonFeed.com/cart/all.html)

## Secret Source #3: Amazon Herb Co.

Secret Source #3 is a wonderful company called the Amazon Herb Co. It sells what may very well be some of the most medicinally useful herbs in the world: rainforest herbs. These include herbs like Cat's Claw, Chanca Piedra, Sangre de Drago, and many others.

But these aren't just "standard" rainforest herbs, either. These are the most medicinally powerful herbs I've ever tasted. When I first learned about Amazon Herb products, I ordered a few for myself, including an 8 oz. bottle of Recovazon, a product that helps speed recovery from heavy physical exertion. It claimed to be a liquid extract of a variety of rainforest herbs. Before I tasted the product, I said to myself, "Yeah, sure, this is going to taste like water because it's probably 99% water." Boy was I wrong! One sip told me the truth: **these liquids are as concentrated as most "tinctures" you buy at the health food store for \$20 / oz.** In other words, this 8 oz. liquid contained the same concentration of herbs that could have easily cost \$160 if I had purchased them as tinctures from another company. And yet the Amazon Herb prices were quite reasonable – just a fraction of that \$160.

Amazon Herb products are based on truly miraculous medicinal herbs. It's no exaggeration to say that these herbs can prevent and even *reverse* chronic diseases like cancer, heart disease and diabetes. The anti-cancer ability of these herbs is far superior to chemotherapy, yet without the negative side effects of chemo. The ability of these herbs to prevent heart disease and other cardiovascular disorders is truly stunning. And their use as detoxifying agents that cleanse the human body of dietary and environmental pollutants is quite simply unmatched.

### Uniquely prepared for maximum potency

Another thing I really like about the Amazon Herb products is that they are harvested and prepared in a traditional, sacred manner that honors these herbs as gifts from nature. This is important, because the energy and attitude that goes into harvesting herbs is transmitted to you when you consume them. Call it a homeopathic influence, if you want, but the truth is that the emotions and intentions of the people producing these products really do have an impact on your health. For example, if you buy herbs and vitamins from companies that are primarily interested in greed and profit, you won't get near the health benefit from the

same ingredients provided by a company that hires passionate, loving wildcrafters who honor the plants for their gifts. It may sound a bit “out there,” but it’s absolutely true: energy and intention really matters.

The Amazon Herb Co. goes even further and uses what they call a spagyric process for transferring the healing power of the harvested herbs into a consumable product. First, the plants are soaked in natural solvents (water and grain alcohol) to extract their medicinal compounds. Next, the herbs are composted to form an alkaline ash, which is recombined back into the product solution. So nothing gets thrown away, and the full energy of the original plant is reconstituted back into the liquid or capsules that customers purchase. This spagyric process, which is only practiced by a few companies around the world, may help explain why I have personally found these Amazon Herb products to be so potent and medicinally valuable.

These herbs are so powerful that if I had a family member who was diagnosed with cancer, for example, I would immediately send them a combination of products from Amazon Herb Co., including Cat’s Claw (Una de Gato) and Gravizon. I would explain that chemotherapy is extremely toxic, that cancer surgery is all but useless, and that the only way to survive cancer in the long term is to support their body’s innate ability to heal itself. I’d beg them to start taking these herbs, and if they did, they would stand a much greater chance of surviving their cancer and going on to live a healthy life. Of course, they’d have to make radical lifestyle changes, too, so they didn’t continue giving themselves cancer, but that’s another book.

## **The right ethics from an herbal product company**

It’s hard to find a company with stronger creative intention than the Amazon Herb Co. This company has the right ethics: instead of going into a rainforest area and clear-cutting it to make room for cattle ranching (like some greedy corporate CEOs would try to do), this company, headed by “Amazon” John Easterling, shows indigenous populations how to profit from the gifts provided by the rainforest itself. Essentially, Amazon John believes that the rainforest is “more valuable alive than dead,” and I agree with him. You can support his philosophy and the economic sustainability of the rainforest by becoming a regular customer of the Amazon Herb Company. I’ve been one for months, and I love this company!

Frankly, if I wasn’t writing about this company, I’d get involved myself and promote their

products as a distributor. But I can't, since part of my job is to remain 100% neutral and to receive absolutely no financial benefit from the companies and products I recommend. So I can reveal right here that I am not a distributor for the Amazon Herb Co., and I receive no financial benefit from any products you purchase from them. I recommend this company because I know the products can help people overcome chronic disease, and because I applaud this company's approach to honoring the herbal gifts provided by nature.

### **The secret truth that the Amazon Herb Co. can't tell you about its products**

As usual, the company can't tell the truth about its own herbal products due to the campaign of suppression by the highly corrupt FDA, which now seeks to outlaw all nutritional supplements and even criminalize senior citizens who buy drugs from Canada. (Read my articles about the FDA at: [www.NewsTarget.com/the\\_fda.html](http://www.NewsTarget.com/the_fda.html))

Thankfully, Free Speech remains intact in this country, and that allows me – as an independent researcher and author – to tell you the truth about Amazon Herbs and what they can do.

So here's the straight truth about a few of the best products at the Amazon Herb company:

<b>PRODUCT</b>	<b>THE TRUTH ABOUT WHAT IT DOES, according to the informed opinions of Mike Adams</b>
<b>Una de Gato</b> (Cat's Claw) - Anti-cancer	The most powerful anti-cancer, immune-boosting, and digestive cleansing herb from the rainforest. This herb is a true miracle. I'll bet the drug companies wish they could patent the chemicals in this herb, because the benefits would be front page news all around the world. If you have cancer, or you're trying not to get cancer, buy this product from Amazon Herb Co. and take it regularly. It also alleviates high blood pressure and protects against colds.

*Continued on next page ...*

<p><b>Arcozon</b> - Immune boost, especially good for those fighting cancer, viral infections or other immune system challenges</p>	<p>Boosts your immune system, defends against cancer, enhances adaptogenic response, accelerates skin healing, and even contains Pau D’Arco, a powerful cancer fighter.</p>
<p><b>Calmazon</b> - Calms the body and mind</p>	<p>Relaxes your system, helps you get to sleep more quickly, calms your mind, suppresses the production of stress hormones like cortisol.</p>
<p><b>Envirozon</b> - Detoxifies your body, boosts liver function, recommended for anyone who eats the Standard American Diet (fried foods, hydrogenated oils, etc.)</p>	<p>Detoxifies your system, removes heavy metals, cleanses liver and kidneys, and even helps you recover from serious illnesses. Contains Boldo, a powerful liver cleanser. Also contains Jurubeba, which stimulates healthy liver function.</p>
<p><b>Gravizon</b> - Powerful cancer fighter, much stronger than chemotherapy, with zero negative side effects</p>	<p>Powerful anti-cancer product. The phytochemicals in graviola target and destroy cancer cells much better than chemotherapy, without the negative side effects or the sky-high cost. Drug companies actually tried to steal the phytochemicals from graviola and patent their own anti-cancer medicines from it.</p>
<p><b>Metabazon</b> - Strongly recommended for type 2 diabetics and hypoglycemics</p>	<p>Excellent for diabetics, this product stabilizes blood sugar levels and supports healthy pancreas and liver function. One of its key ingredients, Pedra Hume Caa, is known as “vegetable insulin” for its ability to lower blood sugar levels.</p>
<p><b>Lunazon</b> - Women’s health, hormone balance</p>	<p>Balances monthly hormone levels for women. Can really work miracles in eliminating cramps, mood swings, etc.</p>
<p><b>Recovazon</b> - Accelerates healing and recovery from physical stresses, great for people who exercise</p>	<p>One of my personal favorites (because I train so hard), this product reduces joint pain and muscle soreness, aids in recovery from strenuous activities, and even helps sprains and other minor injuries heal more quickly. It also contains several blood purifying herbs such as Sarsaparilla and Manaca. I recommend this product strongly for strength trainers.</p>

<p><b>Sangre de Drago</b> - Antioxidant plus wound healing, excellent first aid product</p>	<p>Powerful antioxidant and anti-parasitic product. Enhances skin health and the healing of minor skin wounds. Also shows benefits for cardiovascular health due to antioxidant content.</p>
<p><b>Shipibo Matte Tea</b> - Weight loss</p>	<p>I drink this stuff all the time. It's a great aid to weight control or weight loss if you're overweight. The Mate is a metabolic booster without the caffeine jitters of green tea or other stimulants. It also has antioxidant properties that help boost immune system function.</p>
<p><b>Warrior</b> - Sexual energy &amp; vitality, mental energy</p>	<p>It's sort of like rainforest Viagra, but far better for you. It boosts vitality, energy, sexual performance, mental focus, and even helps with emotional stability.</p>
<p><b>Illumination</b> - All in one formula (anti-viral, anti-cancer, accelerated wound healing, blood sugar regulating, detoxifying, immune boosting, joint health, etc.)</p>	<p>If you're looking for just one Amazon Herb product that offers the most medicinal plants in one formula, this is it. Illumination has ingredients that fight cancer, dissolve kidney stones, regulate blood sugar, enhance joint health, boost immune system function, defend against infections, boost cardiovascular health, improve mental function, improve physical endurance and much more.</p>
<p><b>Shipibo Treasure Tea</b> - Kidney stones, stamina, anti-cancer, pain relief</p>	<p>If I had kidney stones, I'd be drinking this tea twice a day. In addition to Chanca Piedra, this formula also contains medicinal herbs that boost cardiovascular stamina and immune system function, thereby allowing your body to more easily overcome cancer and other immune-related disorders. It also contains Chuchuhuasi, which is known for alleviating back pain and joint pain.</p>
<p><b>Sumacazon</b> - Rejuvenation, energy, stamina, endurance</p>	<p>This formula is based on the Suma plant which is an adaptogen as well as a nerve tension reliever.</p>

*Continued on next page ...*



<p><b>Fiberzon</b> - Healthy digestion and elimination</p>	<p>This is a fantastic fiber supplement that contains the most powerful digestive-boosting herbs I've ever seen in a single formula. If you're suffering from constipation or gastrointestinal disorders, you owe it to yourself to investigate Fiberzon. It contains Una de Gato, Sangre de Drago, Boldo, Jatoba and a dozen other helpful ingredients, including psyllium husk, fenugreek seed (anti-parasite), oat bran and flax seed. High recommended as a fiber supplement.</p>
<p><b>Kavazon</b> - Calming</p>	<p>Based on kava, a medicinal herb that has been traditionally used for its calming effects, Kavazon alleviates anxiety, soothes the nervous system and calms the body and mind. The FDA can't wait to outlaw kava, though, so if you want some Kavazon, better order it quick. (The FDA attempts to discredit all herbs because they compete with profitable prescription drugs.)</p>

(You can order these products at [www.AmazonDreams.AmazonHerb.net](http://www.AmazonDreams.AmazonHerb.net))

The only product I don't recommend from the Amazon Herb Co. is called "ChocaMaca" because it contains sugar (dehydrated cane juice). Otherwise, it's an excellent product offering real rainforest chocolate (theobromine cacao) as well as maca, an herb often used in weight loss formulas.

## So Which Amazon Herb Products Should I Get?

Here's a simplified list of the products I recommend based on your current health challenges. (These recommendations are based on researching the health effects of key ingredients in each of these herbal formulas. Once again, don't self-diagnose. Work with a naturopathic physician when attempting to treat diseases. Nothing in this book should be taken as medical advice of any kind.)

**Cancer:**

- Gravizon
- Una de Gato
- Illumination

**Heart disease:**

- Illumination

**Digestive disorders** (constipation, IBS, Chron's disease, etc.)

- Fiberzon

**Injuries, muscle aches, soreness, etc.**

- Recovazon
- Sumacazon

**Kidney stones**

- Illumination
- Shipibo Treasure Tea

**Infections, colds, the flu, or a global viral outbreak**

- Illumination
- Arcozon
- Una de Gato

**Diabetes:**

- Metabazon

**Weight loss**

- Shipibo Matte Tea

**Sluggish liver, kidneys, pancreas, or for people who eat fried foods, processed foods, junk food, etc.**

- Envirozon

**Chronic stress**

- Kavazon
- Calmazon

I firmly believe that if the entire population would use these products, even in low doses, we'd see cancer, heart disease and other chronic diseases virtually eliminated. These products are, indeed, that powerful. We could save literally *hundreds of billions of dollars* on medical costs and lost productivity in this nation if people would avail themselves of these healing rainforest herbs. And yet these herbs largely remain a secret, thanks to the suppression of the FDA and conventional medicine's ongoing effort to discredit all herbs and nutritional supplements.

## Even Simpler

If the above list is too complicated, there's one product from Amazon Herb Co. that does it all: **Illumination**. It combines the best ingredients from several different recipes to create an herbal powerhouse for healing. It's excellent for cancer, diabetes, heart disease, nervous system disorders, digestive disorders, kidney stones, detoxification and much more. In fact, this is the product I recommend the most because the other products are often too complicated for people. They just want one single product that does it all. Illumination is exactly what they've been looking for.

## Ordering Amazon Herbs

I have no involvement whatsoever with the Amazon Herb company, and I earn no money from your purchase of these products. As with all products I recommend, I do not financially benefit from my own recommendations.

But I do have a contact I recommend. She's not only a warm, well-informed and passionate believer in rainforest herbs, she's also contractually agreed to donate 50% of her revenues from these orders to international charities that help children and suppressed populations around the world. Her name is Terry Pezzi, and by ordering Amazon Herb products through Terry, you'll pay the exact same price you'd be paying everywhere else, yet at the same time, you'll be helping support much-needed international charities that are doing good work. Here's how to reach Terry:

Phone: (520) 247-1700

Toll-free USA: 1-866-693-8622

Email: [AmazonDreams@AmazonHerb.net](mailto:AmazonDreams@AmazonHerb.net)

Website: [www.AmazonDreams.AmazonHerb.net](http://www.AmazonDreams.AmazonHerb.net)

Amazon Herb ID# 95284

Feel free to contact Terry with any product questions you might have, but remember that she cannot provide medical advice, and since she's financially involved with the products mentioned

here, she can't even tell you the statements I've printed here. Remember: I have absolutely no financial involvement with Terry or the Amazon Herb Co., so I can tell you the truth about these products without interference from the highly corrupt FDA.

## Getting involved with Amazon Herbs

Here's how rainforest herbs can help you achieve not only health, but also wealth: if you're looking for an ethical, health-related business opportunity, I strongly recommend getting involved with the Amazon Herb Company enough. I'll even help you be successful with it. How? Like this:

As a reader of NewsTarget articles, you have the full permission to take any articles, reports or ebooks I publish (including this book) about the Amazon Herb Company and freely distribute them to others as part of your marketing and educational efforts. You don't have to pay me a dime, but I do ask for credit (include my name, Mike Adams, and a link back to **[www.NewsTarget.com](http://www.NewsTarget.com)**, please).

In addition, I'm hosting a page that will list all the NewsTarget readers who join with Terry Pezzi as Amazon Herb distributors. I'll post your name, short bio and contact information so that other readers can reach you. In this way, you'll benefit from the publicity of the NewsTarget network to help you achieve your Amazon Herb business goals. You'll even get a link back to your own website, and you may even be able to hook up with people in your local area. All of this is offered free of charge, and I don't ask for anything in return.

That's how serious I am about supporting this company and its products. If you get involved, I'll do my part to help you succeed. And I hope you spread the word about these products and make yourself wealthy at the same time, because these are the kind of products the world needs to know about. These products can literally save lives, and the success of this company can transform the economics of the rainforest, preserving a national treasure of medicinal herbs that, astoundingly, remains largely unexplored (only 1% of the rainforest herbs have been tested for medicinal compounds).

How do you get involved? Just contact Terry Pezzi and sign up! She'll hook you up with literature and other materials you need to share the news about these products with the people

you know. And remember, you can freely use anything you find on NewsTarget.com to help you be more successful. I'm even going to make downloadable PDF files available for all the articles about Amazon Herb products. **These articles tell the truth about what these products can do for people!**

All I ask is that you don't contact me with questions about the product or the business. I simply don't have time to provide this level of support, since I'm spending so many hours a day writing new material to help educate people about how these products can literally save their life. That's my mission: to share real health solutions with the people who need this information the most!

The bottom line? If you're looking to get involved with an honest company with a solid product line that's doing tremendous good in the world, this is an unsurpassed opportunity. And you'll be receiving tremendous assistance from myself and the NewsTarget Network in terms of materials you can freely give out to other people. Making this work is as simple as it gets.

To learn more or get started right now, call Terry Pezzi:

Phone: (520) 247-1700

Toll-free USA: 1-866-693-8622

Email: **AmazonDreams@AmazonHerb.net**

Website: **www.AmazonDreams.AmazonHerb.net**

Amazon Herb ID# 95284

Or, if you're already involved, good for you! Feel free to use all the articles and materials I publish about Amazon Herb products to help promote your business and spread the word about these products. You're part of a unique group of people who are truly making a difference in the world!

## Secret Source #4: Herbal Advantage

Secret Source #4 is a company located in Southern Missouri called Herbal Advantage ([www.HerbalAdvantage.com](http://www.HerbalAdvantage.com)). I've been dealing with this company for many years, and they do sell you what they promise and get it to you in a timely manner. The owner, Steve Marsden, will give you an honest deal on every order.

So what can you find at Herbal Advantage that's interesting in terms of enhancing your health and saving money? Herbal Advantage is the best source for Stevia extract powder, an herbal sweetener that I've been using for at least the last eight years. Stevia is the only sweetener you should be using: it has virtually no calories, no carbohydrates and won't spike blood sugar levels. Plus, it's much safer than aspartame or Sucralose.

To read more about aspartame:

[www.NewsTarget.com/aspartame.html](http://www.NewsTarget.com/aspartame.html)

To read more about Sucralose:

[www.NewsTarget.com/Sucralose.html](http://www.NewsTarget.com/Sucralose.html)

After you're convinced that Stevia is the sweetener for you, you'll get it at a great price from Herbal Advantage. You pay about \$25 for ¼ lb of Stevia, or around \$75 for a full pound. I bought a pound of Stevia several years ago, and I have not run out of it yet! Stevia does seem to last forever, because it is 300 *times sweeter* than regular sugar – you need very little to sweeten up your drinks, breakfast cereals, pancake batters, or whatever recipe you are cooking. Stevia is the way to go, and Herbal Advantage has it for a great price!

## Sea vegetable powders

There's something else I want to tell you about at Herbal Advantage: sea vegetable powders. Sea vegetables are one of the recommended superfoods that I encourage people to put into their diets on a regular basis. Herbal Advantage carries several powdered sea vegetables like dulse, bladderwrack, and kelp. The prices range from \$6 to \$17 / pound depending on which vegetable you need. There are many ways to add sea vegetable powders to your diet: add the

powder to your blended drinks, to flavor soups, or in your main course recipes. Be aware, sea powders can alter the taste of a food adding a salty, seawater flavor. In Asian cooking, chefs use the taste of sea powder to their advantage to add a salty flavor to soup or perk up the taste of a main course.

## **Healing food powders**

One of the products that I really like from Herbal Advantage is dehydrated minced garlic. Garlic is a powerful anti-cancer herb, boosts your immune system, and is very healthy for your digestive tract. If you're interested in being healthy, you need to find a way to make garlic a part of your diet on a regular basis. Herbal Advantage offers dehydrated minced garlic at \$5.30/lb. If you buy garlic at your local grocery store, you could be paying almost \$30/lb for garlic – that's ridiculous! You will save a lot of money and get a high quality garlic product by ordering it from Herbal Advantage.

Another great buy is beetroot powder. Beetroot powder is an excellent liver cleanser and can be made part of almost any diet. You can use it as a food coloring by adding a little bit to your blended drinks (health shakes) or bowl of breakfast cereal. If you add freeze dried strawberries to your breakfast cereals, beetroot powder adds a beautiful bright red color that turns milk into strawberry milk. Herbal Advantage sells beetroot powder for \$8.80 / pound.

## **Anti-cancer apricot kernel oil**

Let's take a look at apricot kernel oil. Herbal Advantage can't tell you the true purpose for this product, but I will. If you are battling cancer, and you want to fight the disease using natural methods, one of the best ways to do that is to take apricot kernel oil two or three times a day. Apricot kernels contain a phytochemical that functions as powerful chemotherapy at the cellular level, meaning that it targets and destroys cancer cells and tumors. The active chemical is Laetrile, also known as Vitamin B-17, which is found in abundance in apricot kernels. Herbal Advantage sells apricot kernel oil in 16 oz. bottles for \$11.

Many people who are battling cancer take apricot kernel oil to fight their cancer and supplement their immune system function. If you've ever tasted apricot kernel oil, you may already know

that taking it three times a day is difficult. The taste is *extremely* bitter due to the medicinal properties of the phytochemicals found in the oil, and I don't take apricot kernel oil on a regular basis. However, if you are facing a desperate fight with cancer, apricot kernel oil could be a huge positive factor in your treatment regime.

## **Avocado oil**

Another oil with a notable health benefit is avocado oil. There are many health benefits to avocado oil; your heart, nervous system, and brain function all benefit from adding this oil to your diet. Of course, I recommend eating avocados in their whole food form, but if you want to use the oil because it's more convenient to put into foods or drinks, you can get a 16 oz. bottle for \$22 from Herbal Advantage.

## **Bulk medicinal herbs**

A large variety of medicinal herbs, from A to Z, is available from Herbal Advantage. In fact, their catalog is listed in alphabetical order to make it easier for you to find your favorite herb. Most of the herbs are available as powders or bulk ingredients like bark, sticks, or leaves.

To effectively use these herbs, you'll have to make your own tinctures or use a small capsule machine to stuff the powders into gelatin capsules (which isn't fun). It's generally much easier to make a tincture by soaking the herbs in high-proof alcohol or vodka, then filtering out the herbs with a cheesecloth or strainer, leaving only the tincture liquid.

One of the herbal blends that I highly recommend is the Seven Mushroom Blend. This is a potentially lifesaving product if you're battling cancer or you have other immune system challenges. Seven Mushroom Blend is \$48 / pound. These mushrooms have been used in Japan for centuries. They contain powerful, well-documented, scientifically proven anti-cancer phytonutrients. The combination blend offers you a powerful anti-cancer strategy, whether you are trying to overcome an existing case of cancer, or just working to prevent cancer. At \$48 / pound, you don't need to buy an entire pound (you can get smaller quantities from Herbal Advantage). Seven Mushroom Blend is an immune system booster that everyone can benefit from by adding just a little bit to their diet from time to time.



## **Coral calcium at a reasonable price**

Another item that is very popular right now is coral calcium. People seem to be buying it in large quantities these days, but they are also going to health food stores and paying over \$200 / pound for coral calcium capsules! At Herbal Advantage, you can get coral calcium for \$37 / pound as a bulk powder – a fraction of the retail price.

Are coral calcium capsules a good way to get calcium and other minerals into your diet? Sure, but there are better ways; like eating lots of whole foods and adding organic spirulina to your diet. However, there is nothing wrong with coral calcium and I do take it on a regular basis myself.

## **Beating kidney stones with cornsilk**

Another item that's worth mentioning is cornsilk. What is cornsilk? The next time you're husking a piece of corn, pay attention to the fine, string-like fibers that envelope the corn: that's cornsilk. What you might not know is that cornsilk is a powerful medicinal herb that can help dissolve kidney stones and support urinary tract health.

At Herbal Advantage, cornsilk is \$9 / pound. To get the powerful medicinal benefits of cornsilk, you need to make cornsilk tea, preparing it as you would any fresh herbal tea: boil the cornsilk in a pot of water, strain it, and you've just made cornsilk tea. I recommend adding a sweetener like stevia, or adding some delicious herbs like peppermint or ginger to make a great tasting cornsilk tea. You can get high quality cornsilk from Herbal Advantage, or you can also go to the produce section of your grocery store and get it yourself!

## **Bulk fibers: Psyllium Husk powder**

One last item I want to mention is bulk fibers. Everyone is familiar with Metamucil, but you can buy Psyllium Husk powders for a fraction of the price. If you buy Psyllium Husk powder from Herbal Advantage, you'll pay \$6 / pound. Buy Metamucil at your local store, and you're paying a 300 to 400 percent markup for practically the same product. If you want to add fiber to your diet, get it from Herbal Advantage and you'll save yourself a considerable sum.

Almost every item you find at Herbal Advantage is cheaper than what you would pay in a grocery or health food store. It's a great place to buy stevia sweetener, medicinal herbs, healthy oils, and food additives like minced garlic and broccoli powder. I have only skimmed the surface of all the products available at Herbal Advantage ([www.HerbalAdvantage.com](http://www.HerbalAdvantage.com)). Go to their website and see for yourself what products can improve your health. If you take the time to educate yourself, you will not only get the health products that will benefit you, but get them at a great low price.

As with most of the suppliers mentioned here, however, there are some products I don't recommend buying from Herbal Advantage. Particularly, I don't think their spirulina product is Hawaiian Spirulina, so it's not the type of spirulina I recommend. With all the research I've done on the subject of spirulina, I can only recommend spirulina grown in Kona, Hawaii, from a company called Cyanotech. Their product is called "Hawaiian Spirulina," and it has much higher levels of antioxidants and phytonutrients than any other spirulina, mostly due to the unique drying process that avoids long exposure to high temperatures. Plus – and this is the most important point of all – it's grown in the pristine Pacific ocean waters pumped from deep ocean surrounding the Hawaiian islands. I emailed Steve Marsden to verify the source of their spirulina, but at the time of this writing, I haven't heard back.

## Summary of Recommendations:

ITEM	NUTRITIONAL BENEFITS	PRICE
<b>Sea vegetable powders</b>	Excellent source of trace minerals, anti-cancer phytochemicals, anti-viral compounds and a variety of health-enhancing nutrients. Can be easily used in soups, health shakes and a variety of recipes.	\$6 - \$17 per lb.
<b>Minced garlic</b>	An unbeatable price on a culinary herb with outstanding medicinal value. Garlic helps prevent cancer, fights infection, boosts immune system function and much more.	\$5.30 / lb.
<b>Beetroot powder</b>	Use for adding color to drinks and foods (looks like a strawberry color). Beetroot powder is an excellent cleanser. It supports liver function, helps cleanse the blood, and helps remove some toxins from the body.	\$8.80 / lb.
<b>Apricot kernel oil</b>	Powerful anti-cancer phytochemicals. Works like nature's own chemotherapy, but without the toxic side effects. Has been shown to shrink cancer tumors.	\$11 / 16 oz.
<b>Avocado oil</b>	A heart-healthy oil that can be easily added to health shakes, soups, salads or other recipes.	\$22 / 16 oz.
<b>Bulk herbs A - Z</b>	Herbal Advantage sells bulk herbs from A - Z. Every "common" herb – and lots of uncommon herbs – are available at Herbal Advantage.	Price varies

<p><b>Seven Mushroom Blend</b></p>	<p>A blend of seven of the most medicinally potent mushrooms. Provides powerful anti-cancer benefits, anti-viral effects, and immune system support. If drug companies had developed this, they'd call it a miracle cure for cancer. Similar mixtures have been used to treat cancer in Japan and throughout Asia for hundreds (if not thousands) of years.</p>	<p>\$48 / lb. (powder)</p>
<p><b>Coral Calcium (powder)</b></p>	<p>Straight coral calcium powder. Essentially ground-up coral at perhaps the best price you've seen yet. Can be spooned into health shakes, a glass of milk or soy milk, and various recipes. As most people are chronically deficient in calcium, this supplement can have seemingly miraculous health effects (especially with cardiovascular health and neurodegenerative disorders), and there's nothing magical about it.</p>	<p>\$37 / lb.</p>
<p><b>Cornsilk</b></p>	<p>This herb helps dissolve kidney stones and supports urinary tract health. Boil it to make a tea (together with some stevia, ginger and peppermint, for example) or pack it into capsules and take it as a supplement.</p>	<p>\$9 / lb.</p>
<p><b>Psyllium husk fiber</b></p>	<p>Practically the same as Metamucil, but without the sky-high price. Psyllium husk fiber can be blended with water (use LOTS of water!) and consumed quickly to add fiber to your diet. Helps lower cholesterol, prevents the absorption of heart-damaging fats, and encourages more frequent bowel movements.</p>	<p>\$6 / lb.</p>
<p><b>Stevia extract powder</b></p>	<p>My #1 recommended herbal sweetener. It allows you to make all sorts of foods and recipes with no sugar, almost no carbs, and definitely no big blood sugar spike. You probably won't need a full pound, however: 1/4 pound is just \$25.</p>	<p>\$75 / lb.</p>

## Secret Source #5: Astaxanthin

This source is actually two companies that provide a little-known antioxidant nutrient called astaxanthin. Astaxanthin is a fat-soluble carotenoid nutrient that has anti-inflammatory and immune-stimulating properties. It has the ability to cross the blood brain barrier, meaning it offers health protective effects for the eyes, the brain, and the entire central nervous system. As an antioxidant, astaxanthin has been shown to be 500 times more powerful than vitamin E, and yet it also multiplies the effects of vitamins E and C to create powerful antioxidant benefits throughout your body.

Most people have never heard of astaxanthin. I call it “Vitamin X,” and it comes from micro algae that turn red when exposed to environmental stresses such as a lack of water. Astaxanthin is responsible for the red coloring in salmon and farmed fish. It also provides the coloring in shellfish like shrimp and lobster. Of course, people don’t normally eat the shells of those shellfish, so they aren’t a convenient source of the nutrient for humans.

### Eliminating Joint Pain and Muscle Pain

Astaxanthin is truly a wonderful nutrient for supporting human health. What’s it good for? First off, it eliminates or reduces joint pain, arthritis pain, muscle soreness, back pain and repetitive motion pain. I’ve been using this for quite some time and I’ve noticed a significant reduction in the amount of pain due to soreness when I engage in heavy strength training or gymnastics training. It has truly helped me pursue a higher level of physical activity and it has also helped increase my flexibility.

The nutrient is also highly beneficial for your cardiovascular health. That’s because it’s a powerful antioxidant, and antioxidants are important for preventing free radical damage to your cardiovascular system. In a similar way, astaxanthin is also a powerful immune booster. People are using it right now to prevent and treat cancer, colds, flus and other immune system challenges.

## Severe Sinus Infection Cured with Astaxanthin

As one quick example of how well this works for boosting immune system function, I recently adopted a new dog from the humane society. Unfortunately, she had a severe upper respiratory infection. She was sneezing blood all over my house (not a pretty picture, I assure you, thank goodness for tile floors). Of course, I wanted to treat my dog with natural methods, so I started feeding her astaxanthin supplements right away. The humane society told me it would take several weeks for this respiratory infection to go away, and my holistic vet repeated the same thing, warning me to expect the sneezing blood episodes to last for at least two more weeks.

It turns out that my dog overcame this respiratory infection in just *three days* with the help of astaxanthin. Her energy is much higher and she's recovering very quickly from the hysterectomy performed on her by the humane society. I suspect, by the way, that astaxanthin also helps wounds heal more quickly because of its powerful anti-inflammatory and antioxidant properties. But that's not something that is yet supported by the evidence.

## Nutritional Sunscreen

One thing that is supported by anecdotal evidence is astaxanthin's ability to prevent damage associated with overexposure to ultraviolet light. In other words, you can take this supplement and get a lot more sunlight on your skin without suffering sunburn. I think that's an important benefit, especially when you consider the fantastic health benefits of getting more sunlight on your skin. Unfortunately, a lot of people avoid getting sunlight because they are afraid of getting burned. And their past experience has taught them that they burn quickly. But astaxanthin can help them with that by boosting their resistance to sunburn.

I know all about sunburns. I used to burn quickly too, but after changing my diet and eliminating food ingredients like processed sugar and white flour, my resistance to sunburn skyrocketed. And now after taking astaxanthin, I've found my radiation resistance to be even higher. I can spend literally hours under the sun, even the tropical sun of Hawaii, without any sunscreen whatsoever, and not get burned. That's astonishing. (I used to be the kid that would get a sunburn in 30 minutes.)

By the way, astaxanthin is also extremely helpful for protecting your eyes from light-induced

damage. So if you want to support your eye health and avoid macular degeneration, this is a supplement that you should definitely consider.

## **Lowering Cholesterol, Reducing Inflammation and More ...**

Astaxanthin is also showing benefits in reducing high cholesterol. In one self-reported survey of astaxanthin users, 78% of respondents said their cholesterol condition was improved by taking astaxanthin. In that same study, 73% said their prostate condition was improved. There were also positive results reported in post-surgery inflammation, macular degeneration, rheumatoid arthritis, back pain, sore muscles and joints, osteoarthritis, and even asthma.

Astaxanthin, or Vitamin X as I'm calling it, may some day be widely known as the "super antioxidant." It is clearly far more powerful in terms of brute free radical scavenging power than any other antioxidant I have studied yet.

There are two sources where you can purchase astaxanthin, and because this isn't a well-known nutrient yet in the United States, most health food stores don't carry it. That's going to change in the years ahead, probably due to some of the reports I'll be releasing on the subject, but in the meantime there are two sources where you can get it. You can find them both, along with exclusive discount coupon codes, at: [NewsTarget.com/002156.html](http://NewsTarget.com/002156.html).

The two companies that manufacture astaxanthin are both located in Kona, Hawaii. I've toured both. I've visited their facilities and I've talked to the presidents and CEOs of both companies. In fact, they are located right across the street from each other. And some of the employees in one company used to work at the other company. So essentially, you're getting a lot of the same know-how whether you order products from one company or the other. There may be differences in quality between the two products, but I haven't been able to determine them.

## **Better Than Anti-Inflammatory Prescription Drugs**

For all those people who were taking Celebrex or Vioxx and now are hearing that Vioxx has been pulled from the market because it causes sudden death, heart attacks and strokes, there is a much better alternative. And that alternative is astaxanthin. You don't need to be taking

toxic, expensive, anti-inflammatory drugs and COX-2 inhibitors like Celebrex or Vioxx. All you need is this powerful anti-inflammatory known as astaxanthin. It's far safer. It doesn't have the gastrointestinal side effects and it won't cause heart attacks or strokes. In fact, it will protect you from heart attacks and strokes.

I can't help but chuckle when I'm reading headlines these days about all the people panicking about Vioxx being pulled from the market. These people are running around so concerned about what's available to take instead of Vioxx. They're basically looking for alternative drugs. But they don't know that astaxanthin exists and that it is a much smarter alternative than any prescription drug. So if you have inflammation, if you're dealing with rheumatoid arthritis or osteoarthritis, or if you have joint pain or back pain, this is a nutrient that you owe it to yourself to try.

And by the way, this nutrient is extracted from micro algae that are grown in ponds similar to those used to grow spirulina. This isn't extracted from shellfish; it's grown in large ponds that are fed deep ocean water off the coast of Hawaii.

## **Strong User Satisfaction**

One of the most fascinating things about this product is that once people start using it, they see such a tremendous positive effect from it that they keep on ordering it. It follows that people are really finding it works for them. And again, if you've been taking Vioxx or Celebrex or some other anti-inflammatory drugs, I urge you to get off of those drugs and get on this natural substance found in micro algae and manufactured right here in the United States in Kona, Hawaii.

By the way, just to reassure you again: even though I'm promoting this product, I do not earn a dime from any of your purchases. There is no affiliate structure, there is no commission structure, I don't get any benefit whatsoever when you purchase this product. I am promoting it because I believe it is a safe alternative to the dangerous prescription drugs that people have been taking. And I'm promoting this as a service to my readers and because this is something I have experienced personally and that I believe is a safe, effective nutrient that can help improve the quality of life for everyone.



## Secret Source #6: Ancient Harvest

Secret Source #6 is a company called Ancient Harvest (also known as the Quinoa Corporation) **www.Quinoa.net**. I've already talked about quinoa and how you can get it from Walton Feed. But in case you want more than just the quinoa grain, if you want quinoa pasta or quinoa flour, you can get that from the Quinoa Corporation. They sell quinoa flour for about \$3 / pound, which is a great deal. You can use that flour to make your own pancake mixes, cake mixes, breads or an assortment of other pastry items.

I use it to make pancakes every once in a while and of course, I throw in some freeze-dried blueberries that I purchase from Emergency Essentials. Ancient Harvest also sells quinoa flakes, which you can boil like oatmeal to make a delicious high-fiber, high-protein, oatmeal-like breakfast without wasting your money on instant oatmeal (which is actually a refined grain that will cause blood sugar swings).

If you're looking for quinoa flour in large quantities (like a 25-pound bag), you can get it from Ancient Harvest. I keep a 25-pound bag of quinoa flour in my house and use it from time to time when I'm making various recipes.

By the way, if you'd like to learn more about Quinoa and what a fantastic food product this is for your health, I'm working on an ebook about Quinoa that will be released at **www.TruthPublishing.com**. Here's a few pages from that book:

### Quinoa the supergrain

Quinoa is sometimes called a supergrain, and it deserves that name because it really is an impressive healing food. It's a food source that's high in vitamins, minerals and fiber. Learning a little about the attributes of this impressive grain will give you a sense of just how amazing it is.

First off, quinoa looks a lot like very tiny grains – almost like amaranth, if you're familiar with that. Or like small little dried beads. Quinoa stores very well for many years. You typically buy it dried. By adding water to the quinoa and boiling it, you'll find that the grain soaks up the water and vastly increases its size – much more than other grains. This means you don't need a lot of dry quinoa to make a very large quinoa meal.

The unique shape of quinoa is also fascinating. The grain has an outer edge that looks something like a UFO. It's almost like the grain is wearing a hula-hoop. This outer edge can come off when the grain is boiled, or it may stay attached – looking something like a tiny pigtail (this is actually the germ of the quinoa grain). This structure is unique for a grain: it's not something you see in wheat or rice.

You see, in most grains, the germ is usually a very tiny structure found on the end of the grain. But in the case of Quinoa, the germ circles the entire grain. Remember that in every grain, the germ is very high in protein. With the germ being so large in the quinoa grain, it explains why quinoa as a whole is very high in protein compared to most other grains.

In fact, it has the highest protein content of any grain. It is the protein king of the plant world. There's simply no other grain that has as high a level of protein as Quinoa. In fact, you'd have to get into superfoods like spirulina to even come close.

When you cook it, quinoa has a texture similar to tapioca pudding. Some people might mistake it for rice pilaf or some kind of boiled grain, but I think it most closely resembles tapioca. In fact, pudding is one of the many wonderful things you can make out of quinoa. Later in this report, you'll learn how to use it in some delicious pudding recipes that have no refined sugars and provide outstanding nutrition.

## **A complete protein**

Quinoa is not only high in protein in terms of grams per serving, it's also high in the amino acids that create a complete protein. The eight essential amino acids you'll find in quinoa are the ones your body must acquire through foods in order to live. You can't synthesize these amino acids, you have to get them from your diet.

Some would say that you can get these amino acids from eating meat or other plants. The trouble is, many plants don't provide complete proteins, or they're very low in amino acids such as lysine. Quinoa is high in lysine, and it is a complete protein as well. Vegetarians, for example, do very well on quinoa.

## **A great source of calcium**

But that's not the only good news about quinoa. Quinoa is also very high in calcium. This is a rather important mineral that many people don't get enough of, even though the conventional wisdom is that you can get calcium from drinking milk. In fact, **a cup of cooked quinoa has more calcium than a cup of milk**. If you've seen anything written about cow's milk at [www.NewsTarget.com](http://www.NewsTarget.com), you already know that cow's milk is not a good source of nutrition. It has all sorts of nutritional problems and imbalances in terms of human need. Cow's milk is perfect for baby cows, just not for humans. Quinoa is a much better source of calcium.

Quinoa also contains other minerals like magnesium (also typically deficient in the western diet), zinc, potassium and iron. Beyond the minerals, it has a fairly high B-vitamin content – another important nutrient that most western diets are lacking. Quinoa also contains a healthy serving of fiber, found in the germ itself.

## **Very low caloric density grain suppresses appetite**

So that's the nutritional breakdown of quinoa; now let's discuss the "absorption factor." The amount of water quinoa absorbs while cooking is rather remarkable. You can take a cup of quinoa, boil it, and end up with a couple of bowls of boiled quinoa cereal, ready to eat. This may not sound like a big deal, but let me explain why it is in terms of appetite and weight control.

It's no secret that a lot of people overeat, but one reason they do that is because the foods they eat take up very little space in their stomach, but are very high in calories. In other words, they have a high caloric density. Those foods often include cheese, pizza, potato chips, french fries, candy bars, snack crackers – basically anything that contains a lot of fat or refined sugars. These are all foods that pack a lot of calories into a small space.

We tend to get into trouble as consumers when we eat foods like that, because our hunger signals are not really fine-tuned to what we've eaten. Our hunger is, in part, affected by the physical space foods take up in our stomachs. So we tend to continue eating, regardless of the calories consumed, until we have a physical sensation of fullness. Once this happens, cells in the stomach and small intestine actually broadcast a hormone signal that tells the endocrine system to turn off the hunger signals. It is at this point that we finally stop feeling hungry.

The important thing to note in all this is that **our feeling of hunger has nothing to do with the number of calories we are eating**. It's largely determined by the amount of **physical space** foods take up in your stomach.

Because of this, quinoa can be very beneficial in suppressing your appetite and, therefore, helping you lose body fat. How? Quinoa takes up a lot of space in your stomach without giving you a lot of calories. In other words, you can eat a very large bowl of quinoa and you can feel like you are completely stuffed. Yet you may have only eaten 300 to 400 calories. That's astounding! To get that same level of fullness from eating pizza, you might consume 1500 or 2000 calories (which would definitely pack on the pounds).

You can see there's a huge difference. For people who are attempting to moderate their intake of calories, who want to lose weight, who are battling diabetes or obesity, quinoa can be a very helpful dietary tool. You get the nutrition you need and yet you don't feel hungry.

Let's face it, most of us like to eat vast quantities of food if we can get away with it. But, it's the **type** of foods we eat in vast quantities that determine whether we are thin or obese. You can eat quinoa in tremendous quantities and you'll probably never gain weight. With quinoa, you will be losing weight even while feeling full.

If you were to make quinoa a part of every meal, you can really moderate your caloric intake. Say you're having dinner: you enjoy a side dish of quinoa pilaf first, before you head over to the steak, or the barbecue, or pizza, or whatever else you're going to have. You'll automatically eat less of that other food because you had the quinoa first, and it's taking up lots of physical space in your stomach.

As your body digests the quinoa, it will eventually figure out that there weren't a lot of calories in the meal. But by that time, you've already won the appetite battle. The meal is over. You've already fooled your stomach into thinking you've had a huge serving. This is a little trick to get around your ancient appetite control system – the one we're all pre-wired with as human beings.

## **“Eat” your water**

Further along during digestion, your body will extract the water out of the quinoa grain, leaving the fiber and nutritional content to be used by the body. Fiber will, of course, help with your digestive tract health. You'll also have more frequent bowel movements, which is another good thing for your health.

In the meantime, your body will extract the water from the grain, and that's good too because a lot of people don't eat enough water. You could say “drink” but I used the word “eat” on purpose because with quinoa, you're actually eating the water. And for a short period of time, that water is locked up in the grain as it sits in your digestive tract. You can think of the quinoa as little water beads.

You see, most people are in a state of chronic dehydration. And that actually causes hypertension, asthma, constipation, immune system suppression, and a long list of other symptoms and diseases. So quinoa can actually be a good water source. After you eat it, your body pulls the water out and puts it to good use.

You can see how quinoa helps you on many fronts. It gives you the fiber that's not found in typical processed grains. It also gives you a high level of calcium, magnesium, phosphorous, zinc and even some iron. You even get a large dose of B-vitamins. You get fiber, protein, all eight essential amino acids including lysine, plus extra water. No wonder they call this a super grain!

## Summary of recommendations:

ITEM	NUTRITIONAL BENEFITS	PRICE
<b>Quinoa Flour</b> Also available: quinoa pastas like spaghetti, shells, elbows, linguine, etc.	A versatile “healing food” flour that’s can replace flour in most recipes. Quinoa is an ancient grain, used extensively by the Incas. It offers the highest protein of any grain, even boasting a complete protein (all essential amino acids). It’s also high in fiber and delivers healthy, complex carbohydrates.	\$2.69 per lb.

Order site at: [www.Quinoa.BigStep.com](http://www.Quinoa.BigStep.com)

## Secret Source #7: House of Nutrition

The House of Nutrition ([www.HouseofNutrition.com/Spirutein.html](http://www.HouseofNutrition.com/Spirutein.html)) is the only place I've found where you can reliably purchase the brand of spirutein soy protein powders I recommend: the unsweetened Nature's Plus "Simply Natural" spirutein products.

I recommend this line of products because it offers delicious flavors such as chocolate, peaches and cream, strawberry, vanilla and so on, and it's offered at a good price, about \$15 per can (.82 lb. / 370g) from The House of Nutrition.

Using these products is a great way to get some soy protein into your diet, and I use these products in my breakfast drinks on a frequent basis. Just keep in mind that there's not a lot of spirulina in these products, because if there were, then the products would be green, and they aren't. That tells me there's hardly any spirulina at all. In fact, I think the product should be called "Simply Natural Soy Protein." I don't think there's enough spirulina in it to even warrant putting it on the label. So don't make the mistake of thinking this is a good source of spirulina. This product isn't a superfood, it's just flavored soy protein.

### Delicious pudding with no sugar and almost zero carbs

These products are fantastic for making delicious low-carb, near-zero-sugar puddings! One of my favorite recipes is to take one scoop of the Nature's Plus Simply Natural Spirutein banana soy protein, combine it with 2 cups of soy milk, add a good dose of stevia (as the sweetener), then throw in some thickener like glucomannan powder, xanthan gum powder or guar gum (all will work). Blend it in a powerful blender until it's the thickness of pudding.

There you have it! It's a delicious banana pudding, with NO fats, NO sugar, virtually NO carbohydrates, and it took NO TIME at all. (About 60 seconds, actually.) This is a fantastic recipe for feeling full without actually eating much in the way of calories. And you can make peach pudding, chocolate pudding, strawberry pudding, or a long list of other puddings by using these unsweetened Nature's Plus Spirutein products.

So if you want a great quality soy protein with delicious flavors, this is the way to go. Check out The House of Nutrition and buy their unsweetened Nature's Plus Simply Natural Spirutein

products. By the way, the products are not always described on the website as being unsweetened. The only way you know they're unsweetened is if they say "Simply Natural." Any spirutein product that doesn't say "Simply Natural" is going to be sweetened with fructose, which is something I would definitely NOT recommend. Stevia is the only natural sweetener I know of that offers zero carbs, no sugars, and no calories.

## Wrap Up

So there you have it. All the secret sources of where to get the foods, the herbs, the medicinal products, the stevia, the food ingredients, the supergreens, and a multitude of other healing foods and natural medicines.

We've covered how to get freeze-dried berries and use those in cereals and pancake mixes or breakfast drinks in order to give yourself antioxidants and cholesterol-lowering phytochemicals. I've talked about Walton Feed and how you can get quinoa, whole grains and ancient grains for a fraction of the price you'd be paying in most grocery stores. I've introduced you to the Amazon Herb company and how its products have the capacity to prevent and even treat chronic disease.

I've introduced you to Herbal Advantage, shown you where you can get stevia, sea vegetables, apricot kernel oil, mushroom blends, minced garlic, bulk herbs, coral calcium, bulk fibers and many other products at fantastic prices from honest companies that you can trust. I've also given you a brief introduction to astaxanthin, or what I call "Vitamin X," which I think is destined to be one of the most popular and widely used vitamins and antioxidants in the years ahead.

I've also told you about Ancient Harvest, where you can get quinoa flour, quinoa pasta, and quinoa flakes. And I've told you about The House of Nutrition, where you can get unsweetened soy protein powder mixes from the Nature's Plus "Simply Natural" spirutein product line. Finally, I've introduced you to the breakthrough Pharmanex Nutrition Scanner and explained how it stands to revolutionize modern medicine, consumer health and disease prevention.

I hope you've enjoyed this tour! Please use this information to enhance your own health. It's a complete waste of time if you read this and don't actually do anything with it, so be sure to start making incremental changes in your life right now.



## Sources of Life-Saving Information

There's more: Hopefully you already know about the **www.NewsTarget.com** website. There, you'll find literally thousands of articles covering a wide variety of health topics. You can get free access to those articles and even sign up free for the NewsTarget Insider email newsletter that brings you new health-enhancing articles each day (and without a bunch of annoying advertising, too).

You can use the search function at the bottom of any article to search for topics that interest you. If you want to find articles on medicinal herbs and diabetes, just search for "diabetes." If you want to find articles on osteoporosis, just search for "osteoporosis" and you will get a whole selection of articles authored by myself or other well-known doctors and authors.

That's the source of information that the Fraud and Drug Administration (FDA) hopes you never find out about. That's what the drug companies don't want you to be reading. Food manufacturers, you can bet, don't want you to see that information as well, because I tell the truth about what's in their food and what you need to be avoiding if you want to be healthy for the rest of your life.

If you want more ebooks on a variety of health topics, go to **www.TruthPublishing.com**. That's where you will find books on a variety of topics: health, wellness, disease prevention, losing weight and so on.

Together, **www.NewsTarget.com** and **www.TruthPublishing.com** are online destinations where you can learn more about the truth of what's going on in the health industry these days – and how you, as an empowered individual, can take control of your health, save yourself a fortune, and transform your quality of life all at the same time. Because, really, the bottom line is that you don't need to go through life diseased or obese or depressed. There are simple solutions that are cost-effective, if not downright free of charge, that can not only prevent these diseases, but actually reverse them.

If everybody in the world knew about this information, we wouldn't even have an American Cancer Society. We wouldn't have a health care industry that's draining away hundreds of billions of dollars in productivity each year. We wouldn't have sky-high health insurance rates and people falling over dead from the toxic side effects of prescription drugs.

And why wouldn't we have all that? Because people would be healthy. They'd live their lives without chronic disease, and they'd save fortunes by not wasting money on prescription drugs, hospital stays and useless surgical procedures that really do nothing to make them healthier in the long run.

If you truly want to be healthy, you do that by educating yourself with information like this, and then by taking action to integrate it into your own life. So please take steps to do that in your life right now. And if you're not already a subscriber to the Newstarget Insider, then go to **www.Newstarget.com** right now and subscribe so that you can start getting free e-mails that can keep you informed on topics like this.

As always, I wish you the best in personal health and happiness.

**- Mike Adams, the Health Ranger**

## About the Author



Mike Adams is a holistic nutritionist with more than 5,000 hours of study on nutrition, wellness, food toxicology and the true causes of disease and health. He is the author of *The Seven Laws of Nutrition*, *Grocery Warning*, *How to Halt Diabetes in 25 Days* and many other books available at [www.TruthPublishing.com](http://www.TruthPublishing.com).

Adams is also the creator of the popular *Honest Food Guide*, a free downloadable nutritional guide found at [www.HonestFoodGuide.org](http://www.HonestFoodGuide.org). In addition, more than 1,500 free articles on health, nutrition and wellness have been authored by Adams and are available at [www.NewsTarget.com](http://www.NewsTarget.com).

Adams uses no prescription drugs whatsoever and relies exclusively on natural health, whole foods, superfoods, nutritional supplements and exercise to achieve optimum health. To prove the value of nutrition and physical exercise in enhancing health, Adams publishes detailed statistics on his own blood chemistry (with full lab results) at [www.HealthRanger.org](http://www.HealthRanger.org).



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