

# What's Hot HEALTHY EATING

## Nature's Miracle Molecule

With the poor nutritional value of today's food, it is difficult for the average American family to get proper balanced daily nutrition. Modern farming and manufacturing practices mean food simply doesn't contain the same level of nutrition that it once did.

Getting complete and balanced baseline nutrition, however, can be easy and highly effective. Vital Earth's high-potency liquid supplements are designed for maximum results.

Featured in the product line are four powerful, high absorption liquid formulas, and three results-oriented capsule products. What makes Vital Earth's high potency supplements so effective is that they all contain the unique ingredient, fulvic. Fulvic is nature's way of ener-



gizing and purifying the body. In essence, what plant derived fulvic does is make every system of the body work better. When combined with high-quality nutrients, fulvic creates "results you can feel"; results that are above and beyond what other supplement products

on the market can offer.

Fulvic essentially prepares nutrients to interact with each other, and those synergistic relationships are what fuel cellular energy. Better cellular energy translates into better physical energy and stamina, improved mental clarity and concentration, sounder sleep, resistance to colds and flu, reduced body acidity, and boosted immune system function.

Another benefit is the use of healthy sweeteners, xylitol and stevia, making Vital Earth liquids both diabetic friendly and low glycemic. There are absolutely no fillers, binders or crystalline fructose in any Vital Earth product, all of which interfere with absorption.

For more information visit

[www.VitalEarth.net](http://www.VitalEarth.net)

Fasting has long been a popular way to lose weight, cleanse the body and improve health and well-being, but many fasting programs and products leave people feeling sick, dizzy, hungry and tired.

Simplifast is the world's first all-natural, ready-to-drink detox fasting beverage that contains all the vitamins, minerals, antioxidants, electrolytes and fiber necessary to support the body and promote detoxification during a fast. Designed for one, three and seven-day fasts, it is also a great meal replacement and alternative to sugary or caffeinated energy drinks and unhealthy snacks.

Unlike other fasting programs/products, it combines all the necessary nutrients including: 11g of fiber per serving, lemon juice (not from concentrate), pure organic maple syrup, fiber; potassium,

## Simply Fast!



sodium, high level of vitamins, magnesium, manganese, zinc and selenium. It contains no preservatives and no artificial sweeteners, flavors or colors.

Simplifast users have reported losing up to 10 lbs. in a three-day fast, up to 20 lbs. in a seven-day fast, and other benefits such as increased energy, improved digestion and reduced cravings for food, alcohol and nicotine.

Simplifast is packaged in 16-oz bottles and comes in three flavors including Lemon, Strawberry and Blueberry. It is available online at and at retailers in select markets across the U.S. Prices range from \$24.99 for a half-case of six bottles to \$49.99 for a full case of 12 bottles. For more information, visit

[www.simplifast.com](http://www.simplifast.com)

## Good Health Is Balance

Chicago-based Health King Enterprise & Balanceuticals Group offers a variety of health products based upon traditional Chinese medicine and nutrition. Health King herb teas are the first full range of authentic Chinese medicinal teas and have been on the American market for 15 years. As time-honored traditional Chinese medicinal formulas, they are mostly made of hand-picked wild herbs. They are not only delicious both as hot and iced tea, but also very effective, and are becoming more and more popular in this country. The 50 teas from AllergEase to TV/Computer Mate, cover internal, surgical, obstetrical, gynecological, pediatric, orthopedic, eye, ear, and throat health. Many

of them rank among the 100 top sellers with many major distributors.

The Balanceuticals herb remedies, made of herb extracts free of pollutants, have been used in China for centuries and thoroughly researched by the China Academy. They epitomize the Chinese approach to achieve balance as the key to good health. The 65 formulas including AcNoMore, Britemind

Elder, Coronary Ease, Fertility Builder, Hern-Ease, Kidney Clean, Mammary Care, Ovary & Uterus Clean, Prostate Clean, Super Manhood, have got amazing responses. The Seabuckthorn Oil, an herbal remedy store by itself (more than 160 nutrients), has a wide range of applications in cerebral-cardiovascular, gastrointestinal, respiratory, gynecological, immunological and dermatological health both internal and external. It's one of the best natural foods for everyone.

The latest addition is Appetitive: Remedy Enhancer, designed to stimulate digestion, assimilation of food and other nutrients.

For more information, visit:

[www.healthkingenterprise.com](http://www.healthkingenterprise.com) or email us at [service@healthkingenterprise.com](mailto:service@healthkingenterprise.com).

