



2009 SURVEY RESULTS

Thanks to everyone who responded to the survey we sent out in our last newsletter. Your insight is encouraging and sharing your journey of health is invaluable to our future. Overall our customers are delighted in the company. Delight in our minds is a basic expectation. We realize we cannot always meet your expectations but we can always try.

Our priorities are clear. First, we always want to communicate that we sincerely care about you achieving better health. This is because we do. This is evidenced in the way all people are treated and taken care of, and in the quality of the supplements we provide. Secondly, we provide real solutions to a health problem affecting everyone. Omega oils and minerals are missing from your diets. You cannot get them in the food you eat. Our supplements complete what is missing.

Here is what I heard many of you suggest:

- A family plan to offset the financial commitment for an entire family.
- A reseller plan that allows our customers to distribute our supplements.
- More informational seminars on cooking, latest research, whole foods, fitness, holistic approaches to health etc.

I was excited to see these were the majority of what people want us to add to our services as a company. We have been talking about these very topics for the last six months as we have evaluated our business. We are on the same page. There were some specific requests by individuals that we are not quite sure we can address. One was a chewable mineral as an example. The cost to do so right now is prohibitive but the concept is a great one! Brian's engineering mind went to work so stay tuned... We will keep you informed, as these ideas become realities. Please keep your ideas coming. Thanks again.

The Next Generation In Your Family Healthcare

We here at Healthy For Life are excited to have discovered a great new option for our customers family health care needs. I met Jake Velie (Founder of Preventative Health Sciences Clinic in Clive) a few weeks ago and was amazed at how well the philosophy of Preventative Health matches that of Healthy For Life. We have had many inquiries over the years if there are any doctors that would work with people using natural means and have a preventative focus, rather than only offering traditional American medicine and sick care. Now, we finally have a great medical clinic to refer people to that addresses this need! Below is a letter from Jake introducing his clinic.

Dear Healthy For Life Customers and Supporters,

My name is Jake Velie, and I am the Founder and CEO of the Preventative Health Sciences Clinic. Many of you became familiar with HFL many years ago on WHO radio. Because of this, many of you may already be familiar with our organization, as we have been on the air with WHO radio for 3 years now. You may have heard me on our monthly radio show on Deace in the afternoon between the hours of 4-6pm. For those of you who are not familiar with us, we are a health care organization that provides prevention-focused Family Medicine, Physical Medicine and Rehabilitation, and Lifestyle Education programming here in Des Moines, which has become well-known all over the Midwest. We can provide you and your family with all of your Family medicine needs, and be a resource of education and information to support your journey to become

and stay healthier. We serve patients all over the country and around the world and have had the opportunity to become familiar with HFL and the fact that we share the same mission of a new revolution of science and health.

On our radio show we strive to bring topics to the general public pertaining to prevention and healing that are quite contrary to what the main-stream medical community has been communicating to us over the past many decades. Many of the messages we are educating the public about relate to cholesterol, high blood pressure, diabetes, progressive aging, and many other issues that seem to be out of control in this country right now. Most people are not aware that there are many other options outside of medications and surgeries, and there are physicians in your community that are ready to help you restore your health, and alleviate your need for these limited options...did I mention we accept your insurance too? It is true, our clinic in Clive is ready to take on new patients until the end of this year, and the HFL leadership felt that it would be a great opportunity for their loyal clients to be introduced to a medical practice, like ours, that is re-writing the current model of Healthcare.

We would like all of you to feel free to reach out to us to ask questions about anything at all. We want to be a resource for you and your families to have support from a medical provider standpoint, and feel as if you have an advocate here in Des Moines that can help you attain your health goals. We want everyone to know that no matter where you are today, your body has the built-in intelligence to heal itself with the appropriate tools and support from you. Our specialty is to help you learn what your body needs to turn you and your family's health around for good. Please visit our website at www.phsglobal.com or call us at (515)987-4032 if you have any questions. We also offer a Free Consultation for anyone that would like to come in and talk about their health history and the goals they have. We would love to answer your questions, so please contact us, and let us know what we can do to serve you. I look forward to serving all of you and being a part of your Prevention-focused Healthcare.

In Hope and Healing,

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The Biology of Belief by Dr Bruce Lipton: A Review

Read any amazingly incredible books on cell biology and Quantum Physics lately? **I have.** What does the new science of the cell and physics tell us?

- Our genes do not determine us.
- All organisms, including humans, communicate and read their environment by evaluating energy fields.
- The universe is made up of energy.
- We are primarily energy, not matter. We are not just bodies but a combination of energy (spirit) and bodies.
- Modern medicine is being pushed toward the new science.
- Prescription drugs that alter body chemistry and treat symptoms are hurting us (You do not need to read the book to know this but what you find in here will blow your mind!).
- Practitioners of complementary medicine like acupuncture, energy work, massage, nutrition, belief as biology, spirituality, it appears are rooted in state of the art science.
- A huge shift is taking place as this new biology and physics fueled by consumer demand, a broken health care system and a population that grows sicker and sicker redefines health and the healing professions.
- Your biology is determined by your beliefs.
- It is an incredibly exciting time to be alive!

These are just some of the things I learned in reading this book. If you have lived with the nagging suspicion something is wrong this book will help you understand why.

The implications of this book are too large to explore in this book review and recommendation. However, the tipping point is upon us. Unprecedented change is on our doorstep. Healthy for Life is a nutritional supplement company who cares deeply about helping our customers achieve better health. Those of you who have been customers for a long time know that ten years ago we went against conventional wisdom and dogma (Eating fat makes you fat, the USDA food pyramid is about health, eating tons of carbohydrates are good for you) to deliver a clear, easy, relevant and mandatory message (You gotta have these oils and minerals! You gotta).

Changing conventional beliefs that are being proven wrong is hard. Institutions, companies, huge amounts of money, and egos are built on them. I humbly ask you to read this book. Understanding what it means for medicine and a healthy holistic approach to life is priceless.

This Month's Low-Carb Recipe: Petite Beef Skewers, Marinated

INGREDIENTS

1 pound beef top round steak
2 tablespoons soy sauce
1 tablespoon dry sherry
1 teaspoon dark sesame oil
2 cloves of garlic, minced
18 cherry tomatoes
Several leaves dark Romaine Lettuce or Tops leaves of Bok Choy stalks
18, 6 inch water-soaked wooden skewers

PREPARATION

1. Cut beef into 1/8-inch crosswise strips and place in large plastic storage bag.
2. Combine beef strips with soy sauce, sherry, oil and garlic, seal bag, turning to coat the beef strips well. Marinate in refrigerator for at least half an hour and up to 2 hours before cooking.
3. Soak the 18 skewers in water for about 20 minutes.
4. Drain the steak and discard the marinade. Put beef on skewers accordion style and place on rack or on boiler pan.
5. Place beef on broil about 4 to 5 inches from the heat for about 2 minutes then turn skewers over and broil for another 2 minutes or until there is barely any pink showing.
6. Garnish each skewer with a tomato and place them on the bed of Romaine lettuce or Bok Choy leaves.

Serves 4 - 6, Enjoy!

Thanks for your business and support!