



Introducing Wallace Farms

In the last two months we have introduced new relationships to Healthy for Life that we sincerely believe add value to you. Last month we introduced Preventive Health Sciences Clinic as an alternative to conventional clinics. This month we would like to introduce you to Wallace Farms, in their own words:

“Wallace Farms was co-founded by several members of the Wallace Family, who believe in the dramatic health benefits provided in grass-fed beef. We grew up in rural Iowa, where growing corn and soybeans is the livelihood of our fathers and grandfathers. As you might expect, our family, friends and neighbors have been raising grain-fed beef for decades. Nonetheless, a few years ago, we began taking note of the mounting evidence that illustrated significant health benefits in eating grass-fed vs. grain-fed meat.

We decided to switch within the Wallace Family to quality, grass-fed beef. This was no easy endeavor in the United States. Consequently, most of the product we initially purchased was imported from countries like New Zealand. We were disgruntled with the inconsistency of the grass-fed product and continued to search for an answer. Eventually, we encountered a unique family farmer, Doug Gunnink, in south-central Minnesota. He had all of the right quality, consistency and taste that we were looking for. We began working closely with this forward-thinking farmer to form our company, and Wallace Farms had its beginning.

It is now our collective mission to bring superior grass-fed beef to everyone in the marketplace who is hungry for this type of change. Wallace Farms is currently adding new family farmers to our coalition, so that we can increase production levels and supply great tasting, all-natural, 100% grass-finished beef throughout the United States.

Our patriarch, Steve Wallace, is a 30-year veteran in agri-business with unique qualifications in the area of forage grasses. His years of experience and connections with grass growers and beef producers are the framework for our vision and passion. Steve has a Masters degree in ruminant nutrition from Iowa State University and has worked as a family farmer and farm management consultant for years. He is currently active as a sales/marketing executive and research consultant for a leading, international grass seed company.

Doug Gunnink, who oversees all of our production efforts in the field, is a 25-year veteran in the grass growing business. Doug has long been a student of the soil and has vast experience in dealing with the delicate balance of soil nutrients, specifically as they relate to animal health. Wallace Farms could have no finer person certifying that our soil, grass and animal management practices each incorporate the highest level of quality control”.

Healthy for Lifestyles

At the end of the day Healthy for Life is built upon a way of life, a way of seeing the world. We believe in health. We believe in the incredible potential of human beings. We believe our incredible bodies were built to be healthy. If they are given what they need and are protected from what may harm them health is their outcome. The foundation of our business is the foundation of a healthy way of life that we are a part. It consist of the following keys:

- Assess** Have a preventive medicine clinic assess your body for indicators of missing nutrients, hydration, and other health factors and then design a plan of health.
- Reduce** Consume less processed carbohydrates.
- Nourish** Eat high quality protein, natural fats, and fresh fruits and vegetables.
- Supplement** Complete your diet with organic omega oils, and bio-available minerals.
- Detoxify** Cleanse your body of toxins.
- Move** Find ways to provide enjoyable moderate exercise.
- Reduce stress** Exercise, meditation, prayer, intimacy, buy a pet, join a community, and a host of others to manage your stress.

Proteins

Proteins are life-supporting substances required by our bodies. You cannot live without protein. The body, for cellular structure, blood development, hormones and biochemical reactions, enzyme production, collagen production uses protein. Protein provides the amino acids used to build and repair muscles and body tissue. The body actually burns a tremendous amount of calories digesting protein. This means physiologically you cannot eat too much protein. The majority of the protein you eat (60-70%) * is used to fuel its own digestion. Only 30% or so is bio-available to your body. Anyone suggesting that a few ounces of protein per day are sufficient is incorrect. Finally, the body under stress needs lots and lots of protein. The following are sources of protein:

- Eggs
- Natural Cheese
- Cottage Cheese
- Yogurt
- Nuts
- Fish
- Chicken
- Beef
- Pork
- Veal

Distributor Program

In May we had a good response to our survey question about interest in distributing our supplements as a business opportunity for our customers. We went to work on designing a program that will provide opportunity for our customers while growing our business. We are beta testing our program right now. It is really cool! Anyone else interested, please reply and send us an email. Our plan is to introduce this new program and launch it in the next month.

Thanks for your business and support!

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