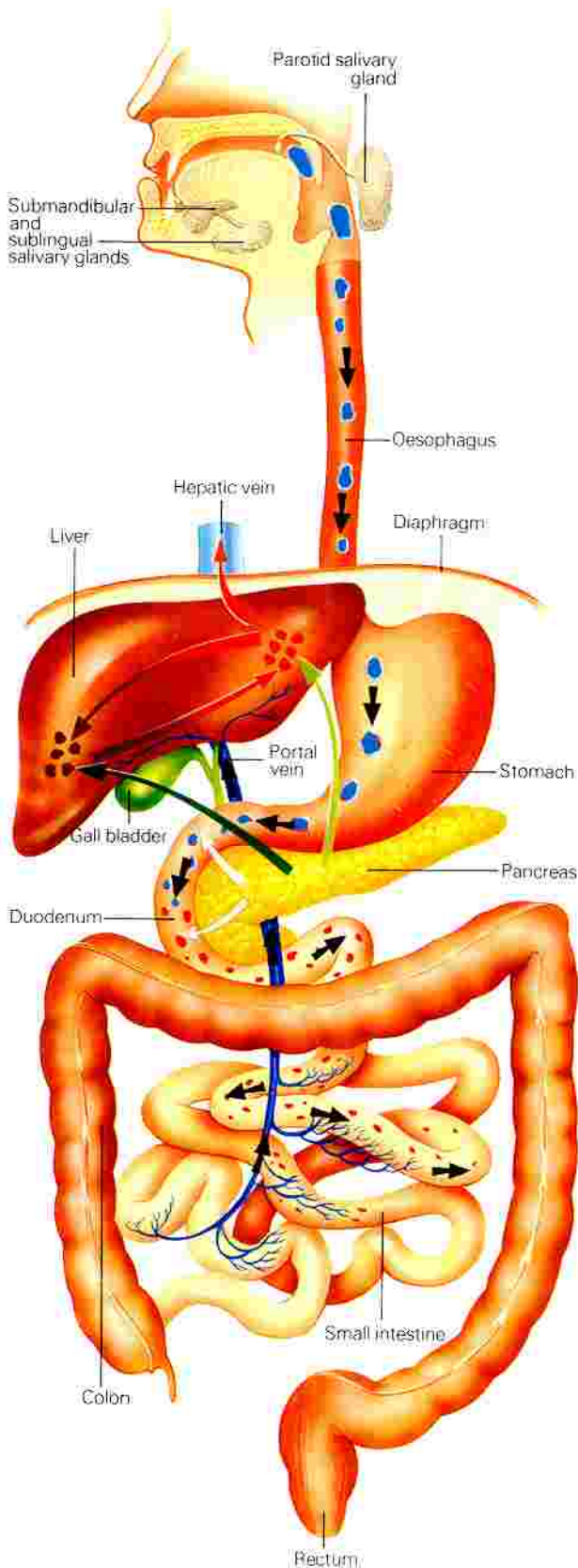


*Your Colon is the Most Important Organ in Your Body!*

## **AIM Herbal FiberBlend®**



**To Place Your 1<sup>st</sup> Order  
or Ask Questions  
Contact**

*Your Independent Distributors of the AIM  
products:*

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# AIM Australia

is a member of The AIM Companies

The mission of The AIM Companies is to improve the quality and productivity of people's lives by promoting the Healthy Cell Concept™ and the highest principles of free enterprise.

AIM started through one man's quest to help people. In 1982 Dennis Itami (*who currently lives in New Zealand*) was introduced to a particular form of Barley Juice product – a whole food concentrate, which would provide people with all the nutritional benefits of whole foods. Dennis also understood that this Barley Juice product could dramatically improve people's health and lives. As people learned and took advantage of the benefits of this Barley Juice Product, the small company grew. New customers came and new products were added. Today AIM grows and produces its own Barley Juice Product, BarleyLife™ and AIM's products and philosophy are found throughout the world. AIM Australia began operating in 1994 and currently has over 6000 wholesale members, some of whom have also built successful enterprises using the AIM products.

The AIM products are an ideal vehicle to help you get proper cell food. AIM ensures that all products are thoroughly researched and tested before reaching the market. Only the highest quality ingredients and innovative high-quality manufacturing processes are used to create an AIM product

**The mission of The AIM Companies is to improve the quality and Productivity of people's lives, including: Respect for the Individual, Commitment to Excellence, Dedication to Customer Service, and Success through Personal Initiative.**

## The Formulators Herbal Fiberblend

*Teresa Schumacher & Toni Schumacher-Lund are the formulators of Herbal FiberBlend which evolved through a series of experiences outlined in their best selling book:*

**“Cleansing the Body and the Colon for a Happier and Healthier You... using Herbal FiberBlend”** (available from AIM), the same as the CD with this booklet.

## Parasites in the Body

Based on the best selling book:

**“Cleansing the Body and the Colon for a Happier and Healthier You... using Herbal FiberBlend”**

### Parasites – Another Missing Diagnosis?

Is it possible that you have undiagnosed nutrition-thieving worm parasites living in your encrusted intestinal tract? There are about three hundred types of parasites thriving in Australia today.

June Wiles, PhD, and parasite expert notes: *“Parasites are vermin that steal your food, drink your blood and leave their excrement in your body to be re-absorbed back into the blood stream”.*

It's easy for people to get worms - pinworms, tapeworms, hookworms, ringworms, roundworms, and giardia Lamblia, the microscopic worms now pandemic in much of Australia.



Intestinal Fluke

*“One of every four people in the world is infested by roundworms, which cause fever, cough and intestinal problems. A quarter of the world's people have hookworms, which can cause anaemia and abdominal pain. A third of a billion people suffer from the abdominal pain and diarrhoea caused by whipworms”.* Dolly Katz Miami Herald.



Round Worms

You can get worms by simply shaking hands with a world traveller! You can get parasites from contact with stock, pets, children, gardening, from workers and food handlers in restaurants, from undercooked meats, or from eating raw fruit or vegetables that have parasite eggs embedded in them and from drinking unfiltered tank water. Obviously, parasites are easily caught, and millions of us have them in our systems, robbing us, making us weak and making us sick. As many as 7 varieties of parasites have been found in one person at one time.

If one person in the family has parasites, chances are the entire family has parasites to varying degrees. There isn't much talk about it, but parasites may be more easily passed in sex practices than venere e.

Crowding children in schools and day-care centres has been shown to increase the incidence of pinworm infection from the "normal" (one in six), to approximately 90%.

Medical experts know there are two things that make an epidemic of parasites possible - **impacted, clogged, sugar and junk filled colons and intestines, which provide the perfect place for worms of all sizes to thrive;** and wide spread lack of sanitation and good teaching of personal hygiene practices.



Is there a chance you have a plaque-coated intestinal tract and parasites? Billions of people today have intestinal parasites or worms, and these creatures cause a greater susceptibility to sickness and weight problems. **Our immune systems are severely compromised by parasites.** Medical statistics are admittedly not accurate concerning intestinal parasites in Australia, however, it is estimated that more than 80% of the population may be infected. This is an extremely conservative estimate.

**Symptoms include itching of the nose, anus and ears as well as bloating and gas. There are symptoms that may appear far removed from the bowel - mental confusion, irritability, allergies, blurry vision and rashes, brain fog. Whilst others are more in keeping with the digestive area - eating more than you need and still feeling hungry, constipation, indigestion and diarrhoea. You may also feel tiredness, lack of motivation and energy, plus muscular and joint pain.**

Parasites are live creatures, that live off the food you eat, drink your blood, use the supplements you take, rob you of your energy, then excrete their waste, into your system, to be absorbed into your bloodstream as toxins.

Parasites can produce around 1,000,000 eggs, every time you have a bowel motion, and as adults, they can live for many years. Tape worms can be many meters long. A person can be host to numerous parasites visible and microscopic.

**Often people don't consider that when they 'catch a virus' - virus bacteria are actually microscopic parasites.**

## **Aging & Death Begins in the Colon** Reverse the Aging Process" by John Thomas

Extract from "Young Again! How to

The colon is a sewerage system, but by neglect and abuse it becomes a cesspool. When it is clean and normal we are well and happy. Let it stagnate, and it will distil the poisons of decay, fermentation and putrefaction into the blood, poisoning the brain and nervous system so that we become mentally depressed and irritable, it will poison the heart so that we become weak and listless, poison's the lungs so that the breath is foul, poison's the digestive organs so that we are distressed and bloated, and poison's the blood so that the skin is sallow and unhealthy. In short, every organ of the body is poisoned, and we age prematurely, look and feel old, the joints are stiff and painful, neuritis, dull eyes and a sluggish brain overtake us; the pleasure of living is gone.

"It is no longer possible to ignore the importance of alimentary toxemia or intoxication as a fact in the production of disease". To no other single cause is it possible to attribute one-tenth as many various and widely diverse disorders. It may be said that almost every chronic disease known is directly or indirectly due to the influence of poisons absorbed from the intestine due to constipation. The colon may be justly looked upon as a veritable time bomb begging to be defused. The way to diffuse it is to thoroughly cleanse the entire digestive tract.

## **The Elimination Process**

One of the most important and least understood of our bodily processes is elimination. Most people know little about it. After the colon, the skin is the largest organ of waste removal. If these two do not eliminate properly it puts stress on the lungs and kidneys. Further if any of the waste eliminators fail to do their work they were designed to do, then each of the other organs has to bear the load and will be under additional stress.

**Proper bowel elimination is considered to be once after each full meal with each movement requiring no more than 16 to 24 hours of transit time. In other words 2 – 3 times a day. There should not be any pain or need to push hard. Nutrients from food are absorbed in the first twelve hours after ingestion.**

## **The body eliminates:**

1. When you have eaten, assimilated and obtained energy from your food, there is a resulting by-product. This is the waste or faecal matter.
2. If this waste is not removed within 24 hours, toxic build-up begins.

Once the toxic build-up occurs; you have an invitation for parasite infestation. Because there are parasites in most water, raw foods and under cooked meats, our food should be promptly processed and excreted before

parasites have an opportunity to multiply. The incubation period for most parasites is 36 hours, so you should expect parasite infestations if you have poor elimination. **Amazingly, the AVERAGE bowel transit time is 96 HOURS!!! (4 Days)** The colon like every other organ in your body needs live food and exercise. A good elimination is a firm stool, light in colour (unless you have eaten beets or greens) that floats and has no odour. **If it sinks and smells, pay attention to it.** You can achieve good bowel habits as you add raw food, good water, exercise and Herbal FiberBlend to your daily routine

Colon Therapists inform us that your Colon has reflex areas that effect specific organs. Sluggish Colon function in these areas will lead to dysfunction of the organ/s

## Your Natural Digestive Rhythm



Your body has a natural digestive rhythm, and if you can work with it, you will automatically overcome cravings, reduce your weight, gently detox and feel more vibrant. At least try to take some steps toward it, you'll be the one to feel the benefit.

### Personal Stories - Testimonials

#### Misdiagnosed... Again!

Working in country Victoria, single and 30, I had visited Doctors, Chiropractors and Osteopaths with abdominal and back pain, headaches, mood swings, lethargy, flatulence, belching, overweight, cravings, itchy anus and ears, haemorrhoids, lack of sleep, anxiety and chronic constipation for many years.

The visit to my 6<sup>th</sup> Doctor left me with a referral to a psychiatrist. "Was I going mad?" The Psychiatrist charged \$150 an hour, leaving me grossly despondent. "Was this all conventional medicine had to offer?"

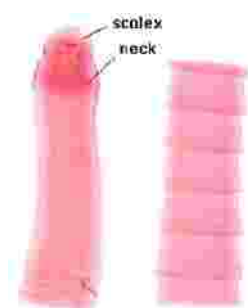
After 10 years I moved to Queensland, married and gave birth to 2 children, and my bowel problems intensified. Following the death of my mother from bowel and liver cancer, I had a Colonoscopy. The Specialist diagnosed Irritable Bowel, Leaky Gut and Diverticulitis and told me to increase my intake of Psyllium Husk. I felt so bloated and it didn't really help. So I sought answers through natural remedies.

In 2003 a Kinesiologist diagnosed PARASITES in my bowel. He explained that 80% of the population carry Parasites in their bodies. He recommended 'Herbal Fiberblend' for 3 or more months.

Within days I noticed about 100 white lumps in the toilet bowl after each motion, rather like I had eaten loads of blanched almonds - these were **intestinal fluke**.

I started to feel lighter, happier, less belching, gas bloating, etc and more energy and vitality. After a few weeks I lost 3 kilos, my appetite had decreased and I seemed to want to drink more water. The pain in my joints had gone completely, though my lower back still had pain. By this time my husband and 5 and 6 year old children had joined me with daily servings of Herbal Fiberblend.

#### That Tapeworm!



Then something happened that changed my health, wealth and quality of life. Upon my second visit to the loo for the day, I felt a large lump moving under my rib cage. Then I felt a huge release, I looked into the bowl and immersed in white mucus was a 2-3 meter Tapeworm. No wonder I had been ill for so long. I must have been hosting my Tapeworm for years and I had no idea how it got there!

Instantly I felt a completely different person and have never looked back. I still take Herbal Fiberblend daily now because health practitioners recommend a minimum of 30 grams of fibre a day. Herbal Fiberblend also strengthens the lining of my bowel and after many years of constipation, my bowel lining was very thin and weak, and besides, I did



not want parasites to reinfest again and start stealing the benefit of my good nutrition from me.

If I had left it any longer, I could have easily been gnosed with Crohns Disease, Colitis or Cancer. Transit time of food through the digestive system should be 18–24 hours. I am told we should have 2–3 relaxed bowel movements every day.

Now I am 27 kg lighter and the back and joint pain, headaches, etc have all gone.

Sometimes we have to hit the wall before we take responsibility for our own health, or we can learn from what has happened to others and take action.

*Debra Selwood – Beechmont Qld*

## **Chronic Constipation**

"I am a 35 year old lady who has recently been diagnosed with a "Twisted Colon" by Dr Wegman of Sydney Gastro-intestinal Diseases.

Ever since I was a child I have suffered chronic constipation, often going up to seven days between eliminations; laxatives became an essential part of my life. I suffered from chronic lethargy, poor concentration, haemorrhoids, and became very overweight, all the time knowing something was very wrong but not knowing what.

A kind friend introduced me to a vegetarian diet which was initially a tremendous help, however, as the years passed I found I needed more and more fruit to stay regular and became frustrated that with eating a virtually 75% raw diet. I still experienced pain, gas and constipation. Back to laxatives I went.

About a month ago I discovered HERBAL FiberBlend, which has made an incredible difference to my whole life. I now visit the toilet at least twice a day, I can eat foods other than just fruit and raw vegetables, (although this is still the best 75%) without dread of pain, and do not have the bloated feeling all the time. Such is the difference in me, I am a happier, vibrant person and I enjoy life a whole lot more than before.

I would recommend HERBAL Fiberblend to anyone who is interested in managing their health, whether they are already ill or not. I understand why it is important to keep my body clean and will happily take your product for the rest of my life".

*D. Martin*

## **Questions? and Answers**

### **Q: How many eliminations should I have to be normal?**

A: You should have one to four eliminations a day, one for each meal eaten. They should be of a good consistency and not loose like diarrhoea. If diarrhoea should occur you must remember it is a rebuilding and healing process, and should pass in a short period of time. To alleviate the problem more quickly you should increase the amount of Herbal FiberBlend you are taking and eat some more roughage.

### **Q: How long should I stay on Herbal FiberBlend?**

A: Depending on your age, health problems, your exposure and the diet you have been eating, as well as your inherited health problems. Herbal FiberBlend is a formula for cleansing and rejuvenating the entire body. It works on the digestive and nervous systems, the liver, the colon and other parts of the body. Remember, you are not taking medicine. You are taking food put there by our creator for our use, to cleanse and repair the body. Herbs are Pure Food! It is recommended that you take Herbal FiberBlend twice a day for cleansing and once a day for maintenance. It is recommended that you take Herbal FiberBlend twice a day for 12 months, and then when you feel you have eliminated the build up from the wall of colon you take the Herbal FiberBlend on a daily basis, once a day for the rest of your life. The absolute minimum time for basic cleansing, would be three months.

### **Q: If I should not drink with my meals, then when can I take a drink?**

A: Because they dilute the digestive juices and create more work for already overburdened systems, liquids should not be taken with a meal. It is best to drink a half hour before meals and an hour after meals.

### **Q: Should I take Herbal FiberBlend while I am pregnant?**

A: Yes, Most women are prone to constipation when they are pregnant. Herbal FiberBlend does not contain any herbs that could be harmful to the foetus. If you are taking Herbal FiberBlend for the first time, start out with one teaspoon and gradually over a two week period increase it to the full amount for your pre-pregnancy weight. If you find you are nauseous in your first trimester, try taking it later in the day, or take smaller amounts. This is not the time to be cleansing. Take it just once a day. Remember HERBS are PURE food. Use more or less according to your needs.



### **Q: Can I take Herbal FiberBlend when I am nursing my baby?**

A: Yes it would be beneficial for both you and your baby. I would not advise you do any cleansing at this time. If you have not taken Herbal FiberBlend during your pregnancy, I would advise you start very slowly and increase the amount of Herbal FiberBlend over a period of two weeks. As you use the Herbal FiberBlend you may also notice improvement in your baby's elimination. This is also time to drink adequate amounts of water.

**Q: Can I give Herbal FiberBlend to small children?**

A: Yes, reduce the amount according to weight, and put it in their favourite juice or with a banana or applesauce. Many adults today have constipation problems because care was not taken when they were young, to see that their bowels functioned properly. They grew up thinking if they went to the bathroom once or twice a week, it was normal. We can do our children a great injustice if we are not aware of their bowel movement.

**Q: I am an alcoholic. Can this program help me eliminate the desire for alcohol?**

A: Yes, the longer you are on the program, the less desire you will have for alcohol.

**Q: I smoke two packets of cigarettes a day. Is there any help for me?**

A: Yes I interviewed a gentleman who was a heavy smoker. After one week on the program he came to my office and said he had passed hundreds of parasites. I asked him how he was doing with the cigarettes. He said he still had the habit, but the pleasure was gone. He had cut back on the cigarettes. Soon he had quit entirely.

Once the body has started to rebuild, unhealthy cravings are no longer there. This also applies to drug users and those who are 'sugarholics'. Many who have been in drug and alcohol rehabilitation centres return to their old ways once they are out:

Prescription 'dry out' drugs are not the answer! The body needs cleansing and detoxification to rid its self of bad habits and begin wholesome healthy new ones.

**Q: How does AIM Herbal FiberBlend help whole body health?**

A: AIM Herbal Fiberblend® provides you with fibre. This helps you maintain bowel regularity, excrete toxins and scour the intestinal walls. A regular, clean body is a key step to maintaining overall health.

**Q: What can I expect when I take AIM Herbal FiberBlend?**

A: You may notice more regular bowel movements and more complete evacuation of waste. As the fibre 'cleans' your system, you may notice common detoxification symptoms, such as rashes or feeling tired, or a headache

**If you have any questions** about AIM Herbal Fiberblend® or would like suggested reading material, please email AIM Australia at [aimaustralia@aimintl.com](mailto:aimaustralia@aimintl.com), visit [www.aimaustralia.com.au](http://www.aimaustralia.com.au) or your Distributor whose details appear on the front cover of this booklet

## **What's In AIM Herbal FiberBlend?**

The ingredients of AIM Herbal FiberBlend® work together to help your body help itself. Following are the common and scientific names of the herbal ingredients. Depending on the flavour, Raspberry Flavour has raspberries added.

**These carefully chosen ingredients are blended in strict proportions. This is the secret of the efficacy of Herbal FiberBlend, unrivalled in any other product.**

- **Alfalfa - Medicago sativa** Alfalfa is one of the green grasses, which are the most nutritionally rich foods there are. It is a source of chlorophyll, beta carotene, and minerals & contains all eight essential amino acids as well as eight digestive enzymes.
- **Black Walnut Hulls (258mg) Juglans nigra** Helps to kill and expel parasites while feeding muscles and nerves, balances sugar levels and regulates body fluid levels. They also burn up toxins that are then eliminated by the fiber in HFB.
- **Cascara Sagrada (81mg) Rhamnus purshiana** Seventeenth-century Spanish explorers named this plant cascara sagrada - sacred bark. It increases secretions of the liver (bile), stomach, pancreas and lower bowel, promoting peristaltic action. It tones the intestines and is one of the strongest herbal laxatives, but is not a purgative. It regulates the colon and is not habit forming.
- **Hibiscus Flower (136mg) Hibiscus sabdariffa** Aids in healing and lubricating the intestinal tract.

- **Irish Moss ( 39mg ) Chondrus crispus** Actually as seaweed, this plant saved many Irish during the potato famine of the mid-19th century. It contains 15 of the 18 elements composing the human body. It contains vitamins A, D, E, F, and K and is also high in sodium, calcium, and iodine, so is beneficial for the thyroid.
- **Liquorice Root ( 116mg ) Glycyrrhiza glabra** The therapeutic value of liquorice is as a tonic for the intestinal tract, it stimulates enzymes and peristaltic action, as well as stimulating and regulating the adrenal glands and pancreas.
- **Marshmallow Root ( 26mg ) Althaea officinalis** Marshmallow root has mucilaginous properties which are soothing and healing, it is also helpful in removing stones and gravel from the urinary tract.
- **Mullein ( 13mg ) Verbascum thapsus** Mullein leaves are excellent for asthma & bronchitis also for lung and sinus congestion.
- **Yucca ( 32mg ) Yucca schidigera/Yucca brevifolia** The Yucca contains natural steroids and is used to reduce inflammation in the joints and elsewhere.
- **Passionflower ( 28mg ) Passiflora incarnata** Passionflower aids in soothing the nervous system.
- **Pumpkin seeds ( 45mg ) Cucurbita pepo** Pumpkin seeds contain zinc, which is good for prostate and female problems as well as killing parasites.
- **Shavegrass ( 116mg ) Equisetum arvense** Also known as horsetail grass, is rich in silica, strengthening fingernails and hair. It also kills parasite eggs, and helps dissolve tumours.
- **Slippery Elm Bark ( 13mg ) Ulmus rubra** Slippery elm has mucilage properties that beneficially coat the digestive tract, it also aids in healing inflammation, and soothing the stomach & colon.
- **Violet ( 13mg ) Viola odorata** The blue violet leaves aid in breaking up the toxins in the body and help rid the body of parasites.
- **Witch Hazel ( 13mg ) Hamamelis virginiana** Witch hazel is beneficial for the mucous membranes and circulatory system.
- **Oatstraw ( 71mg ) Avena sativa** Oatstraw contains saponins, flavonoids, a number of minerals, vitamins B1, B2, D, E,. It stimulates the neuromuscular system. It rebuilds minerals while calming and nourishing the whole body.
- **Capsicum fruit ( 12mg )**. Capsicum aids the entire digestive system as well as the circulatory system. It helps regulate the heart and blood pressure, strengthens the pulse rate whilst cleaning the circulatory system. When combined with other herbs it acts as a catalyst, increasing their effectiveness.
- **Psyllium ( 1.272g )** Psyllium, which is the main fibre source in AIM Herbal Fiberblend®, has over eight times the bulking power of oat bran. Psyllium is approximately 75% to 80% dietary fibre, and this breaks down to 65% soluble fibre and 10% to 15% insoluble fibre.

The herbs in AIM Herbal FiberBlend® bring you a wealth of nutrients. Fourteen herbs contain iron, 14 contain B-complex vitamins, 13 contain calcium, 13 contain vitamin C, and 13 contain potassium. Combined, these herbs make Herbal FiberBlend one of the most valuable fibre products available today.

AIM Herbal FiberBlend® is a professional formulation of herbs in a convenient, easy-to-use powder.

## **Really Important! – Must Read!**

### **How to Best Use Herbal FiberBlend**

- **Drink plenty of Water** (at least 10 glasses a day) - NOT mixed with Tea or Coffee. This will assist in the movement of waste and flushing out toxins and parasites.
- Use **quality salt** such as Himalayan Salt or Celtic Sea Salt to assist in proper body hydration. Your body needs good minerals to take-up water and vitamins.
- **Begin with just 1-Teaspoon of Herbal FiberBlend (HFB), twice a day in water or juice (pineapple, grape, apple - not orange) 20 mins before Breakfast & Dinner. Follow each serving of HFB with an extra glass of water.**
- **After a few days, step up to 2-Teaspoons (as above). A few days after that, increase it to 3- Teaspoons, and so on until you reach recommended amount for your weight**
- If **diarrhoea** occurs, Theresa Schumacher recommends you to **Up Your Dosage**. During initial servings of HFB, diarrhoea is an indicator that the body is trying to expel something & the bowel and is trying to flood it out, to excrete the toxins and waste. If **constipation** occurs, increase your water intake as well as extra HFB.
- Some will gain relief from **bloating** within days, others will find themselves bloated after using HFB for some

time - this is because HFB has released some hard matter and is finding it difficult to move through your bowel. In this case, increase your water intake and take Cascara Sagrada capsules (available from your health store) until the bloating feeling passes. Cascara Sagrada will help soften the hard matter.

- If **bleeding** occurs, consider if it is caused by **haemorrhoids** (both external & internal) - if so, increase your dosage of HFB to make bowel motions easier by increasing your fibre intake. If haemorrhoids are the problem, the bleeding should stop after a few days. If bleeding continues, consult your health care professional. Think back, have you eaten beetroot?
- **Initially you may find that you open your bowels 3-5 times daily.** This will balance out after a while. This is simply the body trying to return to a proper balance. Your body has an intelligence that most people are not aware of. Most people notice an increase in the bulk of their stools.
- **HFB does not cause the above problems, but MAY uncover an already present condition** that can be relieved naturally through long-term use of HFB. Failing to treat these conditions **NOW**, could result in long term illnesses and poor quality of life in the **FUTURE**.
- If irregular bowel conditions continue call your sponsor and discuss it with them, **don't blame HFB**. Consult your Health Care Professional as HFB may have given you **early warning** of a chronic, and possibly serious condition.
- If you are taking supportive health supplements such as **Barley Life, Redibeets or Just Carrots**, it is best to take these around one hour (or more) after ingesting HFB. HFB will act as a cleanser (broom) and the health supplements will assist in building better cells to replace old cells that naturally die.
- Notice what you have passed. You may note some parasites (worms, fluke). After a few months use, you may observe a strip like black rope (or snake skin) this is old encrusted lining of the intestine wall that has been blocking the uptake of nutrients for years. This is something to be very pleased to be rid of out of your body.
- **Healthy Colons** should weigh 1-1.4 kg. Autopsies released in the US show that most weigh 3-6 kg with 25% weighing around 27 kg.
- **Read the book "Cleanse the Body and the Colon for a Happier you Using Herbal Fiberblend"** by Theresa Schumacher and Toni Schumacher Lund. Also *Candida The Slow Killer* both available from AIM AUSTRALIA for \$8.50.each. Watch the DVD, *Parasites 1 & 2*.
- **HFB is NOT Habit Forming.** To get the best results, you need to take it consistently for at least 3-6 months. After 6-12 months you are best to rest from taking HFB for 1-2 months, replacing it with Slippery Elm & Psyllium Husk. After this break, the herbs will work harder for you if you continue using HFB at an amount that suits your system. Teresa Schumacher recommends you to use HFB for the rest of your life, because of the natural fibre content and medicinal herbs. We need 30 – 35 grams of fibre per day, Diabetics, Syndrome X and Insulin- resistant people need 50 grams daily.
- **We suggest** (if the taste is unpleasant mixed with just water) that you have your dosage with either: apple, pineapple or grape juice. Orange juice is too acidic. HFB must be mixed well, so if you do not have a battery hand blender (available from AIM for \$6-50) we suggest pouring water or juice and HFB into a container with strong lid: shake well and then drink before it thickens. If you do have HFB in water, you can always sweeten it with a smidgen of Stevia, which is a natural sweetener, with no calories, available at healthfood shops. Stevia is very nourishing for the pancreas, so is good for diabetics. Avoid artificial sweeteners as these are very toxic.
- **Listen to your own body, and be guided by it, after the initial detoxing is over. Everyones body chemistry and condition differs, we need to recognise this.**

## AIM Herbal FiberBlend – The Facts

Eating is a most important part of living (behind breathing and drinking water), and healthy digestion is just as important. AIM Herbal FiberBlend provides the fibre that is often lacking in our diets. To maintain digestive health and achieve whole body health, an adequate fibre intake helps cleanse and detoxify.

### Benefits of AIM Herbal FiberBlend:

- Helps maintain healthy digestive function
- Assists in the maintenance of general well being
- Aids in the prevention of constipation
- Promotes elimination and rids the body of waste & parasites
- Has a cleansing effect on the bowel



### Fibre

As part of your daily diet, fibre reduces transit time and promotes thorough evacuation of waste materials. Fibre is also a preferred food source for beneficial intestinal bacteria, which helps maintain healthy digestion. Found only in

plant foods such as fruits and vegetables, fibre is an indigestible complex carbohydrate and adds few, if any, calories to the diet. There are two main types of fibre – water-soluble and insoluble.

**Water-soluble fibre** dissolves in water and is found in oat bran, legumes, Psyllium, nuts, beans and various fruits and vegetables. It forms a bulky gel with water in the intestine to assist the flow of waste materials through the digestive tract.

**Insoluble fibre** can't be dissolved in water. This type of fibre includes the un-dissolvable parts of plant walls and is found in greatest amounts in cereals, brans and vegetables. The primary function of insoluble fibre is to collect water, which increases stool bulk in the large intestine. This promotes bowel movement, and as the bulk works its way through the intestine, it scours the intestinal walls of waste matter, keeping them clean and healthy.

**AIM Herbal FiberBlend** contains both soluble and insoluble fibre for a complete source of valuable fibre.

Professionally researched and formulated, AIM Herbal FiberBlend is a convenient, easy-to-use fibre supplement available unflavoured or with a raspberry flavour. The main source of fibre in AIM Herbal FiberBlend is Psyllium, which has more than eight times the bulking power of oat bran.

### **Suggested Servings ---Adults**

Start with 1 level 5ml level teaspoon, twice a day. Increase gradually over two weeks as your body adjusts to it, according to daily usage recommended below:

Up to 68kg - 3 x 5ml level teaspoons

68 to 90 kg - 5 x 5ml level teaspoons

90kg and over - 6 x 5ml level teaspoons

Not recommended for **children** under 12 years, though it has been served to many children as young as two years old. Contact your distributor for guidance on this matter. Adjust amounts according to weight.

**LB.S., Colitis, Crohn's Disease. Begin with half a teaspoon of Herbal FiberBlend in one dessert spoon of BarleyLife twice a day in water, to aid in alkalising and healing. Increase the amount of HFB as tolerated.**

### **Directions**

Mix AIM Herbal Fiberblend® in 180-240 ml of water or your favourite juice (not orange). Drink immediately. Follow this with another large glass of water. For best results drink 20 minutes before a meal; or 1 hour before or 30 minutes after taking AIM BarleyLife™, AIM Just Carrots™ and/or AIM RediBeets®.

Drink 8 - 10 glasses of water each day as part of the fibre intake program. After the first three weeks, regulate daily use according to your metabolism. If you have more than one elimination per day, reduce your serving size slightly, if you have less than two then increase it slightly.

If digestive symptoms persist, seek advice from your healthcare practitioner. Do not use when abdominal pain, nausea or vomiting are present or if you develop diarrhoea. However these symptoms are possibly a sign of more chronic problems, again consult your sponsor or health care professional. Pregnant and nursing women should seek the advice of their healthcare practitioner before taking this product even though it is basically food. If you choose not to seek their advice, at least take only the maintenance amount. Use only as directed.

### **Storage**

Close tightly after opening and store in a cool, dry, dark place (below 30° C). Do not refrigerate.

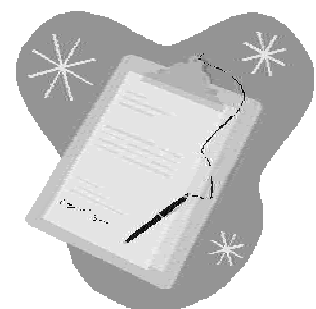
## **How to Order**

The AIM Company and Teresa Schumacher recommends you use the product for a period of at least **3 months** to receive the **full benefit** from this wonderful product. **3 months supply for one person requires 2 (min) to 3 x 375g containers**, at the very economical price of **\$41.50 per container wholesale**. HFB usually retails from \$55 - \$70. This does not include any postage or handling costs, as the company very generously pays for this on **your first order**.

If there is **more than one person** in your family who will be using HFB, it would be more economical to order enough to last everyone three months. Also due to the free postage on your first order if you want either of the books by Teresa Schumacher @ \$8.50 each or a mini battery blender for \$6.50, it's worth including in your first order.

### **Your 1<sup>st</sup> Order**

- If you wish to **place your first order** simply phone your **Distributor whose details are on the Front Cover** and place your order and make your payment. It usually takes between **4-7 working days** (from date of payment) to receive your order via Australia Post. Another option is to direct-deposit into our bank account, however, we have found the banks are very slow with the transfer and we don't order it until your funds arrive



in our account You may want to send a cheque or money order, BUT we have to wait until cheques have cleared in our account, as we pay for it with our credit card. We can give you our bank details when you call us to order if you wish to Direct Deposit.

- **With your first order** you will receive your own **Personal Wholesale Member Number (or Sponsor Number)**, which means you are able to order ALL the Aim Australia products at wholesale prices in future.
- **For future orders** you simply phone **1300 880 908** to the AIM Australia's Warehouse in Melbourne, Victoria, and order your future supplies, quoting your Sponsor Number, using your credit card or a cheque or money order, written out to AIM Australia.
- There are no strings attached **AND NO OBLIGATION TO CONTINUE**. The AIM Company and its staff are all people of integrity and dedicated to giving service to people like you and me.

– You will be a **Wholesale Member** who can purchase all of AIM's products for the **rest of your life, with no obligation** to do anything else. After 12 months of no-purchases, your name drops off AIM's data base.

Whilst a Wholesale Member, you will find the AIM products will speak for themselves, and once you receive the results (outlined in this booklet), people will begin to ask why you seem so much happier, healthier, more vibrant, etc. You can tell them (if you choose) about Herbal FiberBlend and the other AIM products you have been using, and if they are interested in trying some, you can either refer them to your distributor or order for them yourself, in the same manner that we have done for you, quoting your Sponsor Number. By doing this, you will receive a cheque back from AIM, which can go towards making your own HFB purchases even more affordable (or even free), providing you have purchased a product yourself in the same month.

Occasionally, there will be Wholesale Members who want to refer people and earn an ethical income from home without purchasing stock. We have a number of people in our team earning a good income each month by simply advertising, posting out this booklet, CD, etc and processing orders. If this interests you, then please call us for more information.

We **DO NOT solicit** people to become Distributors, people really need to want to help others because they have benefited so much themselves.

If you are a **retail outlet or have a clinic** – simply buy wholesale and sell retail. There are resources on [www.aimcompanies.com](http://www.aimcompanies.com) to support promotions and sales. Contact your Distributor for more details.

## **Cleanse, Then Build Healthier Cells**

Herbal FiberBlend will do an excellent job at assisting your body to cleanse and condition your bowel and colon. Like a broom. As your body is assisted in this, it will build new cells to replace the old ones that die-off naturally every day. This happens to billions of cells every day.

Your cells are replaced by new cells made up from chemicals your brain triggers from your emotional responses to events during the day, from what you eat and drink and the air you breathe – nothing else, other than cell memory of old patterns.

The AIM Companies have developed a number of products to help with your cell rebuilding process - from herbs that promote a relaxed state (relieving stress) to excellent nutritional (antioxidant) foods that supply your cells with the nutrients needed.

Regularly ingesting these Herbal and Nutritional supplements will go a long way towards the repair of chronic situations and slow down the aging process. With these supplements, all you need to do is drink plenty of quality water, relax more and breathe more fresh air. Your body will do the rest.

**From our experience, we strongly recommend you consider supplementing your daily diet with the other products as well, they are amazing. The soil our food is grown in is depleted of minerals and even though you may eat fresh and healthy, you will not be gaining all the vitamins and minerals your body needs. Initially we thought this was all advertising hype, until we tried them... YOU CAN TAKE ANY OF THE OTHER SUPPLEMENTS WHILST TAKING HERBAL FIBERBLEND.**

**HerbalFiberblend is the starting point, to cleanse your system, so it is ready for rebuilding. Really it is only quality food and herbs that help nourish the body so it can rebuild.**

### AIM Disclaimer

*The information contained in this booklet is educational and general in nature and is not intended as legal or medical advice. The subject matter and applicable law in all legal and medical areas is in a constant state of change. The information provided is from general sources, and, although we believe it to be accurate, we cannot represent, guarantee, or warrant that the information contained in this booklet is accurate or is appropriate for the usage of all readers. These products are not intended to diagnose, treat, cure or prevent any disease or illness. Results may vary per person.*

**This two-page chart on how to use the AIM products includes serving , mixing instructions, contraindications, and other information.**

**NOTE:** 1. The following chart is a broad interpretation; nutritionists may have varying opinions as to serving size, frequency, and methods of using products. 2. When you take an AIM product or when you mix it with water, we recommend that you use distilled water, reverse-osmosis water, or filtered water. 3. After opening an AIM product, the shelf life varies according to climate and conditions. Be sure to tightly close all products after opening and store in a dry, dark place. Avoid prolonged contact with heat and direct sunlight.

Product	Servings / Optimal Benefits	Mixing / With other products	Contraindications	Other Information
<b>AIM BarleyLife®</b> , an all natural, green barley powder concentrate helps provide the daily nutrition you need to develop a strong foundation for good health and is abundant in enzymes. Essential amino acids, and rich in antioxidant ability, anti-inflammatory activity, and immune system support.	<b>Adults:</b> 2 tsp. (5 g), 1 energyXpress pax, or 6 capsules 2-3 times a day, begin with less and increase. <b>Children:</b> 1/4 tsp. a day and gradually increase. <b>Take on an empty stomach.</b>	<b>Do not</b> mix with cranberry or prune juice, carbonated drink, or hot water. Mix with water, juice, or the AIM Garden Trios. <b>Take AIM Herbal Fiberblend®, 1 hour before or 30 minutes after.</b>	If you have <b>advanced kidney disease</b> , consult a health practitioner	Drink immediately after mixing. If taken late, might cause sleeplessness. Adjust intake according to your needs.
<b>AIM Bear Paw Garlic®</b> , a unique wild garlic made from the leaf, helps lower cholesterol and maintain healthy blood pressure levels.	3 capsules a day.	Safe to use with all other AIM products,	If you have a blood clotting disorder or low blood pressure, consult a health practitioner.	Can take at any time. Veggie caps.
<b>AIM Cell Wellness Restorer®</b> , a unique product you can add to your bath or apply directly to your skin to both relax and rejuvenate.	Shake thoroughly. Mix 60 ml in your bath. May also use in a foot bath	Safe to use with all other AIM products,	If you have open cuts or abrasions do not use.	Topical use only. Do not add to hot tub, Jacuzzi, or jetted tub.
<b>AIM Composure®</b> , a combination of relaxing herbs, helps to maintain your neuro health, especially in regard to dealing efficiently with stress. (Canadian - different formula)	2 capsules a day. Begin with 2 caps increase dose gradually to 6 caps if needed.	You may add to AIM Herbal Fiberblend®.		For or increased sedative effect take with warm beverage before bed. Veggie Caps.
<b>AIM CranVerry®</b> , a sugar-free cranberry juice concentrate, helps maintain a healthy urinary tract.	2-3 capsules a day. Best if taken on an empty stomach.	Do not take with AIM BarleyLife®, within 1 hour		Veggie caps
<b>AIM GinkgoSense®</b> , combines ginkgo biloba with the essential fatty acid DHA, bilberry fruit extract, and the carotenoids lutein and zeaxanthin to provide overall support for your neuro health. It specifically targets mental acuity, vision, and circulation	1 capsule a day. Take on an empty stomach	Take with water or favourite juice. Product is water soluble. Safe to use with all other AIM products.	Not to be taken by children, pregnant, or nursing women. If taking a blood thinner, consult a health practitioner.	May take 6-8 weeks for full effects.

Product	Servings / Optimal Benefits	Mixing / With other products	Contraindications	Other Information
<b>AIM Herbal Fiberblend®</b> , a combination of soluble and insoluble Psyllium fiber and cleansing herbs, helps maintain bowel regularity, provides dietary fiber, and leads to detoxification. Available in powder and vegetarian capsules. <i>(Canadian - different formula)</i>	Adults: Begin with 1 tsp. 2 times a day and gradually increase amount over 2 weeks to 1 Tbsp. or 3-6 capsules twice daily. Take 20 minutes before meals. Drink at least 8 glasses of water a day	Take AIM Herbal Fiberblend®, 1 hour before or 30 minutes after taking AIM BarleyLife®, AIM Just Carrots® or AIM RediBeets®. Add AIM Cascara Sagrada®, as needed.	Psyllium dust allergy. If pregnant or nursing, have colon disease, or take prescriptions, consult a health practitioner.	If you have more than 3 eliminations a day cut back amount. After 3 months use according to your needs.
<b>AIM Herbal Release®</b> , a combination of herbs, helps maintain a healthy lymphatic system. The lymphatic system is integral to maintaining our immune system.	Take 2-4 capsules a day. Take with meals. Drink more than 8 glasses of water a day.	Take with AIM Composure or AIM Herbal Fiberblend®.	If cramping occurs reduce servings and take with meals. If pregnant or nursing consult a health practitioner	Veggie caps.
<b>AIM Just Carrots®</b> , a carrot powder concentrate that contains important nutrients such as alpha- and beta-carotene, vitamins B and C, calcium, iron, and potassium. (Capsules not available in Canada.)	Adults: 1 Tbsp. or 12 caplets once a day. Children over 8 yrs.: take 1 tsp. or 4 caplets once a day. Take on empty stomach,	Mix with water, juice or the AIM Garden Trio®. Take AIM Herbal Fiberblend®, 1 hour before or 30 minutes after.		Drink immediately after mixing
<b>AIM Proancynol 2000®</b> , a combination of green tea, grape seed extract, alpha-lipoic acid, and other powerful antioxidants, to help fight free radicals and maintain a healthy immune system. Free radicals have been linked to more than 80 diseases, many of them resulting from a weakened immune system.	2 capsules a day Best taken with meals.	Safe to use with all other AIM products.	If diabetic, monitor blood sugar levels. <b>If pregnant, women should consult a health practitioner.</b>	Adjust intake according to your needs. Gelatin caps.
<b>AIM ReAssure®</b> , a pollen extract product, helps maintain a healthy prostate.	Take 1-2 tablets at breakfast and dinner. Many users start with 2 tablets at breakfast and dinner. After results use 1 tablet at breakfast and dinner for maintenance.	Take AIM ReAssure®, 30 minutes before or 1 hour after taking AIM Herbal Fiberblend®.	Do not use if allergic to pollen or suffer from asthma.	In women AIM ReAssure®, may help tone the smooth muscles of the bladder
<b>AIM RediBeets®</b> , a concentrated beet powder with only the fiber removed, contains essential enzymes along with the natural form of betaine, which aids in cleansing the liver and reducing homocysteine levels. <i>(Capsules not available in Canada.)</i>	1 tsp. (4 g) or 6 capsules up to 2 times per day. Take on an empty stomach.	Mix with water, juice, or the AIM Garden Trio. Take AIM Herbal Fiberblend®, 1 hour before or 30 minutes after taking. AIM RediBeets®. Safe to use with all other AIM products.	Do not exceed 2 tsp. or 12 capsules a day without consulting a health practitioner. Diabetics and those concerned with blood glucose levels should consult a health practitioner.	Taking more than the suggested serving could cause dizziness and nausea. Slowly increase the serving size. Drink immediately after mixing.
<b>AIM Florafood®</b> ,	1 capsules a day Best taken with meals.	Don't take at the same time as Preprzymes.	Diabetics monitor their blood sugar levels	Does not require refrigeration.

# Body Systems

BODY FRAME HEALTH	CARDIO HEALTH
Frame Essentials	CellSparc
<b>NEURO HEALTH</b>	Bear Paw Garlic
Composure	<b>SENIORS HEALTH</b>
GinkoSense	Cellsparc
<b>IMMUNO HEALTH</b>	GinkoSense
Proancynol	Prepzymes
Herbal Release	<b>MENS &amp; WOMENS HEALTH</b>
<b>DIGESTIVE HEALTH</b>	CranVerry
HerbalFiberBlend	RevitaFem
FloraFood	ReAssure
Para 90	GinkoSense
Prepzymes	<b>WHOLEBODY HEALTH</b>
<b>LIFESTYLE HEALTH</b>	BarleyLife
GlucoChrome	JustCarrots
CellWellnessRestorer	Redibeets

**PRODUCTS AVAILABLE FROM NEW ZEALAND**

**Once you are a Wholesale Member**

- AIMega
- AIM Cellsparc 360
- AIM Frame Essentials
- AIM Para 90
- AIM PrepZymes
- AIM Renewed Balance
- AIM Revita Fem
- AIM BarleyLife Extra

**ALWAYS READ THE LABEL BEFORE USING**

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- Organic seed oil blend, Omega 3& 6 fatty acids, plus Omega 9
- CoQ10 with tocotrienols & fish oil
- Glucosamine complex with msm and boswellia extract
- Unique combination of anti parasitic herbs without the fiber of HFB
- Digestive Enzymes to assist digestion & help eliminate autotoxicity
- Natural Progesterone Cream
- 8 ingredients support physical and emotional balance in menopause
- BarleyLife plus 13 extra fruit & vegetable powders

**IF SYMPTOMS PERSIST CONTACT YOUR HEALTHCARE PROFESSIONAL**

## RECOMMENDED READING

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**CLEANSING THE BODY & COLON FOR A  
HAPPIER & HEALTHIER YOU.**

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Available from AIM \$8.50

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***For Further Information & Resources:***

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