

**Thank you for your interest** in AIM Herbal FiberBlend (HFB) and/or other AIM products. It is **vital that you follow the following information regarding dosage** for HFB. Please take the time to learn how your Digestion and Elimination processes work.

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Sponsor ID: 9916167

More Info:

[http://www.kombuchahealth.com.au/AIM\\_Herbal\\_Fiberblend.html](http://www.kombuchahealth.com.au/AIM_Herbal_Fiberblend.html)

## Herbal FiberBlend & How to Use It

**AIM Herbal FiberBlend®** is on the TGA register of therapeutic goods

*AIM Herbal FiberBlend® is a mixture of fibre and herbs that has been specially formulated for maximum contribution to the daily diet. More than 20 years of research and personal use went into the development of AIM Herbal FiberBlend®. AIM Herbal FiberBlend® is an exclusive formulation available through AIM Distributors only (members).*

### 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**
- **Has a cleansing effect on the bowel**

### USAGE TIPS

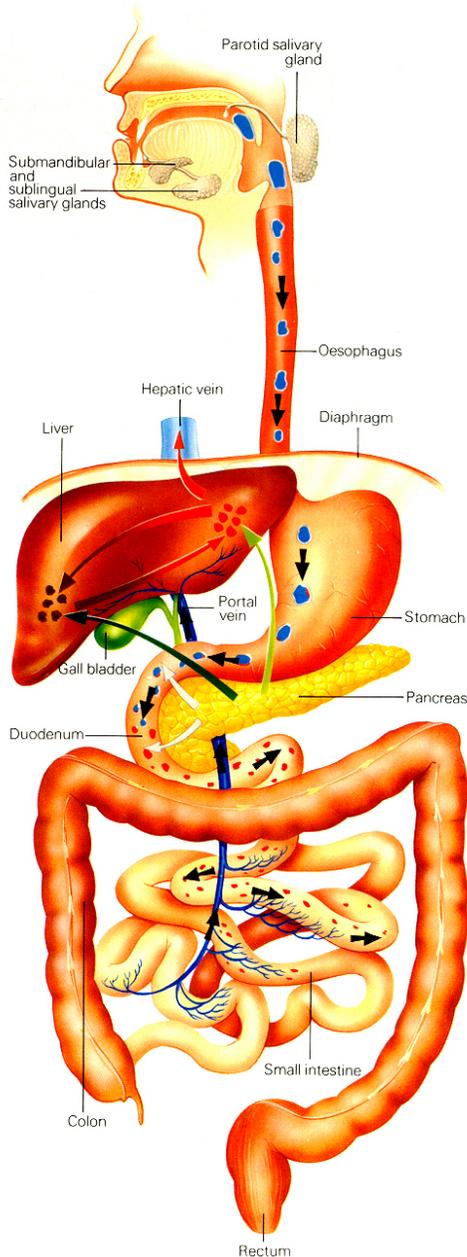
- **Drink plenty of Water** (at least 8-10 glasses a day) - This will assist in the movement of waste, toxins and parasites.
- **We suggest** (if the taste is unpleasant mixed with water) that you have your dosage with either: apple, pineapple or grape juice. **Not Orange juice – it's too acidic.** Adding **AIM ProPeas** or **Fit n Fiber** to the mix helps the flavour too. HFB must be mixed well, so we recommend a **hand blender** (available from your distributor for \$6.50), a bar-mix type blender or a shaker container. Drink HFB before the mix thickens.
- **American Teaspoons are a different size** than the Teaspoons we use in Australia. So use a 5 ml metric teaspoon measure or a heaped standard Australian Teaspoon.
- **Begin** with just 1- flat Teaspoon of Herbal FiberBlend (HFB), twice a day in water 20 mins before Breakfast & Dinner. Follow each serving of HFB with an extra glass of water.
- **After 1-2 weeks**, step up to 2-Teaspoons [heaped] (as above).
- Initially you may find that you open your bowels 2-5 times daily. This will balance out after a while. This is simply the body trying to return to a proper balance as many people may have up to 7 kg of old, dried, decaying faecal matter trapped in their colons. If irregular bowel conditions continue consult your AIM Distributor.
- You may experience some **detox symptoms** as your body starts to rid itself of stale, old matter that may have been accumulating for decades. Symptoms might include **stomach cramps, diarrhoea, rashes, pimples, boils, nausea, headaches, muscle & joint pain, lethargy, fatigue, flu-like symptoms, etc.** Often people will blame AIM Products for how they feel and either stop using them or go to the doctor who writes a prescription for drugs to combat the symptoms (not the cause) which will only compound the issue. Mostly all you need to dissipate these symptoms is the correct dosage, rest and/or to increase your daily water intake.
- **It may have taken many decades for your colon to become clogged and dysfunctional, please give HFB a few months to assist your body in its healing. Recommended 1st Order 3 x (375g) Containers. This is enough for at least 3 months supply for 1 person.**
- If you are taking supportive health supplements such as **LeafGreens, Barley Life, Redibeets or Just Carrots**, it is best to take these around **1 hour before** or 1 hour after ingesting HFB. HFB will act as a cleanser and the health supplements will assist in building better cells through **promotion of synergistic whole body nutrition.**
- If your system is highly acidic, add LeafGreens or BarleyLife to your diet and cut down on sugar, soft drinks, refined flour and packet food along with animal products, **especially dairy.**
- Some will gain relief from bloating within days, others will find themselves bloated after using HFB for some time - this may be because HFB has released some hard matter and is finding it difficult to move through your bowel. In some cases this can cause inflammation in the 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. **AIM Composure** will also assist in destressing and relaxing the bowel, releasing **strictures.**



- Use **quality salt** like Himalayan Salt or Organic Sea Salt. Your body **needs** minerals to take-up water & vitamins.

## Digestion & Elimination

**Digestion** - When we ingest food we chew it into small pieces that are easier to break down in the stomach. Insufficient chewing will allow larger, whole pieces to sit in the stomach longer, prolonging the digestion process. Chewing releases saliva in the mouth which begins to break down the food and has an alkalinizing affect. Saliva introduces four enzymes into the food, two of which are not available in any other part of the body.



Once swallowed, the food moves down the **oesophagus** into the **stomach** where it meets a sea of very strong Hydrochloric Acid (1.5 to 2 pH) that “eats” the food into a liquid.

From the stomach, the food passes into the **duodenum** where the **gall bladder** introduces **bile**. Bile is created in the liver and stored in the gall bladder. Bile neutralises the acid from the stomach and gives our stools the brown colour. The bile also breaks down fat into small droplets. At the duodenum the **pancreas** also introduces enzymes and bicarbonate of soda (alkaline) into the mix. Depending on how much sugar has been ingested and how much the blood-sugar levels rise once the sugar enters the small intestine and the liver, the pancreas will release **insulin** to keep the blood-sugars within suitable parameters. However the pancreas is not so finely tuned and will produce large amounts of insulin (to balance the blood-sugar) and cannot stop immediately, often creating too much insulin which causes us to feel tired after a meal as our body allows our blood-sugar levels to come back up simply by not burning any energy. If simple sugars are eaten too often an imbalance can easily occur because these sugars are adsorbed very quickly from the small intestine into the bloodstream and will cause the pancreas to dump too large an amount of insulin into the blood stream – causing **diabetes** over the long term.

An acid, low oxygen system allows **Cancer** to flourish in the body. Cancer is rarely found in someone with an alkalinized, oxygenated system. Eating **too much** sugar, fats, meat, dairy and processed food will increase your body’s acidity.

After the duodenum the food/bile/insulin mix (thick, brown fluid called Chyme) moves into the **small intestine** via peristalsis movement (similar to the way a snake moves). Being around **9 meters long**, it is the small intestine’s role to break down, extract and absorb the **oil and fat based vitamins (A&E), plus sugar, and carbohydrates** and minerals **calcium, iron and iodine** and distribute them as nutrition or energy throughout the body via the liver.

**Celiacs** (or Coeliacs) who are **intolerant to gluten** (the protein of wheat and other grain products) often have the origin to this ailment in the small intestine. Cleaning up the putrefied “gunk” will assist in repairing this ailment. **Aim Herbal FiberBlend®** promotes elimination, rids the body of waste and has a cleaning effect on the bowel.

The **lymph** is a component of the blood that moves in and out of the blood via the lymphatic or immune system. It is the lymph’s job to distribute nutrients (and fat) around the body and to pick up the rubbish which is then filtered through the hundreds of **lymph nodes** (glands) which act as grease and toxin traps. Eventually most rubbish is returned to the intestines (via the lymph) for passing. Having a lymphatic drainage massage will help release the stored build-up in the lymph glands, or you can use **AIM Herbal Release®** to assist with this. It is not always necessary to take this product and your AIM distributor should recommend it if it is needed.

If you eat a **fatty meal** (e.g.: hamburger, chips and milkshake), the fat from this meal can be measured in the blood within 1 hour of ingestion. It is this fat that clogs the arteries as it travels around the blood, eventually causing heart disease and strokes.

## **Elimination - Your Colon is the most important organ in your body. Most diseases and cancer originate from an unhealthy Colon.**

The small intestine exits into the large intestine (also known as the **Colon** or Bowel) where water based vitamins (like C & B group) and minerals are extracted and sent via the **Portal Vein** to the liver for cleansing, treatment and distribution around the body.

**The liver filters all of the body's blood every 3 minutes.** The liver also produces **cholesterol** which is the lubricant of the blood (among other functions). If you have hardening of the arteries, the liver senses that it is more difficult for the heart to pump the blood around the body, so it produces more lubricant (cholesterol) which can build up in the arteries along with fats from food. 80% of the body's cholesterol is manufactured in the Liver from other substances. If you ingest too much fat, you and your liver will become "fatty" (known as fatty liver) leading to sluggish activity by the liver. This is one of the major causes of **Chronic Fatigue Syndrome and Depression**. It is difficult to consistently control your weight if your Liver contains too much fat. Toxic, fatty livers can be cleaned.

If the **Acidophilus, Bifida** bacteria on the lining of the Colon is insufficient due to constipation, excess sugar, antibiotics, steroids and the contraceptive pill, Zeonulin is produced which weakens and separates the Colon wall causing **Leaky Gut** (also known as Crohn's Disease) where yeast & toxins leach into the liver causing Candida and Allergies.

Water is extracted from the faecal matter in the Colon to make it more solid for passing. At this point about 1-2 kg (100 trillion) of **micro-organisms** react with the faeces to extract nutrients and produce a stool. About half the faeces passed is made up of micro-organisms. You can see why this needs to be balanced, symbiotic.

Years of ingesting processed foods, such as white flour, white rice, milk, cheese, soy, alcohol and sugar can lead to a **build up of mucus** (plaque) on the Colon wall. This slows down the peristaltic action leaving a putrefied mess, causing constipation. *The average amount of plaque found in patients after autopsies is about 2 kg, some as high as 20 kg (big belly – skinny legs).*

**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.

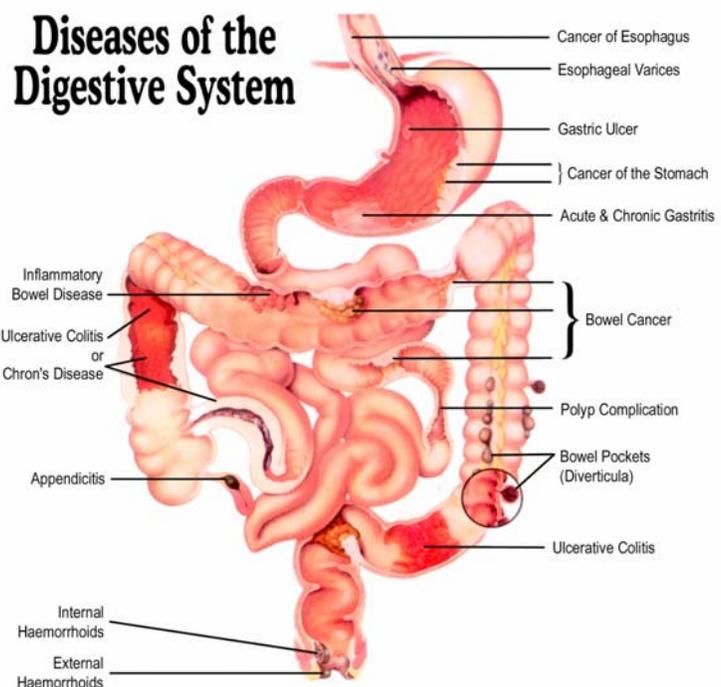
The Colon is made up of the **Ascending, Transverse and Descending Colon**. Often (due to parasites and plaque build up on the Colon wall) a blockage can develop in the bend between the Transverse and Descending Colon, causing the Transverse Colon to swell with the build up of toxic faecal matter which will encourage the Transverse Colon to **Prolapse** (drop). For men, this makes them look fat (*big belly, skinny legs*). For Women, this places pressure on the uterus, leading to **PMT** symptoms and **gynaecological problems**.

Medical Journals point out that **the Colon is the body's 2<sup>nd</sup> brain** and you can heal people with depression by cleaning out their Colon. The colon is connected to the brain via the Vagus Nerve and **most of the body's neurotransmitters are in the Colon**, not in the brain. Of those, 1/3 of the nerve impulses are from head to gut and the greater 2/3 pulse from gut to head – who is in control here? Remember terms like 'Gut Feeling'? Parasites in the Colon can produce chemicals that paralyse **Serotonin** and contribute to **Depression**. **95% of the body's Serotonin** (originally thought only to be a brain chemical) **is found in the Colon**.

Depression can also be caused by previous trauma, lack of zinc or heavy metal toxicity, but is basically a chemical imbalance that affects the way we think.

Ongoing constipation will cause **diverticulitis** which causes small pockets of the bowel wall to "pop out" and these can fill with faeces and become infected. Finally your food reaches the **anus** where it is eliminated. Again, constipation will cause **haemorrhoids**, both internally and externally as blood vessels are popped out due to the strain. This can often lead to bleeding.

There is no blood present inside the entire digestive tract so if you notice **bleeding**



occurring in your bowel motions, take notice.

**“Irritable Bowel Syndrome (IBS)”** A Syndrome is a name given to a series of symptoms giving an overall condition where the cause is not known. Therefore IBS can be any, or all of the above “diseases”.

There are 4 organs of elimination; the **bowel** (liver & anus), **kidneys** (bladder), **skin** and **lungs**. If toxic matter cannot be eliminated through the bowel (liver) or kidneys (because they are overwhelmed), the skin can sometimes be the next elimination organ used and can become scaly, red and sore as toxins eliminate through the skin. This is often referred to as **Psoriasis or Eczema**, so rather than rub cream into the rash, an internal Colon cleanse is incredibly helpful.

## Other AIM Products

### LeafGreens (LG)

**Super Food Nutrition** Made of the dehydrated juice of **young leaves** from **Barley, Bean, Pea & Spinach** plants, plus powdered **Broccoli Sprouts** (a known **anti-carcinogen**).

It takes 44 kg of young leaves to make just 1 kg of LeafGreens.

### BarleyLife (BL)

**Highly Nutritious Barley Grass Powder** Made from the dehydrated juice of young Barley plants combined with Kelp powder and Brown Rice. BarleyLife has provided super nutrition to millions of people world wide for over 29 years.

### Composure

**Calms your Neuro System, helps you cope with stress** This unique combination of herbs allows your body to relax whilst not making you drowsy. Excellent to take before bed with LG or BL, or when facing stressful situations.

### FloraFood

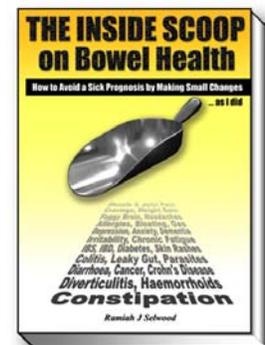
**Each capsule provides over a billion supportive bacteria for your colon, aiding in digestion** Necessary to fully digest and eliminate your food.

### An Excellent Book!!! – “The Inside Scoop on Bowel Health”

During Ramiah’s research, he found that simple constipation may be the root cause that sets the stage for most diseases, including heart disease, diabetes, dementia and cancer. \$29.95

To Buy Book to to:

[www.kombuchahealth.com.au/AIM\\_Herbal\\_Fiberblend.html](http://www.kombuchahealth.com.au/AIM_Herbal_Fiberblend.html)



## To Re/Order AIM Products:

To order online go to: [http://www.kombuchahealth.com.au/AIM\\_Herbal\\_Fiberblend.html](http://www.kombuchahealth.com.au/AIM_Herbal_Fiberblend.html)

Minimum purchase to access wholesale prices is 2 x Canisters @ \$44 ea (use order form attached).

Recommended 1st Order 3 x (375g) Containers. This is enough for at least 3 months supply for 1 person.

If you don't like ordering online simply phone **1300 880 908** and place your order.