

SuperGreens™ Information Paper

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For additional information:

*Listen to Dr. Young live each Wednesday night from 9-9:30 pm est.
Please call 580-474-3300 and use pin code 7039# to join the call.*

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How to Use SuperGreens and Feel Great

The purpose of this document is to explain how best to use the SuperGreens & Prime pH. Included are a few simple suggestions that will help you to maximize your results.

Use **1 level teaspoon per quart of water** and add **10-15 drops of Prime pH**. When you have a choice, use distilled water or reverse osmosis water, but SuperGreens can be mixed with plain tap water or bottled spring water. If you like, you can use the clear 1-quart container that InnerLight sells item #3010 for \$3. You can carry your greens around, shake, and enjoy whenever you want. This is also a great conversation starter... who knows, you may get your next customer from someone who sees you drinking your greens, and asks you, "What's that?"

The key to make this work is to drink your SuperGreens all day long. Our bodies are 70% water and most of us are dehydrated and we do not even know it. Basically women should drink 3 quarts of SuperGreens and men 4 quarts. If you are overweight consider drinking an additional quart. A good guideline is to take your weight i.e. 150 lbs multiply by .66 and convert to ounces (99oz.s). This is the minimum recommend amount of water you should drink per day.

After you have had 3-4 quarts of SuperGreens, you may want to keep drinking SuperGreens or just water with a few drops of fresh lime or lemon juice along with the Prime pH drops. This will help to alkalize the body.

Here is what most people experience even if you do NOT change your eating habits.

WHAT YOU MAY ENCOUNTER WHILE TAKING SUPERGREENS

1. You may experience some **detoxing** symptoms like diarrhea, flu like symptoms, or a feeling of tiredness. This is a good sign that **your body is expelling stored toxins from your body**. Where would you rather keep the bad stuff, in or outside your body?
2. You may notice you **are less hungry** and thus will not eat as **often** as you use to. You probably don't need to eat as **much** as you use to either. Some of the "hunger pangs" that we feel are actually our bodies asking for more water. Try a simple test, next time you feel "hunger pangs" drink a quart of SuperGreens. I'll bet that most of the time your hunger disappears.
3. You may notice **your cravings for certain foods will get smaller**. Foods like bread, soda pop, sweets, meats and other highly acidic foods will usually not be craved as much.
4. You **may actually crave more green things** like salads and vegetables.
5. Once your body has had time to alkalize **your body will start to rid itself of excess fat**. It is not unusual if you stick and stay dedicated to drinking 3-4 quarts or more a day to lose in excess of 10-20lbs in as little as a month.
6. You may notice **an increase in energy**.
7. You may notice **you sleep better and deeper**.
8. When you continue to drink the greens everyday you may also notice **your skin will begin to look incredible**. Structured water like SuperGreens can dramatically affect the skin.
9. You may also **begin to think clearer**, and lose the foggy sensations we sometimes get in our minds. As thinking becomes clearer our ability to handle stress increases too.
10. Your overall health will be taking a **VERY POSITIVE STEP FORWARD** and this is priceless because you are helping your body to take care of itself. For a more scientific explanation of how health and the alkaline balance of our bodies are related read Dr Robert Young's book, Sick and Tired, available at most health food stores or from InnerLight at 800 677-0997.

ADDITIONAL STRATEGIES TO BEGIN LIVING A HEALTHIER LIFE!

Here are some simple strategies that can help speed the process and results mentioned above. You should phase these things in over time and not try and do them all at once.

1. Eliminate red meat and reduce the portion size of any turkey, chicken, or fish.
2. Eliminate dairy products and replace milk with Soy or almond milk (which is actually sweeter and tastes good).
3. Find bread like Ezekiel or Alvarado Street sprouted bread which has very little or no yeast. Look for other non yeast breads.
4. Don't consume processed food or if you do, try to limit it.
5. Use Extra Virgin Olive Oil along with Flax seed oil DAILY. There are many sources like Udo's brand oils which have several different good oils in it.
6. Eliminate pop, coffee, tea, etc. and let SuperGreens become your beverage of choice.
7. Eat big salads as a whole meal. Put in tomatoes, avocados, cucumbers, zucchini & other vegetables, almonds, salmon or soba noodles. Add sunflower, pumpkin, sesame seeds, or other nuts like almonds (soaked in water). **SECRET** -The more you add these to your diet the more you will begin to crave them. Consider using wraps to wrap your veggies and salads. Sprouted tortilla wraps or organic flour tortillas are great to use. (Not corn)
8. Don't buy desserts and thus you won't tempt yourself if you have them in the house.
9. For those of you who like chips and dips, get sprouted tortillas and use hummus. This tastes really good and satisfies a good hunger.
10. Refer to the book "Back to the House of Health" by Shelley Young, available at most health food stores or from InnerLight at 800 677-0997.

The important thing to remember is that your current eating habits came after years of built in habits and beliefs. Many of these we learned from our parents who had no clue at the time about nutrition and disease. If you work at this slowly and surely you will be able to live a healthier more enjoyable life.

Health is a process and not an event; treat this whole approach to food as a process.

Bon Appetit and Good Health

SuperGreens™ - Powder and Capsules

Easily assimilated organic ingredients Alkalize, Energize, and Nourish your Cells as they balance your body's pH level

- A unique blend of 49 different organically-grown green vegetables, grasses, leaves and grains sprouted for maximum absorption.
- Contains over 125 natural vitamins, minerals, and amino acids.
- Super Energized - InnerLight's proprietary bio-energetic techniques colloidally charge the powder - you'll feel the difference!
- Super concentrated - 20:1
- No harmful algae, fungus or probiotics.

The Ingredients include:

GREEN KAMUT GRASS, BARLEY GRASS, LEMON GRASS, SHAVE GRASS, WHEAT GRASS, BILBERRY LEAF, ALFALFA LEAF, DANDELION LEAF, BLACK WALNUT LEAF, BLACKBERRY LEAF, PLANTAIN LEAF, RED RASPBERRY LEAF, BOLDO LEAF, GOLDENSEAL LEAF, PAPAYA LEAF, STRAWBERRY LEAF, ROSEMARY LEAF, SOY LECITHIN, WHITE WILLOW BARK, SLIPPERY ELM BARK, MARSHMALLOW ROOT, PAU D'ARCO BARK, CORNSILK, BETA CAROTENE, ROSE HIPS (ROSE CANINA) FRUIT, ECHINACEA TOPS, COUCH GRASS, MEDOWSWEET HERB, OAT GRASS, SOY SPROUTS, KALE LEAF, SPINACH LEAF, OKRA FRUIT, CABBAGE HERB, CELERY SEED, PARSLEY LEAF, BROCCOLI FLORET, TURMORIC RHIZOME, TOMATO FRUIT, WATERCRESS HERB, ALFALFA LEAF JUICE, PEPPERMINT LEAF, SPEARMINT LEAF, WINTERGREEN LEAF, SAGE LEAF, THYME LEAF, HIGH FREQUENCY MINERAL MIX, ALOE VERA LEAF CONCENTRATE.

Order: #0230 for SuperGreens 1/4 lb powder or #0240 for capsules,
180 Grams #0235, also 1 lb container #0236

Prime pH - Colloidal Solution

Helps your blood absorb the oxygen from water more easily and contributes to the neutralizing effects of SuperGreens

- Powerful oxygen catalyst -helps cells to perform optimally
- A unique, proprietary form of CLO₂ (sodium chlorite)

When using Prime PH with distilled water, you can expect to raise the alkalinity to approximately 9.5 on the PH Scale. This is important since we want to alkalize our bodies to eliminate the overly acidic conditions that most people have from our unhealthy eating habits.

Order: #0215 for LL Prime pH 1 fl oz, 2 oz #0216, also 4 oz #0217.

PRODUCT DISCLAIMER

Because InnerLight products are natural food supplements, the statements about the products have not been evaluated by the Food and Drug Administration. This independent distributor and InnerLight Inc. does not engage directly or indirectly in diagnosing, dispensing medical advice, or prescribing the use of any of our products as a treatment for disease or sickness. One should always consult a primary care physician/health practitioner of choice when considering supplementation for health purposes, especially when undergoing treatment for an existing condition. Pregnant individuals should also consult a physician before beginning supplementation.

Testimonials

TESTIMONIAL 1

(I AM A SUGAR-A-HOLIC & A DIET COKE-A-HOLIC!!!!)

At least I was up until last Saturday. I started on the SuperGreens with Sheila and Karen last Thursday. My biggest problem is I LOVE SUGAR....anything with sugar....Hot Tamales are my #1 choice. My second biggest problem is I love Diet Coke....I would wash my Tamales down with the Coke....Real Healthy!!!!

The first two days were a breeze...the third day I experienced a mega-headache...some flu like feelings and now...WOW...DO I FEEL GREAT! I feel more energy, and I'm sleeping like a baby. My skin has totally changed; I guess you can say that it feels very hydrated. Living in Arizona dries everything out....My skin has a slip like feeling, a feeling that I have never experienced. The most impressive thing that has happened in the past six days is that I do not crave sugar, or caffeine....not even a tiny bit. I KICKED THE HABIT!!!! I am out of the candy drawer and refrigerator and I am finding myself mixing my Greens. I crave the Greens...I am drinking 4 liters of Greens a day and trying to follow the alkaline diet as closely as possible. My husband is starting the program tomorrow...Kirk says he notices a big difference in me and he wants some! Trust me, you make the commitment and you will notice a difference. Everyone I know so far has had positive results and you can't beat that. Just think.....WE ARE JUST BEGINNING!!!
Erin Miles

TESTIMONIAL 2

(NEGATIVE ON THE FUNGUS)

I went to see a local Podiatrist because I thought I had toe nail fungus. After he took a culture he sent it to a Pathologist. I had a confirmed case of fungus. He wanted me to start on fungus meds, however, I wanted a second opinion. I started on the Supergreens April 11th. I made an appointment to see another Podiatrist a week later. He also needed clippings for a cultural. He sent them to a Pathologist and when the results came back negative, he was confused. He asked me to come back and give more samples from my toenails and once again sent them in. The results came back in four days; he called and left a message with my son and said, "Tell your mom that she tested **NEGATIVE FOR TOE NAIL FUNGUS.**" Well, I was so excited and the only conclusion I came to be this all cleared up just being on the Supergreens. My feet actually look better and my toenails are now flat and they are not discolored. I don't have a problem with weight but I've lost at least 5 lbs. and my skin feels so supple and hydrated. I feel so good and have a ton of energy, thanks to the Supergreens!

Julie Bouchard

TESTIMONIAL 3

(ON MY WAY TO BETTER HEALTH)

I'm a new distributor and a new user of InnerLight /Darius products. I'm drinking 4-6 liters of water everyday, 3-4 of which includes 1/2 tsp of Supergreens and 15 drops of prime pH. I'm also eating almost all live, raw foods such as sprouts and salads so I know that helps too.

It's an incredible cleanse. I have done juice fasts before, where you drink nothing but green juices for a week. I'm amazed to say that this tiny amount of Supergreens and prime pH each day feels MORE cleansing than juice fasting.

Some of the symptoms you mentioned are real, such as tiredness and some flu-like symptoms. I've needed to be careful with the amounts of product I take depending on how busy my day is.

But I've also noticed a wonderful feeling of "lightness," no bloated feeling after eating, I sleep MUCH better, and need less sleep, never get a headache, no muscle aches, etc. I also lost 10 pounds! I know that this way of eating is the way for me. A few difficult symptoms along the way are a very small price to pay for radiant health later!

Dave Rowley

TESTIMONIAL 4

(HELP FOR DIABETICS)

I am a naturopath doctor. I was diagnosed with Type I diabetes and have struggled with it for a long time. I have studied and traveled a lot to try to find something that would help. This is truly an answer to prayers. I went to the retreat and started the Super Green's and the diet. I know how to adjust my insulin if I need to. I was able to go from between 45 and 50 units a day to 18 units a day in 24 hours. This is truly amazing. I have maintained that level for at least a week now. I will soon be on the pancreas support pack and after 21 days plan to do the cleanse. With God's help I want to either greatly reduce the insulin or get rid of it. Mainly I plan to heal. I have the type diabetes where I am on 4 types of insulin and my sugars can fluctuate easily from 25 to 400 in a couple of hours. This is scary and has its share of side effects. I have been maintaining a very normal glucose level since I have been on the program. This makes me feel a lot calmer. Of course the insulin adjustments need to be made with your doctors supervision. Thank you Super Greens and Robert Young!

Donna Evanoff, ND

TESTIMONIAL 5 (GOODBYE SUGAR & CAFFEINE)

Hello, my name is Jill Noetzelman.

I too am a sugar and caffeine addict. Two cups of coffee in the morning, two Diet Cokes throughout the day, and two more cups of coffee in the evening. Where does the sugar come in? Chocolate chips interspersed throughout the day. Not just a little bag, I have the bulk size bag from Costco. People are surprised to hear this since I do go running or walking 4 miles in the morning. Yes, I "did" consider myself healthy.

Well...I was in for a rude awakening! I was fortunate enough to attend the four-day training seminar with Dr. Robert Young in Aspen, Utah. We began the seminar last Thursday evening. We soon learned how to mix our SuperGreens. I had to force myself to drink even just one liter of SuperGreens that evening. The next morning we started our day with, you guessed it, SuperGreens. By late afternoon I was hooked on this GREEN drink and keeping up with everybody. Well, remember all the caffeine and sugar in my system from my previous 20 years of living? I began to detox. My head was about to explode. All of a sudden I wasn't feeling so fortunate. I knew it was the sugar and caffeine withdrawals. I made a vending machine raid. M&Ms, Chex Mix, whatever I could find. Sheila helped my addiction with some Hot Tomatoes. (What are friends for)? Consulting with Dr. Young about this, he told me from all the "junk" in my body that I needed to take it slow.

Less is more.

Well, by the end of the four days I was off of sugar and caffeine altogether. My cravings are gone. No longer do I have to fear being home alone with a pan of brownies. I have never felt so energized. The little eye lines from squinting in the AZ sun have disappeared. This is from hydrating my body with SuperGreens. My kids even commented that I handle situations differently; it's almost a calming effect. Hmmm. My husband, Todd, has been on SuperGreens since Monday and has lost 5 pounds so far. He's experiencing the same calming effect, yet being full of energy. My two kids will start on the SuperGreens caps next week.

If you haven't tried this funny green powder, trust me...once you've tried it, you'll never want to be without your SuperGreens again!

Jill Noetzelman

TESTIMONIAL 6 (MULTIPLE CONCERNS & NO MORE PAIN!)

26 May 2001

OK, I may be a cynic, but now I am SOLD on InnerLight products. As a 47 year old, I have a number of conditions that I am treated for including Diabetes, high cholesterol, and high blood pressure. I also have compromised joints from college weight lifting requiring 3 to 5 800mg Motrin tablets on bad days.

I got my first order (Lighten Up pack) in mid-May and began taking the products. The onset of detox symptoms began after about 5 days and they were rather significant. I was not sure I was going to make it through them. The symptoms began subsiding a week later. I found a nutritionist who had gone through Dr. Young's Blood training and I was able to see my blood. At her suggestion I added the Basics Pak. The weight seemed to be coming off, but I intentionally stayed off the scales – I have experience weight loss in the past with various fad diets, but it never stays off.

I have wanted to get back into some physical activity for over a year, but have been so fatigued that I did not have the will or the energy to start back. This week my energy has dramatically increased and I started back.

Now this is where I am sold on this product. In past years, I have started back to the gym on several occasions after periods of inactivity. In each case I began very slowly and moderately. Regardless of how moderate, I experienced extreme levels of pain and cramping from the lactic acid in my tissues and my joints would become swollen and stiff. This week I began a very intensive, maximum weight program (Static Contraction Training by Sisco & Little). I increased my intake of SuperGreens and PH by about 20%. By previous standards, I should be bed-ridden today, but I am pain-free and moving freely (have not taken any Motrin since I started the program). I did get on the scales at the gym and I am at 218 - a loss of 19 pounds. I have not been under 225 in 10 years

My daily glucose reading show that my blood sugars have stabilized. I have my quarterly blood tests and doctors visit scheduled in July. It is my plan to show my doctor the verifiable changes in my reading and get off of the 6 prescription medications I have been taking for years. I'll let you know how things progress.

John Baker