



Health and Nutrition for Our Physical Future

July 3, 2007

Health Update #2

We have just returned from almost two weeks on the road after a whirlwind trip to Gulf Shores, Alabama for our annual reunion with Margaret's family, and then on to Houston and Dallas, Texas for some ministry related visits. We had a blessed time with all that we visited, but noticed that since our last update about health and nutrition, **our observations and even some conversations had centered on almost everyone's desire to either become healthy or maintain their current health.** Whether it was talking with relatives or friends, it seems like the subject of health and nutrition is one that does not necessarily raise the ire like the *verboden* "political or religious" subjects that generate such vitriol.

In the case of family, for eleven years now (since 1996) we have been sarcastically harassed and jokingly chided by Margaret's siblings for our decision to not eat shellfish or pork at the yearly gatherings, primarily because shrimp and bacon dominated some of the traditional meals. In recent years, our kosher eating habits have finally been accepted. However, this year we all really started to notice that our chronological peers were aging, while it seems we are getting younger without any of the physical problems her siblings and our in-laws are experiencing.

Margaret is not being plagued by some of the chronic aging ailments that are bothering her three sisters. Her old reliance on Ibuprofen for joint pain and occasional migraines has totally ceased, even though her biking and walking are increasing. Margaret even received the highest compliment when her sisters actually asked her about how young her facial skin looked! Margaret attributes most of her young and healthy appearance to her improving diet and nominal exercise regimen. **However, she is convinced that the sense of well-being she now has is directly related to knowing that for the past several months, she has been taking some supplemental vitamins, minerals, and glyconutrients to compensate for the lack of these components in even the clean food we have faithfully eaten for over a decade.** Thankfully, despite sibling rivalry and differences of opinion on a variety of the unspoken subjects, one of Margaret's sisters has begun utilizing our smoothie recipe (see below). She gives it credit for a ten pound weight loss in just one month. Our prayer is that soon she will be willing to try some of the products that have definitely helped us physically in the recent months.

Upon our return home, we were also excited to find that our fifty-something year old friend in Orlando, who began taking some products about a month ago, looks like a different man physically as his countenance has noticeably improved. We know that he struggles with high blood pressure as a result of stress and diet. Nevertheless, by his own testimony, this is the first time he can remember ever being on a daily vitamin and supplement regimen. As a result, he has had enough energy to join the YMCA and is actually exercising daily. This is something he has not been led to do for decades. Needless to say, we are very encouraged for him and his improving health.

In future updates, we will share additional personal testimonies about how diet, exercise, and proper nutritional intake are radically improving our health. However, since we are early in our learning curve about the company we are recommending for supplements, we just learned recently that **Mannatech will actually let anyone use any of their products, that are bought retail, for a month with a full money back guarantee. If the products are not satisfactory for whatever reasons, all monies received would be refunded without any questions asked.** When I heard this offer, it seemed like a great opportunity for people to just try the products and see if they made a positive difference in their health or sense of well being

So with that in mind, I am recommending that you call Margaret or e-mail her with the best time she can call you, so you can take advantage of this risk-free trial offer. She will not only be able to answer your questions, but she will be able to take and place your order so you can get started on a program back to optimal health.

Here is the smoothie recipe that has worked wonders for our household and Margaret's sister:

Margaret's Yogurt Smoothie!!

1 cup fresh or frozen blueberries*
10 oz water
1-cup plain fat free yogurt
1-teaspoon stevia
1 scoop vanilla whey protein powder**
2 teaspoons Psyllium husks powder
1-tablespoon flaxseed oil (Omega-3)

Blend until smooth! Great for breakfast or lunch. You can drink 2 a day if you want.

*Substitute fresh or frozen strawberries and **strawberry protein powder
Fresh or frozen cherries with vanilla protein
Peaches with vanilla protein
Cherries with chocolate protein
etc etc

These smoothies have about 370 calories, 35 g protein, 45 g carbs. They will really take your sweet tooth away and you won't want to snack.

Please receive our sincerest wishes for a blessed summer as you continue to become whole and complete in spirit, soul, and body (1 Thessalonians 5:23).

In His love,
To life!
Mark and Margaret

Here are some links for you to peruse. First, here is a ten-minute video presentation that describes “**glyconutrient technology**” and the health care crisis:

<http://www.glyco.com/v.asp?c=255900752423>

Additionally, for more specific information about Mannatech that can be read or heard, please go to their website via this link:

<http://www.mannapages.com/huey/Default.aspx>

If you want to try out the products for a month with the money back guarantee, please call Margaret at **407-933-2002** so that we can make sure your retail order goes through properly.