

# Body Balance

by

## Life Force International

What it has done for others

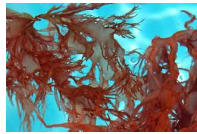
What it can do for you

### What's in Body Balance?



Some of the best food you can put in your body:

- Nine Sea Vegetables
- Aloe Vera
- Black Cherry and
- Honey



Dulse



Bladder Wrack



Nori



Gigartina  
Chamissoi



Kombu



Dabber  
Locks



Aloe Vera



Sea Lettuce



Irish Moss



Norwegian Kelp

**Real stories of healing, recovery and lives made better by the nutrients found in Sea Vegetables and Aloe Vera**

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## ADHD Improved... Grades Go Up For All!



When my daughter, June, was 10 the Principle, school nurse and her teacher called me in to talk about her poor performance in class. They gave me the option of putting her in Special Ed or getting her on the popular ADD drug, Ritalin. I was given 2 weeks to decide which course of action I would take. I went home and cried to a friend about the situation. She brought over a bottle of **Body Balance** and I bought another before the two weeks was up, giving my daughter 4 ounces a day. I met with the group two weeks later where the Principle showed me June's spelling and math tests from two weeks ago and another from that morning. He was certain I had opted for the Ritalin but that was not the case. When he said, "Ritalin really does work," I told him I didn't give her any Ritalin. He asked what I did and I showed him the **Body Balance** bottle. The school nurse took the bottle to read the ingredients. She said if even one mineral is missing from our diet our brain would not be able to communicate properly. Both the nurse and Principle were excited about June's results. He gave my phone number to three other parents who had kids with similar issues. All three kids had similarly great results. One of the kids took 4 month to show improvement while the other two showed results within a few weeks, just like June. Her CSAP scores went up 2.2 grade levels over the next 7 months. As a bonus she also lost 13 pounds. In High School she now gets A's & B's.

*Genny & June H., Colorado*

## Allergies Gone after a Terrible 10 Weeks



Last year my 15 year old son, Jace, started coughing violently. Nothing the doctors gave him did a thing. All tests (thousands of dollars) were negative for whatever the doctor was looking for. Jace missed eight weeks of school and it was very hard for him to catch up. The doctor told me he might get better in 6 to 8 weeks if it was allergy related and at 8 weeks the coughing slowed. It was terrible for Jace with almost no sleep and massive pain in his chest.

The next year it started again! This time I took him to an allergist where we discovered an allergy to sage which is everywhere around here. The doctor gave us six medications and treatments. He went through them with no relief. I then put Jace on **8 ounces of Body Balance** and two packages of **Vitali-C Plus** each day. In one and a half weeks he was completely cleared up! The doctor scoped his nasal passages to see how things looked. He was impressed with the results. The attending nurse said she wants to sign up for this stuff as she worked with Jace when we first brought him in. Jace is back to school and doing just fine. I'm ecstatic to say the least!

*Thomas & Jace E., Basalt, CO*

## Hypoglycemia, Chronic Fatigue and Depression

I am a horse trainer and I was hard on my body and major health problems. I was had Hypoglycemia, fatigue and depression from conventional and alternative God answered my prayers by **International**. I started on followed by the **Colon** weeks, I felt so much better. all day and the depression is God every day for **Life Force**. because I feel so great. I have **Force's** products, which prove to share the products with others is incredible and this allows me to have a new career which is rewarding in health and freedom. I don't have to go back to a job that kept us on edge financially and was so hard on my body. With my health turn around and the business opportunity, I have a well-balanced life with mind, body and spirit.

*Grant G. Jackson, Wyoming*



formerly played professional polo. when I turned 40, I developed diagnosed with Osteoarthritis; I experienced symptoms of chronic the constant pain. I tried therapies. None of them worked. sending me **Life Force Body Balance, OsteoProCare, Cleanse Program**. Within three I am now pain free, I have energy gone. I have my life back. I thank I haven't been back to the doctor, been able to try more of the **Life** to be just as excellent. Being able

## Hypothyroid, Goiter



My name is Ray Grigonis. I do home remodeling work and over the years I've inhaled many chemicals, which included arsenic from pressure treated wood. I discovered that I'd acquired many health problems due to this and learned that I was on the road to getting some serious diseases such as Parkinson at an early age. I worked with various wellness products, the latest being natural food supplements in pill form from Australia.

My wife is a Holistic Therapist and she started recommending **Body Balance**. I listened in to some of her gatherings, while she introduced this product to others and heard many wellness testimonials of the positive effects people had from drinking **Body Balance**. My wife had asked me *if I'd like to try it*, but I told her at the time that I wanted to give these other products a fair chance, as they were showing some results, even though they were very expensive and slow moving. A month or two later, I had learned more about the mineral depletion of the soils in the world with the U.S. topping the charts in depletion. Then Australia surpassed us. At this point I decided to try **Body Balance**.

With one of my issues being digestion, I learned that the tablets I had been taking could only utilized up to 20 percent and in contrast, the liquid would be taken into my blood stream starting in my mouth up to 98%. This blew me away and I started to notice, in a very short period of time, several changes in my health; my energy increased, my Hypothyroid (which was a Goiter) returning to normal. My digestion improved and I experienced many other positive, subtle health changes. A few months later I went in for a full exam with my medical doctor and my thyroid checked out perfect with no medications, as did all of my functions. I'll be drinking this stuff for life.  
Sincerely, *Ray G.*

## Lupus



My name is Jan Lowder and I live in Western Colorado.

Throughout the 1990's, I found myself experiencing more and more health challenges. I was a teacher and mother of four and had a hard time getting through the day. Then in 1997, I was diagnosed with a serious autoimmune disease called Lupus. For me that meant living with the never-ending flu symptoms; fever, chills, extreme fatigue and body aches. I woke up in pain every morning. About half the time it would work out and about four days out of seven I lived on ibuprofen.

My doctor prescribed a list of supplements so I went to the health food store and filled my tackle box. Twice a day I took a handful of pills!

It wasn't long before I was experiencing a lot of digestion problems on top of my Lupus symptoms. My doctor also recommended a specialist and treatment in Denver. But I wanted to start simple and knew I could always work up to more radical treatment.

In the summer of 2000 I started working with a nutritionist who started me on **Body Balance** and **OsteoProCare** (liquid calcium). Gradually I began to notice improvements. My bad days became fewer and farther apart. My good days got better and I began to have energy again. My digestion improved and I was even able to start exercising. I stayed well and avoided my usual winter cycle of sinus infection, bronchitis and pneumonia. **After one year, I was pain free and had my life back again.** Each year my health has risen to a new level. After seven years of faithfully taking **Life Force's** liquid nutrition, I live a full, active life including hiking, biking, skiing, jogging, volunteer work and keeping up with my grandkids.

I've seen similar positive results among many other people suffering with autoimmune disorders such as Chronic Fatigue and Fibromyalgia. I strongly encourage everyone to try **Body Balance** and not wait for a health crisis like I did.

*Jan L., Colorado*

## Diabetes

My husband Stan has suffered with Type II diabetes. Stan began drinking **Body Balance** in September 2008. In November when he went for his visit to the doctor, Stan was told that he no longer needed insulin injections and that his blood sugar has been under control for the last two months. We couldn't believe our ears. He is feeling so much better. Thank you to **Life Force** for this product.

*Flora, Palm Beach Gardens, Fl*

## Shoulder, Knee, Back & Joint Pain All Gone!

As a result of my wife some incredible relief from to start taking **Body Balance** energy but more important I started wanting to increase do more things outdoors, Also, I started walking five day. Because of my increase fifteen pounds in my body



taking **Body Balance**, I noticed her suffering with Lupus. I decided myself. I noticed an increase in had feelings of well-being. I my physical activities. I wanted to hiking, biking, fishing, and skiing. mile round trip to my office every in physical activities I dropped weight in just a couple of months.

The most significant results I experienced with **Life Force** products came from the use of **OsteoProCare** and **FlexeoPlus**. For years I suffered from pain in both shoulders and both knee joints from the abuse they took in high school and college football. In addition, I had knee surgery and had to have a large portion of torn cartridge removed. About this same time period I experienced back pain in the L-5 region of my back. The doctors told me I would have to have back surgery to relieve the pressure and pain.

After three months of being on **OsteoProCare** and **FlexeoPlus** I was pain free! I cancelled both surgeries. To this day, I continue to faithfully take these products, which allow me to remain pain free and active.

*Darrel L., CO*

## Crohn's Disease and Hot Flashes

My son was diagnosed with Crohn's disease almost 4 years ago, he was 13. Within one year they had him on about eight pills, 2 of them steroids, and he still didn't feel well. I started researching vitamins to see if I could help him another way.

After trying a few I found out about **Body Balance**. It's made from nine sea vegetables and Aloe Vera juice. It is a whole, natural food with vitamins, minerals and trace elements. He is now on only one pill (Nexium) and I may start weaning him off of that also.

He's doing great and his new doctor said that from his colonoscopy / endoscopy he would not even have known he had Crohn's.

I also had been told it would help me with my hot flashes. I take a combination of the **Body Balance** and also **OsteoProCare** which is calcium, magnesium and Vitamin D, all the things my body needs anyway. I had 10 to 20 hot flashes per day plus waking in the night from sweating. Now, with **Body Balance**, I have no more hot flashes. It's wonderful!



*Janet G., Pennsylvania*

## Psoriasis

My father recommended **Body Balance** to one of his patient's parent's, Tim and Mary Ann MacDonald, in Sep 2007 (my dad is a pediatrician in Connecticut). Tim has had psoriasis for about 29 years. It covered 60-70% of his body.

Tim took the top picture, shown here, after being on the product for about five weeks. You can see it is pretty inflamed. The bottom picture was taken **one** month later. Since then he is doing well. He is currently taking 4 oz. a day.

*Mike T.*



Psoriasis after being on **Body Balance** for 5 weeks

Psoriasis after being on **Body Balance** for 9 weeks

## Improvement in Diabetes, Weight Loss, Eyesight, Inflammation and Gout

I learned how Diabetes had run rampant in my family. After using **Body Balance**, my glucose readings showed my result as 86. My 6.4%. Needless to say my doctor was great results in the full blood screen.

The doctor was very impressed with the 9 Sea Plants combined with the well. He was also impressed with my pressure was better than his, and my stabilized. My eyesight has improved. I have always had a stigmatism. I have had to wear glasses since a child. About 6 months ago, I noticed the large screen television across the room looked blurry. I took my glasses off and could see better without the glasses. Now, I use them only for driving.

Also the inflammation in my left knee has been corrected due to the **OsteoProCare**. At one time I was actually using a walking cane, and no longer need this.

I had suffered with Gout, due to an imbalance of the Acid-Alkaline in my system. **Body Balance** has regulated this.

Last but not least - I've had Thyroid problems since 1967, when 80% was removed due to a Goiter. Seven of the nine sea plants have natural Iodine, and this has been very beneficial.

*Katherine W., Denver, Colorado*



rampant in my family. After using started improving. The Blood test Hemoglobin A1c result was very pleased, along with all the other

the contents of the Bottle, especially Aloe Vera. He really liked the taste as weight loss of 39 lbs. My blood heart rhythm was more

I have always had a stigmatism. I have had to wear glasses since a child. About 6 months ago, I noticed the large screen television across the room looked blurry. I took my glasses off and could see better without the glasses. Now, I use them only for driving.

## Woman Beats Allergies, Asthma, Headaches and Digestive Problems



I once had allergies so bad I was taking over the counter and prescriptions the majority of the time. I also had injections for pollen and molds, which never seemed to help. I have food allergies and am allergic to animal dander. My stomach would be upset and I would have headaches and diarrhea. When the asthma would flare up, I would need to use an inhaler. Every spring I would see the doctor for sinus infections and felt like I was in a fog. My energy was zapped! The doctor told me I may not live to see my grandchildren if I didn't make changes.

After being on **Body Balance** for a while I noticed I could breathe better, no more upset stomachs, headaches, or infections. I haven't had to go to the doctor except for yearly checkups. I am amazed how this whole food nutrition has built up my immune system. I am so thankful to the people who have encouraged me to take control of my health so I can have a better life.

What a blessing

*Pam M., South Dakota*



## Diverticulitis, Asthma, Skin Issues, Better Emotional Balance, Enlarged Prostate Cancer

I just wanted to let all of you know once it has the tools to do it. I have months now and have seen amazing diverticulitis, asthma, skin cancer and emotional balance. Who knows what that I'm not even aware of.

Well, another interesting thing diagnosed with an enlarged prostate doctor was worried about it and I did not want any invasive

and see what happened, if the situation would get worse. So, I had my appointment this week and he told me it was amazing but most of the enlargement was gone as well as the nodule. We had a conversation about what I was doing to help myself and he just shook his head and said keep doing it. The only change I had made was to take 4 ounces of **Body Balance** twice a day, sometimes more. All of these things going on with me indicated I was severely out of balance and I want to give a lot of credit for all of this healing to **Body Balance** and the amazing company of **Life Force**.

*Rollin*



how the body can really heal itself been using **Body Balance** for nine healing results including other skin issues, and better else might be healing in my body

occurred. Last year I was and also a growth on it. The wanted to take a further look. procedures and wanted to wait

### Help With Constipation

I have been taking **Body Balance** for ten Years every day, twice a day, to help me with my constipation and digestion challenges. When I take it regularly, every day, my body functions a lot better in comparison to not taking it. I have tried it both ways and I would not want to be without **Body Balance**.

*Bernard*

**Note:** Those who take **OsteoProCare** along with **Body Balance**, on a regular basis, report little to no constipation issues. There are many testimonies of people who were constipated for days, or even a week, who were finally relieved after taking **OsteoProCare**.

### Weight Loss and Less Stress

I just realized this morning that I have lost 6 pounds since starting to drink **TruBoost**. I started losing after drinking **TruBoost** - 1 a day. I think I had one day where I drank two of them, which felt great! So, I've lost 6 pounds in two weeks. Yeah! I'm excited! Also of note, I feel more at peace, less stressed, happier, more able to let go and not feel that I have to be totally in control of everything, more patient. I seem to have a deeper "well" to draw from in my capacity for accomplishing everything I put my hands to on a daily basis. In short, I'm getting more done in less time, also adding to feeling less stressed! It's wonderful.

*Bethann*

## Animals Helped As Well



This is our dog, Major. He's a 12 year old German Shepherd. When he was five years old he started having problems with his two back knees. We took him to the veterinary hospital to try to get him help. Major could barely sit on his hind legs. He could not run or climb steps. He was also starting to lose his hair. The doctor's gave him two artificial knees and said he'd have bad arthritis and hip problems. They also said he would need more operations.

Well, that never happened. We put Major on the same liquid nutritional products we take every day, which helps us a lot. We give him **Body Balance**, **OsteoProCare** and **FlexeoPlus** every day. People can't believe how good he gets around now. The two local vets we took him to said these products have really helped him with his health challenges. It didn't happen overnight but, as time went on, things got better and better.

Major may not be as fast as he used to be, but he's still having fun chasing rabbits and deer on our land.

Take Care,

*Steve and Mary Ann T.*

Sheboygan Falls, Wisconsin

This is evidence that Body Balance is not just a placebo effect. Animals need many of the same nutrients that humans need for proper body function. They have no expectation of any results from the food they eat.

## Multiple Sclerosis (MS), Vertigo, Acid Reflux, Blood Sugar and Blood Pressure

I started having vertigo in my early twenties. Over the years my immune system seemed to be compromised. I would catch everything my kids had and it always took me longer to recover. I started experiencing weakness in my legs from time to time and it was especially noticeable after being ill. I also had some bad episodes with my legs after being in the sun or in a whirlpool.

In 2001 after many months of being run down, I became seriously ill. My vision was affected, I was terribly weak, chronic pain in my body especially my legs. The weakness became worse until I was unable to function, barely walk and the fatigue was totally taking over. After two years of tests, and 3 neurologists, I was diagnosed with **Multiple Sclerosis**.

I have improved my leg strength over time with water exercise and using weights. But still could not walk very far without painful consequences. I would sleep 10 to 12 hours at night and nap every day, sometimes up to 5 hours. If I didn't get enough rest I paid for it. I had so much trouble with my memory for a while that I was getting lost on the 12 mile drive home from doing errands. I went through a battery of tests to make sure I did not have Alzheimer's. It was very scary!

My daughter would call me in the morning and I would say something like "I'm still on my first cup of coffee; I'll call you back after I've had my second cup." It took me a couple of hours to be alert enough to even have a sensible conversation. I also had acid reflux. My blood sugar was rising as was my blood pressure. I was on sinus allergy medication year round and used a lot of ibuprofen for joint and arthritis pain.

I was introduced to **Body Balance** in April of 2009. I started using **OsteoProCare** about a month after that, then added **FlexeoPlus**. I now sleep 9 or 10 hours a night and I wake up more alert. I can get right into my day and most of the time I don't even drink coffee. I do not need to nap on a regular basis. Some weeks I don't nap at all. I am walking better and farther and I don't have as much pain as I did before. I've been told that my gait has improved. Some people have commented that my complexion is beautiful, and others that I look like I feel better. My acid reflux is gone, my blood sugar and blood pressure are lower. I rarely need an allergy tablet or ibuprofen. I have also lost some weight.

I still have M.S. as the **Life Force** products are not a cure. But I feel more in control of my health and have a better quality of life on these products.

*Vicki B. of Illinois*

## UTIs Are Gone

Do you get chronic UTIs (bladder / every two months and was constantly **Balance** 15 months ago and haven't had bad I had a standing antibiotic ended up in the hospital once. Girls, them for good! **Body Balance** has a 90-got nothing to lose other than your



kidney infections)? I used to get them on antibiotics. Then I started **Body EVEN ONE!** I used to have them so prescription at the pharmacy and even UTIs can be dangerous. Get rid of day money-back guarantee – you've UTIs. *Kim*

## Infertility, Weight Loss, Constipation and Sleep

Three years ago, I was introduced to a product that has literally changed my life. In November I had my 3rd back surgery which led to two staff infections. Needless to say, I was not in good physical shape, not to mention the boat loads of antibiotics I had to take to get rid of the staff infections that poisoned my body even further.

Shortly after finally cleaning up the staff infections, a friend of mine introduced me to **Body Balance**. I was pretty desperate and was willing to try anything to feel better. In my first month I;



1) Lost 15 pounds because my body was FINALLY satisfied and I stopped running to the cupboard for energy substitutes (i.e. SUGAR).

2) My energy SHOT up and I went from eight cups of coffee per day to 1/2 cup. This energy lasted all day and was not the buzz kind of energy but just an overwhelming sense of well-being.

3) My mental clarity cleaned up and I was able to think on a very high level for a much longer period of time during the day. I had trouble thinking before this.

4) I started sleeping through the night and this was a heavy sleep. I had not dreamt in months and the product supported my sleep so well that I started getting into REM sleep almost every night.

5) My eliminations became more and more consistent. I was constipated for many months due to pain medication and **Body Balance** help to put me back into regularity.

6) My body started detoxing all of the antibiotics and other toxins that had been in my body for years.

7) I actually cut my depression medication in half because of the support I was getting from the product that supported bringing my brain chemistry back into harmony. I was on half my medication and felt better mentally than I had in years.

The biggest and most important benefit I received was a set of twins, boy and girl, and another baby girl that came 11 months later (see picture). My wife and I had tried to get pregnant and I came to find out that my sperm count was almost zero. One test showed that I had 2 sperm, and one of them was dead. A man is supposed to have 40 million sperm; therefore, it was "impossible" for me to be a father. This news brought me to my knees in disappointment. As long as I can remember, I had wanted to be a father and thought that it was one of my callings in life. My wife and I began a process of invitro and were looking at a book of "sperm donors" which drove me nuts every time we would look at it. First we wanted an "engineer", then a "doctor," etc, knowing that I wouldn't be their real father. WELL, right before, literally days before, we were going to decide which sperm to use for the invitro process, the doctor and I wanted to look one more time to see if anything had improved from my side. Amazingly, my sperm count was that of a NORMAL male. The doctor was blown away and wondered what had happened. What had happened was that 2 months before this, I had started using **Body Balance!**

Thanks to this liquid supplement, we were able to go forward with the invitro process and use my sperm. What an amazing experience that was! Well, my sperm count was so good that 1 to 2 months after they were born, she was pregnant again! I never thought that something so simple could, as mentioned in my first sentence of this testimonial, change my life, but it did. Over the last 3 years, I have seen scores of people have life changing benefits from **Body Balance**. Some have just had their energy during the day elevated and others have had experiences similar to mine. A friend of mine put it perfect one time. After she had been taking it for a couple of months, she said, "I feel like I am 12 years old again." If you can reach back and remember what that felt like, wouldn't you want to feel like that again?

God bless!

*Benjamin M., M.B.A.*

## Stopped Smoking with Body Balance

I am writing a letter of testimony to share my story on how I used **Life Force's Body Balance** to quit smoking in hopes of helping people all over the world to get rid of this life killing habit.

My grandmother is Mazie Berend, a distributor and user of **Life Force's** Products. She was always on me about quitting smoking cigarettes considering I was up to about a pack a day and sometimes a pack and a half. One day on my way to work, she told me that I should **take a Body Balance Single Powder Stick with me and put a little on my tongue whenever I had a craving for nicotine**; so I took her advice. I would sprinkle a little on my tongue throughout the day and not crave a cigarette at all, and finally one day I didn't have a stick with me and it had been about 6 or 7 days since my last cigarette, so I tried smoking one and it tasted horrible! It has been close to three months since I have smoked or even had the temptation to smoke all thanks to my grandmother's idea and imagination. A little "fun fact" for you: I have calculated how much I am saving annually since I quit buying cigarettes. If I smoked a pack a day at \$6.16 (which is how much I was spending) I am saving over \$2,300 per year. I believe in what **Body Balance** has done for me and what it can do for others. It really works!

Sincerely,

*John Adam B.*

## Heart Arrhythmia

A few years back my husband was having arrhythmia symptoms (heart beating fast, slow, and even pausing at times). We made two immediate and medicinal diet changes...We fortified up on key factors important to the heart. We implement a good protein source every 4 hours and this **OsteoProCare (Calcium)** and **Amino Charge (Protein Powder)**. Your heart is a muscle; PROTEIN IS KEY in building muscle and CALCIUM IS KEY IN REGULATING those heart contractions. What happened? Within one week he stopped having symptoms and they have never returned. When we tell this story we always advise people to involve their health care provider in their decisions, but also encourage them to realize the power of nutrition and what it can do. Plus, It is better to be proactive than to wait. Your body can get away with a lot for a while, but it will catch up to you if you aren't taking steps to get what you need.

*Chris D.*

## Osteoporosis - Woman Reverses Bone Loss



I had Osteoporosis. I could no longer take drugs due to lasting side effects. For me the **Life Force** products have been a life saver. After taking the **Bone & Joint Pack (OsteoProCare & FlexeoPlus)** and **TruBoost** for ten months I have seen significant improvement. My last bone density indicated that I have gone from Osteoporosis to Osteopenia. Many thanks to **Life Force** Products.

*Marcia B., Farmingdale, Maine*

**Note:** Osteopenia is a condition where [bone mineral density](#) is lower than normal.

It is a precursor to Osteoporosis. Marcia's lab results showed a tremendous improvement in her bone density.

## Heartburn Gone In 3 Days!

I've been taking **Body Balance** since Monday (its Thursday) and I just realized on the way home... my HEARTBURN is GONE! Normally it's a daily battle & into the night... tons of Pepcid & Maalox... anyway I just noticed that I haven't taken any and haven't needed too. My energy & clarity are up too. Also my hubby gets up for work at 4am and is normally a zombie on the couch after a long physical job, but not this week! He's cooked dinner every night this week and has been wrestling with his boys! He seems happier. Of course he didn't even notice. I pointed it out.

*Joni in Alaska*

**When the cells of your body get the nutrients they need to function properly, your body will heal itself. Body Balance is not a miracle cure. It's simply a whole food that supplies your body with many of the nutrients it needs, to do the job it was already designed to do.**

**To learn more about Life Force  
and Body Balance please contact:**

Life Force Independent Member

These statements have not been evaluated by the FDA.

These products are not intended to diagnose, treat, cure or prevent any disease.