

POLYMEAL™ Body Fuel

THE ULTIMATE SUPERFOOD PROTEIN COMPLEX

BY DR. LARRY J. MILAM, DHM, PH.D.
CLINICAL NUTRITIONIST

Dr. Milam's Polymeal™ Body Fuel is the embodiment of "Nutrition with Intention™". This superfood blend contains 170 ingredients, selected with Intention to help the body fulfill its mission statement of health. It is carefully processed, formulated, and blended to preserve the vast array of naturally occurring ingredients. The finished formula is infused with Healing Sounds and Frequencies through a sound/vibration concept developed by Dr. Milam called "Nutrition with Intention™".

Dr. Larry Milam, Clinical Nutritionist and food and supplement formulator for over 25 years, has developed Polymeal™ Body Fuel using superfood products he has developed over the years; Green Magic™, ORAC+™, Magic Fiber™ CLR, Meal In a Glass™, Premium De-Oiled Lecithin, Pro and Prebiotic Complexes, Special EFA Blends, along with ingredients proposed in the Polymeal diet concept.



Polymeal™ Body Fuel
Item #4025--2.3 lbs. (1050g)

THE HISTORY OF DR MILAM'S POLYMEAL™ BODY FUEL DEVELOPMENT

In 2003 a proposal was introduced by Wald & Law¹. They said they had found a "wonderpill" that would reduce cardiovascular disease rates by more than 80%. The "wonderpill" was a cocktail of six existing drugs that could be taken together and had the potential to slash the risk of heart attack or stroke in people over age 55 by as much as 80%. This cocktail became promoted as the "Polypill". This "Polypill" consisted of aspirin, folic acid (which lowers homocysteine in the blood), a statin drug (to lower cholesterol; Crestor® or Lipitor®), and three blood pressure lowering medications.

However, it was quickly revealed that the "Polypill" had a number of increased risks, including stomach bleeding from the aspirin and muscle problems from the statin drugs.

The "Polypill" concept was quickly challenged by Dr. Oscar H. Franko², a public health scientist and his colleagues at the University Medical Center in Rotterdam, The Netherlands. They proposed an equally effective concept--a novel diet (see food chart below) becoming affectionately known as the "Polymeal". (continued on next page)

POTENTIAL BENEFITS OF THE "POLYMEAL"

Food	Calories	Benefits	Reason	Why
Red Wine 5 oz. -150ml	100	Reduced CVD by 32%	Resveratrol	Resveratrol, a compound found in the seeds and skins of grapes is an antioxidant in red wine that can prevent harmful elements in the body from attacking healthy cells. Red wine also contains flavonoids and catechins, which play an important role in reducing heart disease risk. Saponins in red wine offer protective benefits for the heart, and quercetin is now being studied for its role in preventing lung cancer.
Fish approx. 4-5 oz-4 times a week	300	Reduced CVD by 14%	Omega Fatty Acids	Omega-3 fatty acids help guard against cardiac death by protecting heart cells from the effects of ventricular tachycardia. These fatty acids also may inhibit the development of heart disease by lowering triglyceride levels and reducing platelet aggregation. Cold-water fish, such as salmon, tuna, mackerel, and herring are particular good sources of Omega 3s.
Dark Chocolate approx. 4 oz.- (100g)	600	Reduced blood pressure. CVD reduction of 21%	Flavonoids	The good news about chocolate keeps coming. Raw and or minimally processed cocoa contains flavonoids also inhibit platelet aggregation. Chocolate is a good source of copper and magnesium which help regulate heartbeat and blood pressure.
Fruits & Veggies 14 oz. (450g)	200	Reduced CVD by 32%	Increasing con- sumption	Increasing consumption of fruits and vegetables can significantly reduce the risk of many chronic diseases, including heart disease, stroke, and cancer. Fruits and vegetables contain vitamins, minerals, and many phytochemicals, including flavonoids, glucosinilates, and phyto-oestrogens. Some of these vitamins and phytochemicals act as antioxidants, destroying free radicals in the body.
Garlic .11 oz (2.7g)	minimal	Reduced CVD by 32%	Allicin	When cloves are crushed, chewed, or cut they release a sulphur-bearing compound called allicin—the chemical that gives garlic its pungent taste and smell. Most of the research on garlic has focused on its ability to lower cholesterol and blood pressure, as well as offer protection against stroke and heart disease. It also may play a role in preventing the formation of blood clots.
Almonds 2.5 oz. (68g)	390	Reduced CVD by 12%	Unsaturated Fats & Vit. E	Nuts contain low levels of saturated fats and high levels of unsaturated fats. Consequently, studies have shown that nut consumption lowers blood cholesterol levels. Nuts are a good source of fiber, vitamin E, folic acid, copper, magnesium, and the amino acid arginine, which may play a role in preventing heart disease.

Combined Theoretical Reduction in Risk of CVD (%) = 76%

Chart source: Sandquist D, MS, RD, CD. Healthy Aging Magazine, May/June 2005. Pg.60

POLYMEAL™ BODY FUEL

SUGGESTED USE OF POLYMEAL™ BODY FUEL

Use 2 scoops (4 rounded Tbl.) of Polymeal™ Body Fuel at least once daily. The preferred time is breakfast (6 to 9 am).

BEST METHOD OF MIXTURE

Blender: Fill blender with 12 to 16 oz. of liquid (purified water or mixture of water with 1 serving of Pomegranate Red™ Concentrate or 1 serving of Aloe Papaya Acai™ Concentrate). Add 1 serving of Polymeal™ Body Fuel for each person.

Add ice: Approximately 4 ice cubes for each serving. Adjust the amount of ice to achieve the thickness of the smoothie you desire. Experiment to achieve your perfect mix. Ice is not required and does not add any nutritional content. For seniors, cold natured persons, those who are ill, or compromised in any way, the Polymeal smoothie may be preferred at room temperature.

Optional: Add fresh or frozen blueberries, strawberries, raspberries, blackberries, peaches, ½ banana per person, 1 medium apple or pear, or any type of fruit. Orange sections without seeds are okay for children and for those with normal blood sugar levels.

ADDITIONAL NUTRIENTS TO ADD TO POLYMEAL™

Green Magic™	Coral Calcium™
ORAC+™	Magnesium
Premium De-Oiled Lecithin	MSM Pure™
Golden Omega-Omega™	NeuroExcel PS™
Jerusalem Artichoke Flour	Restore™ (D-ribose & Carnitine)
Nutri-Grand™ Flax	Açai Pure™
Earth's Harvest™	Guardian Greens™
Yogurt	Carnitine
*Probiotic Complex Capsules	*Phyto-Optzyme™ Capsules

**Empty the capsules into your mixture.*

ADDITIONAL METHODS OF MIXTURE

Add Polymeal™ Body Fuel directly into a glass of 12 to 16 oz. of liquid (purified water, juice concentrate without sugar, soymilk, nonfat milk, or almond milk and stir with spoon or fork until blended. Polymeal™ Body Fuel can be mixed directly into yogurt, applesauce, or sprinkled over cereal.

BIOLOGICAL AGE REDUCTION / ANTI AGING

Use Polymeal™ Body Fuel on a daily basis. Add 1 additional serving of Green Magic™, mix with high ORAC value dark fruits, such as blueberries, raspberries, cherries, blackberries, or, if not available, then add one full serving of ORAC+™ for each serving.

Product	Servings
Bio Avail CoQ10™	3 to 5 softgels
Alpha Cell PM™	1 to 2 capsules
SignaCell AM™	1 to 4 capsules
Restore™	1 serving
Serene™	1 to 2 capsules
Pomegranate Red™	1 to 3 servings
Aloe Papaya/Acai™	1 serving
Açai Pure™	1 serving
*Melatonin	1 capsules
*DHEA (25mg)	1 to 2 capsules
*Progesterone for women	1 to 2 times daily trans-dermal creme
Vitality™ Tea for men	2 servings per day

*Additional hormones may be recommended depending on the results of your hormone levels test.

BLOOD SUGAR BALANCE

Using Polymeal™ Body Fuel with its protein content and good balance of Carb's, Fat, and Protein will help you achieve a stable and lower blood sugar balance.

		Dr. Milam's Polymeal™ Body Fuel Ratios	The Zone Diet™ Ratios
Carbs	14 grams	34%	40%
Fats	10 grams	24%	30%
Protein	14 grams	34%	30%
Misc; minerals	4 grams	9%	None

SUGGESTED USE

Use 1 (4 scoops) serving of Polymeal™ for breakfast, ½ serving (2 scoops) midday if needed, ½ serving (2 scoops) mid afternoon if needed, 1 serving (4 scoops) at night.

Use one or two capsules daily of GlucoFit-48™ until blood sugar stabilizes.

One serving of New Life 1000™ or New Life Pro™ is recommended along with 3--Vita Balance 2000™ multi vitamin tablets.

*Eliminate the use of high sugar, refined carbohydrate foods, snacks, soda, refined sugar, and high fructose corn syrup.

SEVERE IMMUNE COMPROMISED CONDITIONS

For the first 30 days, take 3 servings of Polymeal™ Body Fuel per day with the following nutritional supplements .

Product	Servings	Product	Servings
Green Magic™	3	Vita Balance 2000™	3 tablets
Alpha Greens™	1 to 3	PhytoOpti-zymes™	1 with meal
Golden Omega-Omega™	1 Tbl.	Probiotics Complex	1 with meal
Nutri-Grand Flax™	1 Tbl.	Magnum C™	1 to 2 tablets
Pomegranate Red™	3	Liver Chi™	1 to 3
Açai Pure™	3	Kidney Enhancer™	1 to 3
BioAvail CoQ10™	2-5 caps	Detox Plus™	3 caps

BLOOD BUILDER PROGRAM

Earth's Harvest or Guardian Greens: add 1 to 2 servings to Polymeal™ Body Fuel.

Take 1 capsule of Ultimate Iron Pro™ daily or as directed by your healthcare provider.

CHOLESTEROL REDUCTION

Use Polymeal™ Body Fuel as a replacement of 1 or 2 meals per day. Add 1 to 2 servings of Magic Fiber™ CLR and 2 to 3 capsules of Sytrinol™ Plus

WEIGHT LOSS

Replace 1 to 2 meals per day with Polymeal™ Body Fuel (breakfast and dinner). Consume a healthy lunch (600-800 calories). Drink blended Polymeal™ Body Fuel mix over a period of 20 minutes to allow your body time to respond to the meal and send a signal that you are full.

Note: If you have no health conditions you can consume the Polymeal™ Body Fuel as your total food intake for up to 3 days. Any longer than 3 days should be under the supervised direction of a healthcare practitioner or doctor.

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NUTRITION WITH INTENTION™