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# Foreword

*Just about every family has a prized recipe, beloved as much for the memories it evokes of family get-togethers or a particular family member, as it is for its taste. Many families have many such recipes, handed down through generations, taught to youngsters, or stashed on index cards or scraps of paper.*

*A fantastic gift for loved ones and friends, a family recipe book is a fantastic way to combine preferred family dishes with memories of valued family moments and members.*

*Enjoy these stories and games... some true and some fables and make your own family memories in the kitchen.*

***Creative Culinary***

***Recipes Bringing Warmth And Joy To Your Family***

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# **Chapter 1:**

## ***Christmas Treat-Springerle***

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# Synopsis

*Memories of family traditions and Christmas cookies.*

## Sweets

There is a family story where someone's ancestors wound up in Ohio from Germany in the late 1800's. They went on to preserve their customs. As a matter of fact, it was stated that German was spoken in the home when all of the children were small. The Grandmother made traditional cookies every Christmastime, sending off plates and packages of them to neighbors and acquaintances. She sent off packages of the treats to her boys and girls as they grew up and traveled away from home. Subsequently one of the girls in the family made these cookies annually as well. There are fond memories of helping in the kitchen and then fixing plates and packages of cookies for our neighbors and acquaintances. There was no gift in return ever expected. This family did this because it was tradition.

When the youngsters grew up and moved away, the mother would send packages of Christmas treats. One of the daughters started a family tradition with her youngsters of making cookies to give, likewise, but she didn't have a suitable traditional rolling pin, profoundly carved with pictures which you push into the (densely rolled) dough. She utilized an inexpensive modern one with machine-cut cuttings, very oversimplified and shallow. Her mother passed away some years later.

She printed a family cookbook of her favorite recipes for all her brothers and sisters. It included the Christmastime cookie recipes, which she and her youngsters faithfully made. But her brothers woefully complained that their wives had Christmastime customs of their own, and were not about to bring in new recipes. So, as the firstborn daughter, she started sending packages of the traditional cookies to loved ones. It wasn't till later that she found her

Grandmothers rolling pin. It has rich, elaborate carvings and is very old. Now she uses that rolling pin, and the family recipe for cookies:

## Springerle



### Ingredients

4 eggs  
2 tablespoons butter  
2 teaspoons baking powder  
1/4 teaspoon salt  
2 cups white sugar  
4 cups all-purpose flour  
1/4 cup anise seed

### Directions

Beat eggs in large mixing bowl until very light.  
Add sugar and butter. Cream together until light and fluffy.  
Sift flour, baking powder, and salt. Add dry ingredients and combine.  
Knead dough until smooth ... add more flour to get smooth dough if necessary.

Cover dough and allow to chill in refrigerator for at least 2 hours.

Roll onto slightly floured board to 1/2 inch thickness. Then roll again with springerle roller to make designs. Cut at border. Sprinkle anise seed on clean tea towel and place cookies on this. Allow to stand overnight (don't cover) to dry.

Bake 12 to 15 minutes at 325 degrees F (170 degrees C).

Cool completely. Store in tight tin container ... the longer they are stored, the more anise flavor they take up.

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## **Chapter 2:**

*The Gingerbread Man*

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# Synopsis

*A story told for many years to many different families.*

## Gingerbread

This is a story that somebody's great-great-grandmother told a little girl ever so many years ago:

There was once a little old man and a little old woman, who lived in a little old house at the edge of a woods. They'd have been a very happy old couple but for one thing -- they had no small child and they yearned-for one very much. One day, when the little old woman was baking hot gingerbread, she cut a cake in the shape of a little boy, and put it into the oven.

Before long she went to the oven to see if it was baked. As soon as the oven door was opened up, the little gingerbread boy leapt out, and began to run away as fast as he could go.

He jumps from her oven and takes to the woods. The woman and her husband chase after him but fail to capture him. The gingerbread boy then outruns a lot of farm workers and farm animals while teasing them with the phrase:

I have run away from a little old woman,  
A little old man,  
And I can run away from you, I can!

In some retellings, The Gingerbread Boy taunts his pursuers with:

Run, run as fast as you can;  
You can't catch me, I'm the Gingerbread Man.

# Gingerbread Man Cookies



## Ingredients

1 (3.5 ounce) package cook and serve butterscotch pudding mix  
1/2 cup butter  
1/2 cup packed brown sugar  
1 egg  
1 1/2 cups all-purpose flour  
1/2 teaspoon baking soda  
1 1/2 teaspoons ground ginger  
1 teaspoon ground cinnamon

## Directions

In a medium bowl, cream together the dry butterscotch pudding mix, butter, and brown sugar until smooth. Stir in the egg. Combine the flour, baking soda, ginger, and cinnamon; stir into the pudding mixture. Cover and chill dough until firm, about 1 hour.

Preheat the oven to 350 degrees F (175 degrees C). Grease baking sheets. On a floured board, roll dough out to about 1/8 inch thickness, and cut into man shapes using a cookie cutter. Place cookies 2 inches apart on the prepared baking sheets.

Bake for 10 to 12 minutes in the preheated oven, until cookies are golden at the edges. Cool on wire racks.

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# **Chapter 3:**

## ***Thanksgiving-Turkey***

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# Synopsis

*Funny family story about a ruined turkey.*

## **Don't Burn It**

A favorite holiday story that I have heard a friend tell happened at Thanksgiving, while it may have happened at Christmastime. Every spring Linda's uncle, who was thought of as rich, purchased a box of turkey babies. He split the chicks with Linda's father and whoever brought up the largest turkey supplied the Thanksgiving feast, the following biggest was Christmas dinner. One year Linda's family brought up the biggest turkey. He weighed forty-two pounds and was so big they feared he wouldn't go in the oven. The family tradition was to spend each Thanksgiving Day with either Uncle Joe or Auntie Margaret and their families.

They lived roughly an equal distance from our home and both places were rather boring to youngsters. The sole bright spot in going to see either one was that they got to stop and have burgers for breakfast on the way. The year of the behemoth turkey was Aunt Margaret's home. She was an atrocious cook and her Dad worried about his turkey until her mother said she would fix it at home and Margaret could simply heat it up. The day worked out to be better than they guessed, Aunt Margaret's 3 grandsons were there and they were all having a fantastic time.

An hour before dinner Linda's mother helped Auntie Margaret get the gigantic turkey into her oven and left her to warm it up. In approximately 15 minutes somebody noticed smoke descending from the kitchen. Everyone rushed in and Linda's Mom yanked the oven door open. The beautiful turkey was on fire. Aunt Margaret had switched on the broiler, not the oven; thereby satisfying her fathers prediction that she would wreck the turkey. Thank goodness, he was

able to save the day by ingenious slicing and they had a Thanksgiving to remember.

## Thanksgiving Turkey



### Ingredients

- 1 (12 ounce) package dry bread stuffing mix
- 5 cups water
- 1 large onion, chopped
- 4 celery, chopped

4 tablespoons dried sage

12 pounds whole turkey, neck and giblets removed

### **Directions**

1. Prepare stuffing according to package directions, and set aside in a large bowl.
2. Preheat oven to 350 degrees F (175 degrees C).
3. Bring water to boil in a medium saucepan over medium heat, and stir in the onion, celery and sage. Boil 10 minutes, or until the onion is soft. Stir into the prepared stuffing.
4. Rinse turkey, and pat dry. Loosely fill the body and neck cavities with the stuffing mixture.
5. Place turkey in a large roasting pan and cook 3 to 3 1/2 hours in the preheated oven, or until the internal temperature of the thigh meat is 180 degrees F (80 degrees C) and the stuffing is at least 165 degrees F (75 degrees C).

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# **Chapter 4:**

## ***Stone Soup-Veggie Soup***

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# Synopsis

*A story of curiosity and sharing.*

## **Soup of Stones?**

Some travelers come to a small town, carrying nothing more than an empty-bellied pot. Upon their reaching the town, the villagers are unwilling to portion out any of their food stashes with the hungry travelers. The travelers fill up the pot with water, drop a big rock in it, and position it over a fire in the village square. One of the villagers gets to be curious and asks what they're doing. The travelers reply that they're making "stone soup", which tastes fantastic, although it all the same needs a little bit of garnish to better the flavor, which they're missing. The villager does not mind giving up just a little bit of flour to help them out, so it gets added to the soup. A different villager walks by, asking about the pot, and the travelers again remark their stone soup which has not reached its full potential so far. The villager hands them a little bit of flavoring to help them out. More and more villagers walk by, each bestowing another ingredient. At long last, a delicious and nourishing pot of soup is savored by all.

# Veggie Soup with Basil Sauce



## **Ingredients- No stones**

- 1/2 cup cubed potatoes
- 1/2 cup chopped onion
- 1/2 cup chopped carrot
- 1 (15 ounce) can kidney beans
- 6 tablespoons soy sauce
- 1 bay leaf
- 6 cups water
- 1 cup fresh green beans, cut into 2 inch pieces
- 3/4 cup fresh corn kernels
- 1/4 cup coarsely chopped fresh basil
- 1/3 cup tomato puree
- 3 cloves garlic, minced
- 1/3 cup olive oil
- 1/3 cup grated Parmesan cheese
- Salt and pepper to taste

## **Directions**

In a large pot over high heat, combine the potatoes, onion, carrot, beans, tamari OR soy sauce, bay leaf and water. Bring to a boil and reduce heat to low. Simmer for 20 minutes, or until vegetables are tender. (Note: Add water as necessary to cover vegetables.)

When the soup is done, add the beans and corn and simmer for an additional 5 minutes. To make sauce, in a blender or food processor, combine the basil, pureed tomatoes, garlic, oil, Parmesan cheese and salt and pepper to taste. Blend until smooth, stir this sauce into the soup and serve.

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## **Chapter 5:**

### ***Kids In The Kitchen-Monster Toast***

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# Synopsis

***Does your youngster perpetually bother you while you're making food in the kitchen?***

***Are you sick of hearing your youngster complain about the food you make?***

***Here's my hint: Involve your youngster in the cooking process!***

***I know, I know -- occasionally shavers make a mess in the kitchen. Everything takes longer to do and what if the tykes ruin the recipe?***

***Any or all of the above might be true, but the potential for play and learning outbalance the risks! And you might discover that you love it, likewise!***

***Youngsters love being involved with cooking food. That's partially why they're so likely to get in the way in your kitchen. They're interested in what you're doing, while you might be disregarding them.***

***So instead of push them away, pull them in.***

## **Let The Monsters Learn To Make Monsters**

Cooking activities are suitable for youngsters aged 2 and up. Plainly, the sort of involvement and learning is different for a 2 year-old and a 5 year-old, but both may be involved in the operation, learn while cooking and have fun!

Here are some of the many ways youngsters learn through cooking.

1. **Abiding by Directions:** Teach your youngster what a recipe is and that one must "abide by the directions" in order for the recipe to work. Youngsters learn that you must read instructions and follow them in a particular order to acquire the result you want.
2. **Easy Math:** equate amounts. Are we sticking in more flour or more baking powder? What is larger, a half cup or a whole cup? How many half cups do you require to equal a whole cup? Grow his sequencing skills. Ask him, "What do we do 1st... 2nd... Finally?"
3. **Sensorial Awareness:** utilize ingredients with an assortment of textures, smells, and tastes. Let him sense the difference between rice and beans. Let him savor the difference between sugar and salt. Have him smell the differences between assorted spices and the sweet smell of vanilla extract.
4. **Word Enrichment:** heighten your youngsters' knowledge of ingredients and particulars found around your kitchen. Flour, sugar and eggs might seem like daily words to you, but they're not basic to your 3 year-old.

5. **Conception Development:** better your child's understanding of constructs: Hard vs. soft, liquid vs. Firm, hot vs. cold, raw vs. baked, in the bowl vs. out of the bowl, fast vs. slow, and so forth.

6. **Cause and Effect kinships:** step-up your youngsters' ability to answer questions like: "What occurs if . . . (you add juice rather than water, you utilize bananas rather than strawberries)?" Youngsters may learn how adding, excluding or altering one ingredient can change the total product.

7. **Cooperation:** better your youngsters' ability to work together with you and with other kids. This admits waiting for his turn and having fun in a joint action.

# Monster Toast

Serves 1

<p>1) Pour milk. </p> 	<p>2) Add food coloring.</p> 
<p>3) Paint a monster. </p> 	<p>4) Toast. </p>
<p>5) Butter lightly. </p> 	<p>6) Munch your Monster! </p>


\*Note: Make the milk paint brightly colored.

This recipe is taken from the book *Kinder-Krunchies, Healthy Snack Recipes for Children* by Karen S. Jenkins. This book is distributed exclusively by Discovery Toys.

## What do you think?

1. What happens to the milk?
2. Is this real paint?
3. What kind of bread did you use?  
(Whole wheat monsters show up as well as white bread monsters).
4. What makes the butter melt?  
What else melts?
5. Why do we need clean brushes?

## Try this!

1. Paint  on the back of your monster toast.
2. Give your monster a name that starts with M.
3. Tell a story about your monster.

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## **Chapter 6:**

### ***Kids Cooking Party-Sundaes***

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# Synopsis

***You can throw a supreme sundae kids cooking party by making cookie cups to put sundaes in and doing a craft at the same time.***

## Crafts and Food

Once you understand the number of youngsters coming go through the list of things required especially utensils, bowls, and so forth. If you need extra ask friends or loved ones if you are able to borrow some items for your sundae kids cooking party.

Items required for a Sundae Kids Cooking Party:

- Muffin pans
- Mixing Bowl and mixer or bowl and wooded spoon
- 1 set of teaspoons
- Set of tablespoons
- 1 set of cups
- Actual recipe ingredients
- Ice cream scoop
- Topping ingredients
- Paper plates, cups and eating utensils

2 weeks beforehand:

- Send invitations
- Order/sew/purchase aprons or chef hats

1 week beforehand:

- Establish your grocery list for the party
- Purchase non perishable items, treat bags and any craft supplies you require if you're decorating aprons or hats
- Set up chef hats ahead of time

Many days ahead:

- Put your treat bags together
- Arrive at a final number of how many youngsters are coming to the party

1 to 2 days beforehand:

- Do your marketing for the left over items

Morning of party:

- Line kitchen tables or any big table with a plastic tablecloth or white butcher paper.
- Set table with topping components.

## Sundae Supreme Recipe



Make a cookie cup out of store bought cookie dough or make the following cookie dough recipe. You can use any type of cookie recipe you would like. Here is our favorite.

1 cup butter  
1 cup sugar  
1 cup brown sugar  
2 eggs  
1 teaspoon vanilla extract  
1 teaspoon baking powder  
1 teaspoon baking soda  
3 1/2 cups flour  
1 cup mini milk chocolate chips

Work together as a team and assign different tasks to each child so everyone has a turn adding or stirring. In a mixing bowl cream together butter, sugar, brown sugar, eggs and vanilla. Have children take turns adding ingredients. Mix in a mixer or stir by a wooden spoon. Add in baking powder, baking soda, and flour giving each youngster the chance to add and stir. With a wooden spoon stir in chocolate chips. Grease each hole of a muffin pan. Press a little ball of dough into each muffin cup. Press cookie dough up along sides making a well in the middle. Bake at 350 degrees for 7-10 minutes until golden brown. Allow to cool.

While cookie cups are baking organize the table with sundae toppings, chocolate syrup, strawberry syrup, caramel syrup, ice cream scoop, crushed cookies, chopped nuts, plastic bowls and plastic spoons.

When cookies are finished, press down the middle of the cookie with a back of a spoon or ice cream scoop while they are still warm. Let cool and give each youngster a sundae cup and a scoop of ice cream. Let them put their own toppings on.

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# **Chapter 7:**

*True Gifts-Eggnog*

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# Synopsis

***In a family of thirteen youngsters, money is an uncommon commodity at Christmastime. There is a friend who tells the story this way....***

## Fulfillment

We got bunches of presents, most of them really little. Regardless how little, they were all wrapped up. Even the sundries in our stockings were wrapped up. You see, each of us purchased presents for everybody. Generally all we had to spend was the buck in dimes that our Aunt Lisa in Cali sent in cards. We enjoyed those cards, the dimes all neatly fixed up in slots. We'd take whatever money we had (occasionally we had money from trading in soda bottles) and go to the five and dime store to browse.

That was the only place in town you could get a heap of stuff for a bit of money. There was a one year, I was walking around checking out all the cool stuff and I discovered a beautiful green glass pitcher, the big one, round and ribbed and beautiful. I viewed the price--only 57 cents! I wanted to purchase that for my mom so severely. She'd been utilizing the same old white pitcher to make kool-aid for a long time. This one was refined, classy, and new. But 57 cents would only leave me 63 cents to shop (I had a bit of soda bottle money to add to my hoard). How may I buy eleven presents with 63 cents?

The challenge was on, and I was off to search. I discovered a pack of 5 erasers for a cent each. That attended to 3 of my sisters and 2 brothers. A pack of pencils (four for 10 cents) attended to the other 3 sisters and 2 brothers. A nineteen-cent hanky for my Dad, a rattle for the baby, and I was finished, with a few cents leftover! I purchased a piece of penny candy to add to the gift for each brother and sister--not for the baby, who was too little to eat it.

When we came home from shopping, we all wrapped up our gifts, each discovering a corner to do this so no one else would watch.

Mother put out cookies and eggnog, our traditional food for present - wrapping night. When we were finished wrapping, we'd all gather in the front room, consuming cookies and lapping the froth of eggnog from our lips. That night I felt so fulfilled. I'd gotten my mom the best present I'd ever given her, and I could not wait to see her open it. That night remains in my friends mind as a time of true gratification and happiness, and annually when she makes eggnog with her mother's recipe it brings around that warm, Christmas-y feeling.

## Mom's Eggnog



### Ingredients

1 cup white sugar  
1/3 cup all-purpose flour  
2 quarts whole milk  
4 egg yolks  
4 egg whites

4 teaspoons white sugar  
2 teaspoons vanilla extract  
1 pinch ground nutmeg  
1 cup whipped cream, garnish

### **Directions**

In a large saucepan, stir together sugar and flour. Gradually stir in the milk. Bring to a boil over medium heat. In a small bowl, whisk egg yolks until smooth. Ladle a small amount of the hot milk into the yolks and quickly whisk in. Pour the tempered yolk mixture back into the hot milk. Cook, stirring constantly, until mixture comes to a boil. Remove from heat and allow to cool.

In a medium glass or metal bowl, beat egg whites until foamy. Gradually add 4 teaspoons sugar, continuing to beat until stiff peaks form. Fold whites into eggnog and refrigerate until chilled. Serve garnished with a dollop of whipped cream and a dash of nutmeg.

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## **Chapter 8:**

### ***Make Your Own Family Cook Book And Memories***

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# Synopsis

*Make a treasured memory for your family.*

## **Your Own Cook Book**

Begin by sending a letter to your relatives, asking everybody to remit one or more of their 'specialties' by a certain date. In the letter, make certain to encourage the submission of recipes that have been passed down from former generations, along with a story or pic of the family member best recognized for the recipe. Invite memories of times spent cooking and/or eating together, as well as pics of holiday and other family get-togethers.

Ideas for encouraging a response:

Ask those that can to send their recipes and stories by e-mail. You're not only more likely to get more submissions, but you'll likewise be able to cut and paste the recipes right into your final document.

Since e-mailing good quality graphics may be so painful for many, consider joining a photo share site to make it simpler for participants to upload their pics.

Set a deadline that lets family members have least a couple of weeks to accumulate together their recipes, but not so far out in the future that they forget about the project all together. You might also want to send a light reminder postcard or e-mail a week or two before the final submission deadline.

### Coordinating the Recipes

There's no one correct way to coordinate a cookbook. It truly depends on the recipes you've accumulated and your purpose in creating the cookbook. Some suggestions:

By class - appetizers, soups, salads, entrees and desserts

By persons - grandparents, cousins, and so forth.

By family - by family unit (Mom, Dad & kids) or branch of the genealogy (Grandma, Grandpa and all of their descendants)

By holiday - Christmastime, 4th of July, Thanksgiving

Once you've collected and organized the recipes and stories, it's time to sit down and plan the cookbook. The theme should be something which reflects your family, whether it's a pic from a recent family reunion, an old family pic of a distant ancestor, or a design that celebrates your family's homeland or ethnic heritage.

When setting up the actual cookbook, you've 2 major options: you are able to either photocopy the original submitted forms (transcribing the ones sent by e-mail) or you are able to type everything into the computer for a more consistent format.

If you opt to use the computer to produce your cookbook, stick with simple fonts like Times Roman or Arial that are easy to read. Save ornamental fonts for chapter and recipe titles. Incorporate the pics and stories throughout the cookbook, in places where they enhance the recipes without obscuring them (on adjoining pages, for instance).

To make your cookbook simple to read, produce both a Table of Contents and an index.

### Ideas for integrating family history into your cookbook

Make color copies or scans of family heirlooms that link up to cooking to utilize as a background behind a couple of the recipes. This may include items like an award won for a certain recipe, a press clipping about the family, a handwritten copy of the recipe which has been passed down through a lot of generations, special family table linens, or plane ticket from a family trip that produced a good recipe.

Write an intro to the cookbook, which shares the details of its production and how family members reacted to the project. Make certain to include the date!

Include a pic and short bio of the family members originally known for some of the more cherished recipes. If the family member is gone, a few short memory quotes about the person and their recipe from the descendants makes a nice touch.

You can find some free templates to get you started here:



<http://office.microsoft.com/en-us/templates/results.aspx?qu=cookbook&origin=CT010117232#ai:TC001018642>

Or create your entire book here:

<http://freebies.about.com/gi/o.htm?zi=1/XJ&zTi=1&sdn=freebies&cdn=hobbies&tm=11&f=00&tt=11&bt=0&bts=1&zu=http%3A//www.midwestliving.com/app/mycookbook/>

## Wrapping Up

The kitchen is the essence of any home, and as such it's the perfect place for attaining family memories. When you spend time baking, cooking and savoring meals with your family, you produce happy memories that you and your youngsters will cherish forever.

The advantages of preparing and enjoying food as a family are clear. You save money and eat fitter meals. You produce opportunities to connect and communicate with your youngsters and spouse. And above all, you show love for your family when you spend time cooking and eating with them. Youngsters of all ages need your attending and your time. By working together to produce a meal or bake a batch of cookies, you spend useful time together!



# Getting & Staying Healthy - Naturally!

The human body is a highly complex mechanism. Body or physical health refers to the overall condition of that system. We say that **optimal physical health** is achieved when the body is free from disease, abnormality and injury, and is able to function well.

However, often the body does not function well when it is attacked by environmental elements, genetic malfunction, injury, and biological intrusions. These factors can result in a multitude of ailments that affect the thyroid and adrenal glands, as well as the liver and pancreas. They can cause damage to the respiratory system (bronchitis, asthma, etc), hinder digestive processes, and even cause cancer.

Whether you're a parent or child, man or woman, young or old, staying healthy is very important. **Maintaining an individual's overall wellbeing** can involve treating everything from colds and flu, to cuts and scrapes, and sometimes even embarrassing conditions like bad breath, hemorrhoids, or body odor.

Keeping the right tools on hand (both treatments and information) will **prevent frustration and help in the time of crisis**; even if the crisis is just a bruised knee from a bicycle fall, a sore elbow from too much tennis, the sniffles, or a quick immunity boost in hopes of avoiding the seasonal cold.

At Native Remedies you will find a comprehensive set of herbal remedies to help you manage and optimize your physical health – naturally and safely.

## View Natural Products for Body & Physical Health

- Thyroid & Adrenal
- Colds, Flu & Respiratory

- [Liver & Pancreas](#)
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- [Detox & Cleansing](#)
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- [Digestion](#)
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- [Addictions](#)
- [Ear Health](#)
- [Energy Levels](#)
- [Joints & Muscles](#)
- [Others](#)

### ***Two Important Differences in Native Remedies Products***

We use the **Full Spectrum Method** of extraction to create our products. Many *so-called natural remedies* are manufactured using standardized extractions which – although often cited as being more scientific method – is not approved by the manufacturers of holistic medicines.

To us, it makes little sense for companies to go the natural route, while being unable to guarantee that their product is free of contamination with chemicals known to be harmful to health! Using the Full Spectrum Method helps us to maintain the integrity, balance and therapeutic effect of herbs with the least risk of side effects or harm to your health!

Read more about the our [\*Manufacturing & Full Spectrum Approach\*](#) »

We utilize a unique **dual-modality approach** to complete holistic wellness because we know that natural medicine works best in combination (herbal, homeopathic, flower essences and tissue salts) for fast relief and long-term care. Our approach provides a complete solution by offering OTC homeopathic remedies for relief of symptoms as well as compound herbal remedies for complete support of your physical, emotional and mental well-being.

While each of our natural remedies works well on its own to address a specific body function or relieve a particular symptom, we believe that by combining our herbal and homeopathic remedies you will find a complete solution that is safe and highly effective.

Read more about the our [\*Dual-Modality Approach\*](#) »

### **The importance of Omega-3 fatty acids**

Scientists have established the effectiveness of Omega 3 in a number of health areas, including your Heart, Brain, Joints, Skin, Immune system, Vision, and Digestion. Like any product on the market today there are 'good fish oils' and there are 'bad fish oil'!

With a bad one you may be unwittingly introducing substances into your body that you DO NOT want... such as Mercury and PCB's for example. We impose tougher standards on the purity of our fish oil than any other known manufacturer. DHA is the most important fatty acid in the human brain.

High in DHA and proven to be pure and free of contaminants the Xtend-Life brand is considered to be the 'Rolls Royce' of concentrated Omega 3 fish oils at an affordable cost and has been enjoyed by thousands of customers in more than 40 countries for the last eight years.

### **Don't forget a good multi-vitamin!**

Xtend-Life Multi-Xtra is a natural multi vitamin/supplement using only the finest natural vitamins available on the market today. Some manufacturers call the vitamins they use in their products 'whole food' vitamins, but that is somewhat misleading.

They are natural but they are grown using bio-technology and are not extracted directly from plants. What is important is that we do NOT use vitamins which are derived from petrochemicals. Multi-Xtra contains 48 bio-available ingredients.

Unlike a 'normal' multi it contains much more than just a basic vitamin/mineral mix. Multi-Xtra is probably the best multi vitamin/mineral supplement in the world and undoubtedly provides the best value for money available anywhere.