

News & Views

To A Healthier You!



April—June
Spring 2010 Edition

A whole new way to look at Vitamins! How necessary they are, but most important how to get the best results for you!
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VITAMINS!

Avena is taking a new and more interactive approach to the internet, check out how we are expanding online!
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A special letter to our members about the new and exciting events coming this summer!
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Nature's Superchargers





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Welcome to Our Spring 2010 Edition of Avena's News & Views To A Healthier You!

With springtime we welcome new beginnings. As fresh flowers begin to grow, and trees get new buds, we are all reminded anew of nature in all her beautiful glory! The beauty of our world cannot be denied! As the snow melts and we are reminded once more of the smell of freshness – we can't help but want that same beauty within ourselves. The fantastic power of change that happens in spring is continually astounding. All the seeds that were planted before the winter made it through the cold months and finally start to sprout. These same seeds that fill our bodies with nutrition turn into plants that give us even more nutrition.

We should all use this spring as inspiration to create change and new growth within ourselves. Help your body to mirror the rebirth that happens around us every spring. You can use the positive energy that spring inspires and use this to help motivate yourself to promote goodness both for yourself and those around you.

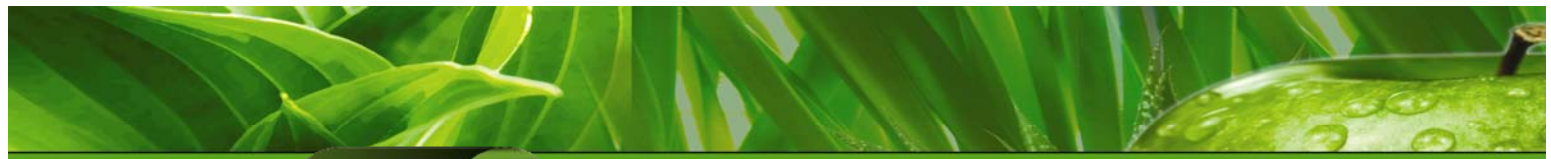
We can encourage those around us to take a health journey with us by simply being the example. Each person who takes that first step can empower those around them to do the same. Leading by example is sometimes the toughest action to take; but it is always the most effective means of inspiration for others. Taking strides to your own better health and wellness is always the first and hardest step to helping others.

This is where Avena really shines. We carry all the tools you need to start your journey: leading-edge health supplements, delicious and yet healthy snack foods, powerfully nutritious Superfoods, and most importantly – information and caring. We are the company with a heart. All of the people that make this a company care for the wellbeing of everyone. We love to encourage each person on their own journey to health because we are all on that path! Allowing us to coach you on the use of the tools with which you can reach your health goals is the best way to make sure you and your body reach as far as your health journey will take you. So start your new health journey today; or if you have already started, push yourself to higher goals and even better results!



- No Toxic Fillers
- No Binders
- No Extenders
- No Excipients
- No Preservatives
- No Heavy Metals
- No Microbes or Fungi
- No Chemicals or Solvents
- No Harmful Substances
- No Artificial Sweeteners
- No Sugars
- No Coloring
- No Flavorings
- No Stimulants
- No Gluten
- No Soy
- No Lactose
- No Animal Derivatives
- No GMO Ingredients
- No Yeast
- No MSG

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NEW

DEAR AVENA



This is where you, our members, can write in with any questions you may have. Then we will publish these questions and have the best staff member answer them for you. We want to make sure your questions are being answered to the best of our ability. Many of our staff members are qualified to answer your questions, but some have little areas of expertise. By helping to answer your questions, our staff is learning constantly about new products, foods, and other great lifestyle ideas. The more we know, the more we can help you. So please mail, fax or email your questions, and we will publish them in our upcoming newsletters! We are eager and excited to hear from you!



Question for Avena ~ *Dear Avena, I have heard a lot of talk about probiotics and how they are great for health. I am just wondering, what makes your Friendly Flora different from any Acidophilus I can buy at the health food store?*



Answer from Avena staff member

Great question! There are so many different types of probiotics on the market today it can be very intimidating. When choosing a Probiotic it is important to remember that there are different types of bacteria. You can compare different strains of bacteria but they all have different roles and strengths. While some other bacteria may be able to promote health within the body, Avena's Friendly Flora has been patented and has been scientifically proven to have many beneficial properties such as:

- 1) Friendly Flora can survive through the acidity of the stomach. This is especially important because in order to get to the 'gut' where probiotics do their best work - they need to go through the stomach.
- 2) All constituent elements of Friendly Flora are proven to be stable together. In other words, both strains of bacteria within the bottle, L. Salivarius and L. Plantarum, are not going to compete with one another either in the bottle or in your body. This equates to great benefits for the user! Making the bacteria stable is a special patented process. This also helps so that the bacteria are much heartier and more able to withstand such things as differences in room temperature (Friendly Flora does not need to be refrigerated, and can withstand wide temperature fluctuations).
- 3) Perhaps, though, the strongest aspect of Friendly Flora is that this Probiotic is proteolytic. This means that Friendly Flora has the ability to eat or dissolve protein. Harmful substances such as negative bacteria, viruses, parasites, tumors, and other pathogens are all made or composed of protein. This means that Friendly Flora is a product that is anti-viral, anti retro-viral, and anti-tumoral. These strong helpful bacteria also have the ability to reduce the amount of harmful bacteria or enzymes that work to putrefy undigested proteins within the bowel. This means that the potentially toxic cancer-causing agents, or procarcinogens, cannot be converted into carcinogens (substances like indol and skatole, etc.).

So when you consider all of these properties of Friendly Flora together, it is clear that they all combine to make a very powerful product. Few competitors can claim that their product is stable (meaning you get all the bacteria on the label ~ not just the 'strongest of the bunch'). Nor do many have a product that survives the tough acidity of the stomach and has the ability to eat anything negative that it comes in contact with. Another point to remember is that good bacteria are required in order for your body to utilize many important vitamins. That is one more reason to make sure you have a supply of really good probiotics in your body.

**Answered by
Nicole Tarry**

*Editor &
Product
Specialist*



Vitamins - Nature's Superchargers.

Vitamins are at the bottom of the nutrition chain. They are some of the most difficult nutrients for the body to obtain. There certainly are plenty of vitamins in our foods and lifestyles nowadays; but that is only part of the assimilation process. Many other factors are necessary for absorption of vitamins into the tissues of the body. The lack or scarcity of these other factors can make vitamins an endangered nutrient. In order for your body to correctly digest and assimilate vitamins, there needs to be enough protein, minerals, enzymes, probiotics, water, and fats present at the same time (Haas, 2006). Not only do all of these ingredients need to be present, but they also have to be in a form that the vitamin can assimilate well within the body.

While vitamins are actually quite small, they are very important and even essential nutrients for the body. Where minerals concentrate on helping in the development and maintenance of bones and muscles, vitamins are responsible for helping organs and soft tissue. A great example of this is Vitamin E. This vitamin is excellent for both the skin and the heart (both are organs) (Personal Health Lifestyles, Inc., 1999-2002). Vitamins are nutrients

that can be found in our food supply, although some are much less frequently encountered there than are others. Such is the case with vitamin D. It can be found in very few foods. The best sources are certain fish oils. There are compounds in our skin, however, which can be changed to Vitamin D on exposure to the sun (Your Body Chemistry, 2007). Vitamins are more commonly found in fruits/berries than in any other food source (Condé Nast Digital, 2009).

In order for your body to correctly digest and assimilate vitamins, there needs to be enough protein, minerals, enzymes, probiotics, water, and fats present at the same time.

Vitamins work all over the body in a variety of different functions. Two of the key functions of vitamins include being anti-oxidants and enzyme co-factors. Both of these are very powerful properties. Anti-oxidants have been well documented as being excellent blood cleansers (Brambilla, 2008).

By assisting the blood, these vitamins/antioxidants prove to be extremely beneficial for heart and blood disorders. These anti-oxidants, while cleaning the blood, simultaneously help the immune system by removing the



April Specials

Friendly Flora



- 60 Caps Regular: \$36.50 **SALE: \$32.00**
- 120 Caps Regular: \$64.95 **SALE: \$56.50**
- 2oz Pwd Regular: \$62.50 **SALE: \$54.50**
- 240 Caps Regular: \$126.50 **SALE: \$110.00**



food supply that viruses, bacteria or parasites rely on (Challem, 2003). Vitamins are also enzyme co-factors. This gives them the ability to enhance the activity of enzymes (Wikipedia, 2010). Enhancing the effectiveness of enzymes is an extremely strong benefit for the body - almost like taking a sports car and making it supercharged! Everyone needs vitamins as we can all use a boost in every area of our body's functioning.

Vitamins are responsible for a large portion of the health and vitality in our daily lives. Vitamins have been shown to have an amazing effect on the improvement of moods in such areas as: depression, anxiety, apathy, confusion, emotional instability, schizophrenia, restlessness, irritability, stress, agitation, tension, post-partum depression, and paranoia (ICBS, Inc., 1998-2009). People often can live without knowing that they are in a depressed state for weeks and months before they (or others) become aware that they are depressed (GlaxoSmithKline, 1997-2010). This is one main reason to take your vitamins every day.



For most people, the problem exists not in a lack of intake of vitamins, but rather in a deficiency of one or more of the key ingredients necessary for their full utilization.

Each person will require different vitamins in higher or lower quantities throughout their lives. Depending on the situation, some will need much more than others. Pregnant women especially require more vitamins than the average person; certain vitamins become more important at this time, such as Vitamin B₉, or Folic Acid as it is more commonly referred to (Health Canada, 2010). Studies have shown that Folic Acid is extremely

important for developing fetuses. Another group of people that vitamins are extra-important for is young growing children. The vast amount of energy and nutrients that are required for the development of a healthy child is astounding! It is a great challenge to try to make sure that children have enough not only to keep up with their daily

DID YOU KNOW- that Swiss/Rainbow chard is the most nutritionally diverse food on the planet with 31 of 34 essential nutrients (Condé Nast Digital, 2009).

April Specials

Oxy-Dyne

Regular: \$28.50 **SALE: \$25.00**



Minerals 'Real at Last'

60 Caps Regular: \$38.50 **SALE: \$33.50**

120 Caps Regular: \$69.95 **SALE: \$62.00**





needs, but that they are also receiving everything over and above those needs in order to grow and develop healthfully as well. This does not mean that only these 2 groups of people need vitamins; everyone needs vitamins. Young, old, male and female -- everyone needs and uses vitamins daily (WebMD, LLC, 2005-2010).

For most people, the problem exists not in a lack of intake of vitamins, but rather in a deficiency of one or more of the key ingredients necessary for their full utilization. In order for your body to receive a vitamin there are numerous nutrients required to be present first: enzymes, amino acids (digested protein), minerals, good intestinal bacteria (probiotics), water, and healthy fats (Haas, 2006). It is a law of nature that a protein is needed to utilize a mineral, and minerals are necessary for vitamin assimilation; and, of course, no protein can be digested without enzymes. This whole process starts and ends with enzymes. Therefore, vitamin deficiencies are the easiest deficiencies to occur and the hardest to alleviate. This can explain why so many people notice a difference right away

vitamin deficiencies are the easiest deficiencies to occur and the hardest to alleviate

DID YOU KNOW- that Bioflavonoids (Vitamin P or P Factor) increase the absorption of Vitamin C by 30%.

when they start to incorporate essential nutrients like vitamins into their diets. Many deficiencies can build up

slowly over time, making it hard to remember what it felt like to be healthy. Vitamin depletion can also have a severe impact on the usability of other nutrients. Iron and Calcium have both shown improved digestibility when combined with Vitamin C and Vitamin D, respectively (U.S. National Library of Medicine, 2009). This example highlights the value of vitamins.

There are simple ways to help increase your bodies' ability to retain and use these valuable nutrients. One way is to eat a diet composed of a variety of mostly raw and fresh foods, along with the required healthy fats and enough water. Combining this diet with good strong



Individual Cultured Enzymes



Amylase, Cellulase, Protease, Lipase 100 Caps

Regular: \$28.50

SALE: \$25.00

May Specials

Gastric Enzyme Blend

180 Caps

Regular: \$54.95

SALE: \$48.50





probiotics and enzymes will further ensure your absorption and assimilation not only of vitamins but also of all other essential nutrients (U.S. National Library of Medicine, 2009). You can increase the vitamins in your diet by making sure that the food you eat is of the freshest and highest quality. Fruits that are picked and eaten when they are ripe contain the highest amounts of vitamins and other nutrients. These can be lost soon after

More important is the fact that synthetic vitamins, prepared from chemicals instead of nature, are frequently less active biologically than their natural counterparts, thereby reducing any beneficial effect they may have!

harvest and during their transport to market (Organic Food Directory, 2008). Water-soluble vitamins are especially affected when exposed to heat, such as when foods are cooked (United States Department of Agriculture, 2003).

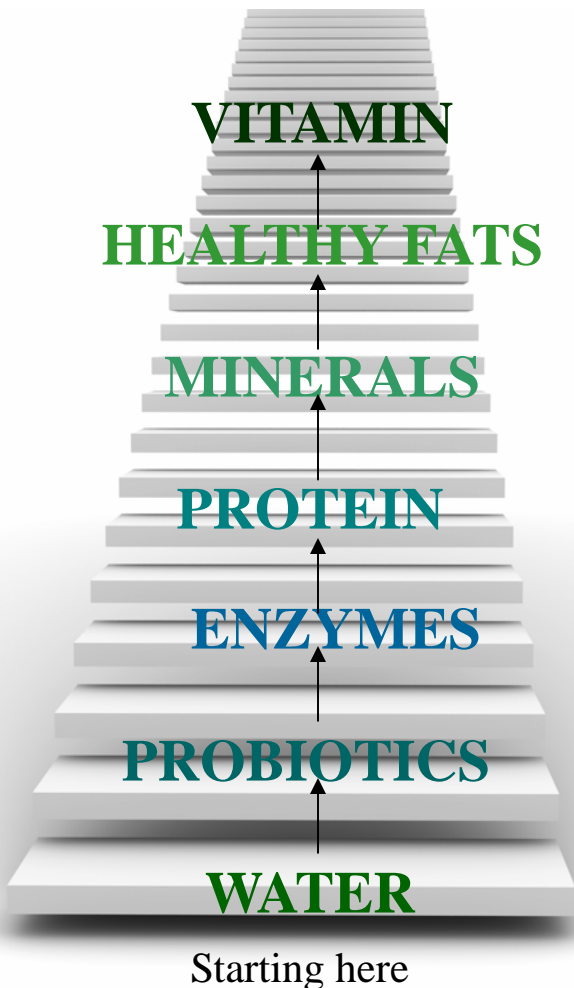
Another excellent way to get additional vitamins into the body

is through the use of supplements. The main difficulty with supplementing centres on acquiring *quality* vitamins versus a high *quantity* of them. There are two different types of vitamins available in supplements today, natural and synthetic. The difference between them is that natural vitamins are derived directly from nature, while synthetic vitamins are generally created in a laboratory. If you were to look at the same vitamin under a microscope they would both appear very much the same. However, within the body their assimilation rates are drastically different. British researcher, Isobel Jennings, of Cambridge University, writes: “Synthetic vitamins may perform some of the functions of their natural counterparts while being useless for others. But what may be more important is the fact that synthetic vitamins, prepared from chemicals instead of nature, are frequently less active biologically than their natural counterparts, thereby reducing any beneficial effect they may have” (Nutriteam, Inc., 2010). Vitamin C is a great example of this. When Vitamin C is created

synthetically, ascorbic acid is the main component of Vitamin C that is manufactured. However, the approximate rate of absorption of synthetic ascorbic acid is 50-70% less than the absorption rate of natural forms of Vitamin C (Vinson, 1983). Another important factor is that synthetic nutrients are more likely to contain additives such as binders

DID YOU KNOW- that the absorption rates of Vitamin E vary greatly depending on the type of Vitamin E used. There are at least 8 known types of Vitamin E. The most commonly known type is Alpha Tocopherol. There is also Alpha, Beta, Gamma, and Delta, and they appear as Tocopherols and Tocotrienols. The rate of availability to the body is also different between each of the types of Vitamin E -- the Tocotrienols are much stronger than Tocopherols (Wikipedia, 2010).

WHAT YOU NEED TO ABSORB A VITAMIN





and fillers. These added ingredients can tax the body, and in some cases even cause allergic reactions (Avena Originals, 2009). When you try to compensate for lower absorption rates of synthetic nutrients, for example, by taking twice as much of a synthetic vitamin, you can actually be putting your body through more work and creating more of a 'body burden'. The best way to counter this is simply to find high quality naturally-sourced vitamins, preferably from whole food sources. This will ensure that you get the best possible assimilation for your body. This will translate into more value for your money. Ironically, the most expensive supplements you can buy are often those that don't work.

Of enzyme, protein, mineral and vitamin supplements, vitamin supplement products are the most numerous on the market today, with Vitamin C being the leader of the pack. It is not hard to see why they are so popular. Vitamins have a dynamic role to play within our bodies. These little 'superchargers' can help boost even the slowest of 'cars' (our bodies). Keeping our body in prime condition is what everyone should strive for. We live in unique times in that we have very many supplements available today to help us do this.

The only problem appears to be finding quality within the many options. However, Avena has done this work for you! We have the strongest whole food

DID YOU KNOW - that under a microscope synthetic and natural vitamins look the same. However, when you illuminate the vitamins they have a different appearance! The difference between synthetic and natural vitamins becomes apparent when viewing their response to a beam of polarized light. When light passes through a natural vitamin it will always bend to the right, due to its molecular rotation. Thus the letter "d" (representing "dextro," which means "right") often appears on labels. However, the same light ray, when it passes through a synthetic vitamin, will split into two parts, one part bending to the right and the other to the left. Because the synthetic vitamin is half "dextro" (right) and half "levo" (left), the letters "dl" often appear on labels at the beginning of the synthetic name (NutraTeam, Inc., 2010).

A synthetic vitamin is like the image in a mirror. It looks like the real thing, but it doesn't function like the real thing. Half of it will work well in the body, but the other half will not work at all (Obikoya, 2010). Dr. Charles Schneider, Ph.D., professor of Chemistry at the University of Cincinnati, concluded wisely, "Get the vitamins that say natural. There is a difference. The "dl" (synthetic) will be cheaper, but if you could figure it out per energy unit or per use, the natural one will be cheaper" (NutraTeam, Inc., 2010).

Which would you rather have, the food in the mirror ... or the real food?

June Specials THE ULTIMATE DETOXIFIERS



Herb Cocktail 225 Caps
Regular: \$45.00 SALE: \$39.95
Herb Cocktail 280g Pwd
Regular: \$42.50 SALE: \$37.00
Para - Ease 320 Caps
Regular: \$45.00 SALE: \$39.95
H/C Plus 320 Caps
Regular: \$45.00 SALE: \$39.95



product on the market. Take for example our specially designed Toco[®] that is full of powerful nutrition. Using the most underrated superfood (rice bran), Toco[®] is packed with vitamins, minerals and amino acids. As well, Toco[®] is produced so that it is raw, giving you the highest content possible of un-bonded amino acids, enzymes, vitamins, and minerals. This ensures the healthiest product with the most nutrients that we can provide.

If you are still worried about receiving the maximum amount of vitamins you need, Avena also has a product called Vitamin Supreme. This product was created for those of us who want something quick and convenient. Vitamin Supreme contains many of the essential vitamins; but the most important factor is that these vitamins are paired with the necessary components required for their optimal assimilation (amino acids, minerals, enzymes, and probiotics). It is important to make sure that any supplement you are buying is a complete whole food product to give your body the best chance of receiving the benefit.



The greatest helpful factor to remember is that the most expensive supplements you can buy are those that often don't work – or worse, can cause harm to your body. Having a diet that is abundant in nutrients like vitamins, protein, healthy fats, water, minerals, probiotics, and enzymes is the single most important thing you can do. In today's world we are blessed to have the ability to supplement our lifestyles with nutritional and dietary supplements that can assist where we need help the most. We often need help the most with nutrients like vitamins which, even when present in the diet, are still hard to utilize. It is amazing to consider that vitamins, in spite of their small size, have such a large impact within our bodies! Every tiny vitamin that we ingest represents a little bit of positive energy, and that is always a good thing. Each one helps your body a little bit. You may not feel the difference right away today; but your body will thank you for it tomorrow!

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facebook



Become a Fan of Avena Originals Today!

Fans of our facebook page will have the unique opportunity to enter into sweepstakes, photo contests, coupon draws and much more. Stay tuned for exciting promotions through our facebook fan page!

Avena is moving forward on the internet! Now you can browse and experience our products and knowledge in a whole new way! Avena is proud to let you, our customers, know that we are now on facebook! This page is updated regularly with news, specials, events, and information! This is a unique way to view and experience our company and our product detail. This gives you a much more interactive and personal online experience. Many of the Avena staff and private members all belong to and use the Avena facebook page. Also, watch the page in the future for our facebook-only promotions and sales of our products. Join in this fun online community today and see where it can take you!

We invite you to come and par take in our online discussions on popular topics, post your own discussion and find the answers you are looking for?

Q: Does Friendly Flora Have to be Refrigerated?

1 post. Created on February 8, 2010 at 10:06am

Q: Does our Stomach Acid Kill the Friendly Bacteria?

1 post. Created on February 8, 2010 at 10:06am

Q: How is Avena's Friendly Flora Different from other Probiotics?

1 post. Created on February 8, 2010 at 10:06am

Q: Will Supplementing with Enzymes, Affect my Natural Enzyme Production?

1 post. Created on February 8, 2010 at 10:05am

Q: Are There Different Types of Enzymes?

1 post. Created on February 8, 2010 at 10:03am

Exciting Features, contests, you will see in Avena Originals Fan Pages



Trivia: How it works: Multiple choice question trivia where users can measure their product knowledge.



Photo Contest: How it works: Contest whereby winners are selected based on judging and/or voting.



Personal Stories: How it works: Contest whereby winners are selected based on judging and/or voting of their story.



Sweep Stakes: How it works: Members enter our sweepstakes. Winners are randomly drawn at the end.



Coupons: How it works: Coupon, voucher or giveaway that members can redeem via our website.



Quiz's: How it works: Quiz enabling members to share their knowledge with friends.



facebook Home Profile Account ▾



Edit Page
Promote with an Ad
Suggest to Friends

Health is not a matter of chance
— it's a matter of choice!

Information

Founded:
Alberta, Canada 1991

Insights See All

Most Active Countries

Canada 1

Insights are visible to page admins only.

Fans See All



Crystal Bellmond Hailey Mawer Meriah Wiart

Reclaim Your Health - DVD
8:39 Added about a month ago

No one has added fan videos.
Edit Settings.

Avena Originals ~We cannot seek or attain health, wealth, learning, justice or kindness in general. Action is always specific, concrete, individualized, unique. ~ 8 hours ago clear

Wall Info Promotions Photos Discussions Events >> +

What's on your mind?

Attach: Share

Avena Originals + Fans **Avena Originals** Just Fans ⚙ Settings

 **Avena Originals** Do you live in Calgary?

Avena Originals is holding a seminar at the Holiday Inn, 1250 McKinnon Drive N.E.
For More Info Call
Francis Reglin
(250) 868-2246
7:15 pm

<http://www.avenaoriginals.com/events/index.asp?cdate=2010-2-10>

Avena Originals Events - Find Seminars, Lectures, Training in your Area (Wednesday, February 10, 201
www.avenaoriginals.com
description

8 hours ago · Comment · Like · Share

 **Avena Originals** Length of Lecture: Approx 2 Hours

Health Seminar - Guest Speaker - Francis Reglin - Vice-President Avena Originals

Overview: The information that is shared at this lecture will help everyone understand the power of Avena Originals Electrically Available Products - Great emphasis will be placed on the Seven Steps to Reclaim Your Health Program. Francis Reglin has spent over 12 years, sharing his in-depth knowledge of Avena products to thousands of people throughout Western Canada. His lectures are informative and entertaining - his understanding of the products are second to none in the family of Avena. If you want product knowledge, this lecture is a must You will get excited with what you will learn....

See More
8 hours ago · Delete

Program is designed to be random, Avena member's can earn the credit multiple times, only one credit is provided per every hundred invoices. Each member will be notified in the following order, phone, e-mail, and mail.
Yesterday at 12:31pm · Delete

Write a comment...

Create an Ad

Facebook Pages



Facebook Pages help you discover new artists, businesses, and brands as well as connect with those you already love.

More Ads



Check out our Spring Giveaway promotion starting April 1, 2010.

For Details see below.

Avena Originals Spring Giveaway

As a special treat for our loyal facebook fan's!
Starting **April 1 until April 30, 2010**
Enter for a chance to win 1 of 4 gift certificates.
Entries are made through Avena Originals facebook fan page, under promotions.



Sweep Stakes: How it works: Members enter our sweepstakes. Winners are randomly drawn at the end.

- Grand Prize: \$65.00 Gift Certificate**
- 2nd prize: \$50.00 Gift Certificate**
- 3rd prize: \$25.00 Gift Certificate**
- 4th prize: \$10.00 Gift Certificate**

No purchase necessary, All Winners must be Avena Originals Members, over the age of 18 years old and live within Canada & United States of America. Contest is not open to staff members or their families.



Spring Giveaway!

\$150.00





Hemp Bruschetta

By: Avena Staff Member



5 tomatoes

1 small bundle of chives

1 small bundle of fresh basil

½ an avocado sliced thin

1 small bundle of fresh oregano

½ small onion minced

1 small jalapeno pepper (optional)

⅛cup Hemp Seeds

SAUCE

⅛cup Hemp Oil

1 tsp Italian seasoning

2 cloves of minced garlic

½ small onion minced

Pinch of salt

Pinch of pepper (optional)

Mix sauce in a separate bowl. Combine all other chopped ingredients together, then pour sauce over chopped mix. Sprinkle Hemp Seeds over and serve! A great light spring snack!

Flax Crackers

By Avena Staff Member



4 cups flax seeds (soaked 4-6hrs)

**** A Dehydrator is recommended**

You can use many things to flavor your crackers:

Lemon juice

Curry Spices

Chili Spices (Cayenne)

Hemp Seeds

Garlic

Onions

Sea Salt

After you have soaked your flax seeds for about 4-6 hours you should have a gelatinous mixture.

Take this and add your desired spices (be creative). Then spread this mixture over a tray and place in a dehydrator (@ 105°F) for 5-6 hours. Then turn over and place back in the dehydrator for another 5-6 hours. Remove and break into ‘crackers’ and enjoy!

Great for raw butters, bruschetta, salsas or just to snack on!

Coconut Hemp Butter

By: Avena Staff Member



1 cup Hemp Seeds
¼ cup Coconut Oil (liquefied)
¼ cup Agave Nectar
Pinch of Pristine Sea Salt

Mix all ingredients in a blender or food processor, chill and serve.
Try with any other nuts or seeds (almond, macadamia, hazelnut, ect).
A great solution for peanut butter and honey is a Hemp butter & Agave Nectar!

Hemp Seed Sushi

By Avena Staff Member



2 avocados
4 nori sheets
(*cut in half length wise*)
3 cups Hemp Seeds (*soaked for 1 hour*)
1 carrot
1 cucumber

**Optional*
fresh ginger
GINGER SAUCE

¼ cup apple cider vinegar
¼ cup Agave Nectar

Slice fresh ginger thin, and soak in sauce for 1 hour.
Drain liquid from Hemp Seeds and dry. Spread over nori sheets (shiny side down) leaving at least 2 cm uncovered at the bottom edge. Cut avocado and carrot into thin slices and place in the middle horizontally and any other vegetables you may want. Wet your fingers and start at the top and roll nori sheets up tightly to hold all together. Wet along the edge you left blank to make a seal. Cut into pieces with a sharp knife and enjoy. Remove soaked ginger out of sauce. Place in a dish as a optional topping.
Enjoy the unique taste of raw and healthy (vegan) sushi anytime!



Summer Blockbuster Specials

20% off any of the 7 tools to reclaim your health products!

This promotion is valid for 2 weeks only! Starting at 12:00am July 15, 2010 ending at 5pm July 31, 2010

A special message for all of our members:
We are having an extra special sale this July!
Never before has Avena done a sale so big in July,
but we feel it only right to reward our members with
extra savings!

This July we will be offering additional savings on all
of our main products! These products normally go
on sale together only in December!

Products featured in this Super Sale:

Herb Cocktail
Full Spectrum Enzymes
Friendly Flora
Tocotrienol Complex
Electric "C"
Minerals Real at Last
Superfood

All sizes and forms are included.





Special Attention

Freight Costs:

Avena Originals is sad to let our members know that Purolator has increased the cost of freight shipments. This applies only to packages being shipped outside of Alberta.

Avena is pleased to let our members know that Greyhound Courier is delivering packages to business addresses for no additional cost, or direct to your home for \$6.00! Also Canada Post offers an economical door to door service.

Office Closures

Check our calendars beside for details on office closure this quarter.

Rebate changes

Check your updated price list for changes to the available rebate values.

CUSTOM PRINTED NEWSLETTERS

What better way to help promote your own business while offering a gift to your customers? Have our quarterly newsletter printed with your name and contact information! Sold at a low cost of \$2.00 with a minimum order of 10 copies.

April 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 OFFICE CLOSED	3
4	5 Oliver, BC (250) 498-2979	6 Kelowna, BC (250) 868-2246	7	8 Vernon, BC (250) 558-9974	9	10
11	12 Golden, BC (250) 344-7062	13 Banff, AB (403) 762-7735	14 Calgary, AB (800) 207-2239	15 Edmonton, AB (780) 962-0084	16	17
18	19	20	21 Quesnel, BC (250) 992-2678	22 Prince George, BC (250) 564-4760	23	24
25	26 Victoria, BC (250) 658-8859	27 Edmonton, AB Vancouver, BC	28 Qualicum Beach, BC (250) 752-0783	29	30	

May 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Oliver, BC (250) 498-2979	4 Kelowna, BC (250) 868-2246	5	6	7 Winnipeg, MB (800) 207-2239	8
9	10	11	12 Calgary, AB (800) 207-2239	13 Edmonton, AB (780) 962-0084	14	15
16	17	18	19 Prince George, BC (250) 564-4760	20	21	22
23	24 Victoria, BC (250) 658-8859 OFFICE CLOSED	25 Edmonton, AB (780) 926-0084	26 Qualicum Beach, BC (604) 805-5473	27	28	29
30	31 Oliver, BC (250) 498-2979					

June 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Kelowna, BC (250) 868-2246	2	3 Vernon, BC (250) 558-9974	4	5
6	7 Golden, BC (250) 344-7062	8 Banff, AB (403) 762-7735	9 Calgary, AB (800) 207-2239	10 Edmonton, AB (780) 962-0084	11	12
13	14	15 Winnipeg, MB (800) 207-2239	16 Quesnel, BC (250) 992-2678	17 Prince George, BC (250) 564-4760	18	19
20	21 Victoria, BC (250) 658-8859	22 Vancouver, BC (604) 805-5473	23	24	25	26
27	28 Oliver, BC (250) 498-2979	29 Qualicum Beach, BC Edmonton, AB	30	JULY 1 OFFICE CLOSED		

Please visit us online for Seminar times, locations, and more details.

www.avenaoriginals.com/events

News & Views

To A Healthier You!

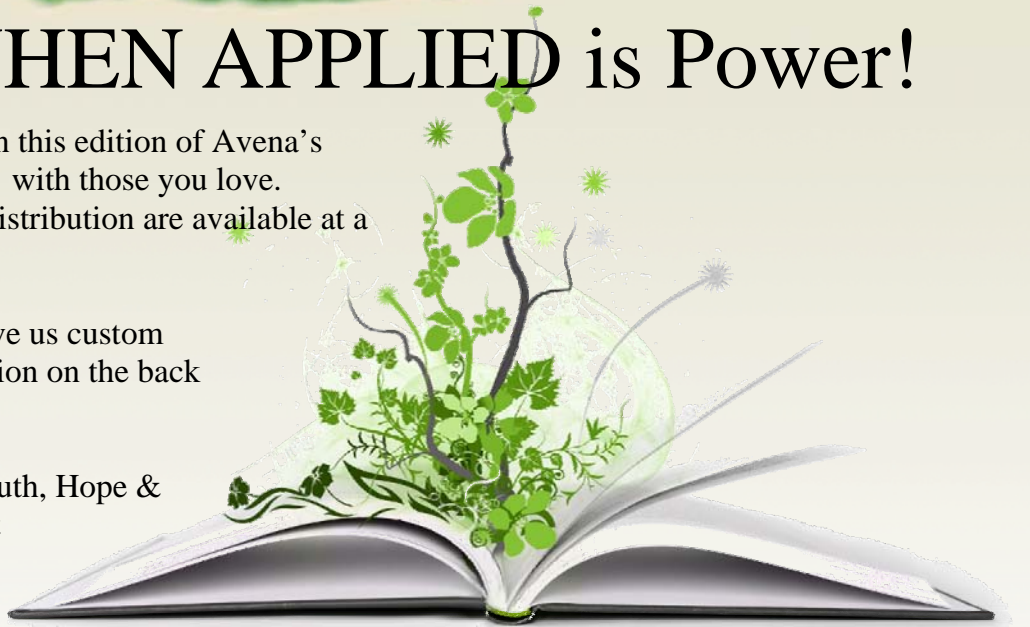
AVENA ORIGINALS

Knowledge WHEN APPLIED is Power!

Share the life-changing information in this edition of Avena's 'News & Views To A Healthier You!' with those you love. Additional copies for your personal distribution are available at a cost of just \$2.00 per copy!

With orders of 10 or more copies, have us custom print your name and contact information on the back cover at no additional charge.

Help us to spread our 'Message of Truth, Hope & Healing' — call our office toll-free at 1-800-207-2239 to place your newsletter order *today!*



Avena Originals is trying to do everything possible to help preserve the environment. If you would prefer to receive this information via email only, please call us toll-free at 1-800-207-2239.

PLEASE RECYCLE



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Health is NOT a matter of CHANCE...
It's a matter of CHOICE!