

# News & Views

To A Healthier You!

## Avena ORIGINALS

November & December

# MERRY CHRISTMAS



### Give the Gift of Health!

Christmas is the time for giving—take advantage of Avena's Gift Prices for awesome savings on all our 7 Steps To Reclaim Your Health products...  
**Sale: Nov. 15 to Dec. 29, 2006**

### Holiday Office Hours

With the holiday season around the corner, Avena's offices will be closed on select days. Complete details on back cover of this issue.

### Avena Skin Cream

Back in stock—we're celebrating the return of our transdermal skin cream with fabulous savings for the first two weeks in November. A great gift idea!  
**Sale: Nov. 1 to Nov. 14, 2006**

## From Avena Originals

Avena Originals #20, 6200 – 67A Street, Red Deer, AB T4P 3E8  
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Canadian Edition  
November & December 2006 Newsletter



## *Seasons Greetings!*

Another year is drawing to a close. With it brings treasured memories of the year's achievements, events, challenges, and opportunities that have been an important part of 2006. Our sincere thanks and gratitude go out to all our Members for helping Avena Originals to achieve many outstanding sales records.

This past year, we have witnessed amazing miracles in peoples lives, again proving that this program works for those who work the program. Yes, these products continue to create a real stir in the industry. We are thrilled with the results people are experiencing through the dedicated work of Kathy Tarry in our clinic. Many lives have been changed by daily sharing her personal experiences, and knowledge in the use of techniques like Iridology, E.R.A. (Electrical Reflex Analysis), M.E.T. (Muscle Energy Technique), Energy Balancing, and others.

As we continue to prepare for exponential growth, we look forward to the commitment of all our members in sharing hope and truth. Always a highlight of each year is when Michael O'Brien travels with Avena Originals. We are excited that he has continued his willingness to travel to Canada and share the Good News! Through these lectures, many individuals have heard the truth, and also experienced the power of Avena's products—how these unique formulations align the electrical matrix of the body at a cellular and subatomic level, corresponding to the fact that our bodies were intended to be – “Body Electric” – not “Body Chemical”.

Year 2006 also brought some of the biggest changes in the history of Avena Originals. Year 2006 was a year that saw every inch of space at our Head Office here in Red Deer BRIMMING with excitement. In June's newsletter, we shared how Avena Members have an exciting future with Avena Originals! The introduction of some new and exciting 100% Raw, Certified Pristine Super Foods – Goji Berries & Cacao Nibs – our delicious and nutritious Raw Energy Bars, 100% Organic Cold-Expeller Pressed Hemp Seed Oil, a complete Vitamin Complex called Vitamin Supreme, and our new improved Natural Deodorant Stick. In the next few weeks, we will also be introducing our Electric C in capsule form. Most of our members will be excited about the transition of all capsulated products from gelatin capsules to vegan capsules. Martin and Charlene have been doing an amazing job in many Raw Food Prep Demonstrations and Lectures, including the on-going Raw Chocolate and Goji Berry Parties. Year 2006 was also the year of improvements in our Network Referral Program. Avena is proud of our success in being granted the Health Canada Site License from NHPD. Avena has submitted all of our Product License Applications to NHPD, and the completion of product license is near. Our members will continue to see vast improvements in the material available – too many to share in this newsletter – but get ready – there is an exciting future with Avena Originals!

As partners in success, the Avena Originals Team has renewed their commitment to offer only top-quality service, education, products, communication, and special events to you our members. You are the foundation of our success, and a testimonial to the effectiveness of our products. Avena members lead the way on this road, bringing to thousands of health-challenged people, the message of good health and hope.

The New Year offers so much to us all. Let's take advantage of it to grow, and prosper together! We wish you and your loved ones all the best for the coming year. Merry Christmas and a Happy New Year from all of us...

Company Owners & Senior Management: Mel & Kathy Tarry, Francis Reglin  
Office Manager & Graphic Design: Kameron Tarry  
Customer Service: Melissa Krutzfeldt, Nicole Tarry, Faye Jamieson, Kelli-Anne Ypma  
Raw Food Lifestyle Specialists: Martin & Charlene Wieler  
CDN Warehouse Manager: Mitchel Reglin  
U.S. Office Managers: Steve & Debbie Ewaniuk  
U.S. Warehouse Shipping & Receiving: Shannon Ewaniuk, Chris Ewaniuk



*We Wish You a Merry Christmas and a Happy, Healthy New Year!*



## *Give the Gift of Herb Cocktail — The Ultimate Detoxifier!*



Eliminating harmful toxins from the body is essential to increasing our quality and quantity of life. Years of impacted fecal matter on the wall of the colon prevents the body from absorbing nutrients, and continually releases toxins.

Rated as one of the most effective lifestyle products by health practitioners around the globe, this revolutionary herbal formula gently strengthens, tones and renews the intestinal wall, while safely eliminating harmful toxins.

By far the most harmonious cleanse of the 21st century, Herb Cocktail is not a laxative and does not force peristalsis like most detoxification products. The primary action of Herb Cocktail is not the typical hydraulic effect of other cleanses, but rather, this electrical formulation has been designed to naturally supply specific frequencies of energy to specific muscles within the intestinal tract, stimulating their ability to contract fully, thus the pulsing action of the bowel is enhanced.

280g Powder Reg: **\$42.50** Gift: **\$37.50 ea.**

255 Capsules Reg: **\$45.00** Gift: **\$42.00 ea.**

Immeasurable in its' cleansing abilities, Herb Cocktail is affordable, easy to use, and safe for daily long-term use. Designed to compliment active lifestyles, so that you can continue your daily regime—whether at work or at play—cleanse your body naturally while functioning productively!

## *Give the Gift of N-Zymes — Exceptionally Active Cultured Enzymes*



Quite simply, enzymes are substances that make life possible! Often referred to as the “living sparks”, enzymes are required for every chemical action and reaction in the body including: eating, breathing, thinking, sleeping, growing, blood coagulation, immunity, etc.

Enzymes are vital to life! Not only do they digest the food we eat, but they are crucial for the production of energy required to run our bodies. So vitally important, because even vitamins, minerals and hormones can do nothing without enzymes!

284g Powder Reg: **\$115.00** Gift: **\$100.00 ea.**

500 Capsules Reg: **\$115.00** Gift: **\$100.00 ea.**

180 Capsules Reg: **\$54.00** Gift: **\$50.00 ea.**

90 Capsules Reg: **\$28.50** Gift: **\$25.00 ea.**

Grown on plants, then extracted through a patented proprietary process, Avena's full-spectrum cultured enzymes—complete with Protease, Amylase, Lipase, Cellulase, Maltase, Lactase, Phytase, and Sucrase—function in a wide pH range from 2 to 12. Our unique Electrically Available<sup>®</sup> enzymes are truly a masterpiece, with a powerful O<sub>2</sub> Factor<sup>™</sup>, combined with a balanced blend of enzyme co-factors to facilitate proper metabolic sequencing.

Since Avena's culturing process does not involve the use of chemical solvents, our enzymes retain their full potential, and do not pose the risk of chemical residues, commonly found in supplemental enzymes. Avena delivers to you enzymes as nature intended—nothing added, nothing taken away!

## *Prices in effect from November 15 to December 29, 2006 — No Exceptions*



## Give the Gift of Friendly Flora — Nature's Powerful Probiotics



- 240 Capsules Reg: **\$132.50** Gift: **\$120.00 ea.**
- 57g Powder Reg: **\$64.95** Gift: **\$60.00 ea.**
- 120 Capsules Reg: **\$69.95** Gift: **\$65.00 ea.**
- 60 Capsules Reg: **\$38.50** Gift: **\$35.00 ea.**

Exceeding the limitations of typical probiotic formulations, Avena's Friendly Flora—a synergistic patented formula with *Lactobacillus Salivarius* and *Lactobacillus Plantarum* OM is proteolytic, anti-viral, anti-retroviral, anti-microbial, anti-bacterial, and anti-tumoral.

Electrically stabilized through a proprietary process that dramatically enhances its strength—Friendly Flora has been proven to survive, and maintain its effectiveness into the human gastrointestinal tract.

An integral part of our biological processes, hard-working friendly bacteria create an electrical matrix that can inhibit cancers, deactivate viruses, reduce cholesterol, enhance the immune system, and is critical to the assimilation of many vitamins.

While other strains of *L. Salivarius* and *L. Plantarum* are available on the market, Avena's particular strain of *Lactobacillus Plantarum* OM is the only probiotic to our knowledge, with proteolytic capabilities (that is the ability to digest proteins, including putrefactive undigested proteins). Understanding that viruses, bacteria, and even tumors are protein complexes, and knowing that Friendly Flora will target and eliminate these invaders within the body, we quickly appreciate Friendly Flora's unrelenting proteolytic abilities!

## Give the Gift of Toco — Whole Food for Vibrant Health & Vitality



- 567g Powder Reg: **\$90.00** Gift: **\$80.00 ea.**
- 269g Powder Reg: **\$48.00** Gift: **\$42.00 ea.**

Formulated for the promotion of energy, health and vitality, Avena's Tocotrienol Complex is a balanced whole-food supplement. With 20 essential and non-essential amino acids, Toco™ provides the basic structural building units of protein.

While protein is integral to the life functions of every type of living cell, it is in fact the most difficult dietary constituent to digest, and a major contributor of intestinal toxemia. This is why research suggests that raw plant sourced proteins are the very best form of amino acids.

A fully utilizable protein, loaded with naturally occurring vitamins, plant-based minerals, Tocotrienols, Tocopherols, 20 essential and non-essential amino acids, and our patented O<sub>2</sub>™ factor, antioxidant enzymes, *L. Salivarius* and *L. Plantarum* OM.

Using the finest, 100% raw pristine foods (exceeding the standards of organic certification), Toco™ is one of the first raw complete amino acid supplements ever formulated. Free from refined sugars, soy, and other harmful additives.

Prices in effect from November 15 to December 29, 2006 — No Exceptions



## *Give the Gift of Electric “C” — A Powerful Antioxidant*



The ultimate Vitamin C, Avena’s Electric C offers levels of absorption rarely achieved. Complete with naturally occurring bioflavonoids, electrolytes, tyrosinase, zinc, potassium, K factors and P factors, Electric C is safe to use in large doses, and is the ultimate immune system enhancer, and free radical scavenger.

This brilliant combination of electrolytes creates a powerful and immediate rebuilding of the electrical firing from cell to cell within the body.

Vitamin C, the most recognized vitamin contributing to over 500 essential processes within the body, is vital to cellular function. Electric C helps the body to detoxify by filling the electrical vacuum caused by toxins in our foods and environment.

180g Powder Reg: **\$54.00** Gift: **\$45.00 ea.**

Ascorbic acid, commonly referred to as Vitamin C, is generally absorbed at rates of up to 7 percent at best, thus limiting daily intake to only 500 mg. Thanks to the completeness of this unique formulation, many of the reactivity and absorption problems presented by conventional Vitamin C are completely overcome. Electric C is stable and complete—as Nature intended!

## *Give the Gift of Minerals “Real At Last”*



A brilliant formulation of plant-based minerals, offering extraordinary high levels of absorption and utilization rarely achieved. Combining only those minerals that have an electric synergistic compatibility, Avena’s formulators dedicated ten years to the making of this brilliant combination.

Essential because our foods are grown on dangerously deficient soils, and 95 percent of our bodies activities are run by minerals. Vital because our bodies need to be able to recognize the electrical matrix of mineral supplements as food for optimal absorption and compatibility within the body.

120 Capsules Reg: **\$78.00** Gift: **\$68.00 ea.**

60 Capsules Reg: **\$42.00** Gift: **\$38.50 ea.**

Maintaining the naturally occurring ratios of minerals from the pristine plants to our final product is just one of the keys to the electrical integrity of this mineral supplement.

Free from heavy metals, Avena’s food-grade minerals arise great interest given that they are truly a duplication of Nature’s timeless wisdom!

## *Prices in effect from November 15 to December 29, 2006 — No Exceptions*



## Give the Gift of Avena's Superfood — God's Green Foods



Greens are the most essential part to human nutrition. Yet over the last decade, society has decreased their daily consumption of green foods by an astonishing 73 percent.

Derived from whole-food sources, Avena's Superfood is Electrically Formulated, and nutritionally balanced — leading the way as the premium superfood product!

Enriched with plant cultured enzymes, and a patented oxygen factor to enhance its lifespan and vitality, Superfood is readily absorbed at the cellular level, exceeding the limits of absorption typically found with most other green supplements.

170g Powder Reg: ~~\$42.50~~ Gift: **\$35.00 ea.**

240 Capsules Reg: ~~\$42.50~~ Gift: **\$35.00 ea.**

Specially formulated to provide the essentials required to build a strong healthy body in today's world, Superfood is the perfect companion to Avena's Tocotrienol Complex for your complete daily nutritional needs!

## Give The Gift of Live Foods — Avena's Raw-4-Life Recipes!

### **Goji Green Smoothie**

by Charlene Wieler, Raw Food Lifestyle Specialist

- 3 cups spring water
- 2 handfuls green leaves (kale, romaine, green leaf lettuce, spinach, collard greens)
- 2 stalks celery (optional)
- 3 – 5 Tbsp. Avena's goji berries
- 2 cups frozen strawberries
- 3 Tbsp. Avena's Toco
- 2 – 3 Tbsp. raw agave nectar or honey (adjust to desired sweetness)
- 1 Tbsp. Avena's hemp seed oil
- 1/8 tsp. Avena's Celtic sea salt
- 3 – 5 capsules Avena's N-Zynmes (use the powder, open and discard capsules)

In a blender, combine water, green leaves and celery. Blend until smooth. Add goji berries, and blend until fine. Add remaining ingredients, again blending until smooth. Drink and enjoy the energy!!!

### Raw Recipe Challenge Update...

With over 63 prizes to be WON, this is a FABULOUS opportunity to equip your kitchen with top-of-the-line appliances and raw resource materials. PLUS, we've extended the deadline to January 31, 2007 so don't wait any longer! A special THANK YOU to all our members currently participating! Each new recipe brings much excitement—we're impressed with your raw prep talents! For those still in process, we look forward to receiving your raw recipe submission!!!

We encourage our members to visit our website...  
Become familiar with the recipes – PREPARE to VOTE!!!  
Visit [www.avenaoriginals.com/rawrecipechallenge](http://www.avenaoriginals.com/rawrecipechallenge) today...

## Prices in effect from November 15 to December 29, 2006 — No Exceptions



## Give The Gift of Live Foods — Avena's Raw-4-Life Recipes!

### Chai Nut Nog

by Charlene Wieler, Raw Food Lifestyle Specialist

Serves: 4 – 6



#### STEP #1—Combine Chai Spice Mixture:

- 1 Tbsp. ground cardamom
  - 1 Tbsp. ground ginger
  - 1 Tbsp. ground cinnamon
  - 1 tsp. ground nutmeg
  - ½ tsp. ground cloves
- Combine spices into a bowl and mix well.

#### STEP #2—Make Almond Mylk:

- 1 cup soaked almonds, soaked 8 hours
  - 3 cups water
  - 4 large dates
  - ½ tsp. alcohol-free vanilla
- Combine all ingredients in a blender and process until smooth. Strain through a nut milk bag (now available from Avena Originals!)

#### STEP #3—Add Frozen Bananas & Chai Spice Mixture:

- 3 – 4 frozen bananas, well ripened (*peel before freezing!*)
- 2 – 3 teaspoons Chai Spice Mixture

Pour the strained almond mylk into your blender, and individually add the frozen bananas. Once this mixture is liquefied, add 2 to 3 teaspoons of the Chai spice mixture. Serve chilled. A delicious, raw holiday treat!

Better than eggnog—and a tasty, raw holiday treat!!!

## Back In Stock — Avena's Transdermal Skin Cream!



2oz Reg: \$32.50 Gift: **\$26.50 ea.**

Experience the healing properties of Avena's Transdermal Skin Cream. An organic combination of botanical essential oils 100% Electrically Available<sup>®</sup>, safe and compatible for all skin types, including the delicate skin of infants.

Electrically Formulated<sup>®</sup> to enhance, nourish, condition and moisturize the skin. Penetrates to the deepest layers of skin, providing a smoother, softer appearance. Effectively replaces creams, masks, toners, and eye oils.

Recommended and endorsed by skin care professionals around the world—Avena's Transdermal Skin Cream is super safe, super natural, offering super results! A natural treatment that promotes healthy cell growth, allowing the discontinuation of chemical facial applications.

Rejuvenating, wonderfully refreshing, high-lustre, non-oily face and skin treatment.

**Give the gift of beautiful skin!**

\* Not tested on animals.

*Skin Cream Special in effect from November 1 to 14 — No Exceptions*

# News & Views

To a healthier you

## AVENA ORIGINALS

### *Exciting News & Announcements:*

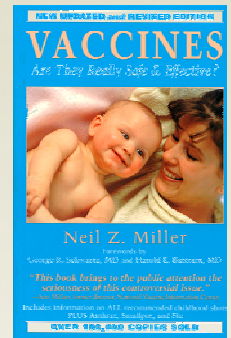


Avena Originals is proud to introduce our new “Vegan Avena” logo! This symbol is our guarantee to you that Avena products bearing this logo are 100% vegan, and free from animal testing. Over the next few weeks and months, you will also see our entire product line carrying dynamic new labels (pictured throughout this newsletter). These new labels with our Vegan Avena logo are exciting advancements, and colossal steps towards our exciting future!

**HOLIDAY HOURS:** Our offices will be closed December 23, 24, 25 & 26  
Open December 27, 28 & 29 – regular business hours 9 am to 5 pm MST.  
Closing Monday, January 1, 2007, re-opening Tuesday, January 2, 2007.

**CHRISTMAS SPECIALS:** Special prices in effect until 5:00 pm MST on the last business day of the month—no exceptions.

**WEBSITE ORDERS:** Holiday specials expire at 5 pm MST on the last business day of the month. For guaranteed savings, get your orders in early!



IN STOCK and now AVAILABLE through AVENA ORIGINALS—the most respected book on vaccines by Neil Z. Miller “Vaccines Are They Really Safe & Effective?” Packed with hundreds of important facts and figures, makes a great gift, and a great addition to your library! Only \$14.95

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Local Fax: (403) 314-2081

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