Power of Green

The affordable and best way to obtain fresh, high quality, "live" juice.

SoloStar
Larger single-auger and exclusive, dual-stage extraction process, make for nutritionally superior and better tasting juice.

Large Heavy Auger and Dual Stage Extraction Process

The new Solo Star™ with a larger auger and exclusive, dual-stage juicing process is the newest and best way to obtain high-quality "juice bar" performance from an affordable home juicer.

In order to deliver more juice from your produce, Tribest's Solo Star juicer's single auger is longer and heavier than its nearest competitor. The auger effectively forces produce through the grinder while enhancing the juicer's simplicity of operation.

Solo Star also utilizes an exclusive, dual-stage extraction process for greater efficiency in extracting juice as compared to other single-auger processors on the market. It filters out juice during the initial crushing phase before it can be reabsorbed into the pulp, then squeezes the remaining pulp in a secondary pressing phase for maximum yield.

Versatility: The result is a fresher, natural tasting, "live" juice from any fruit, vegetable, leafy green, herb, or grass that you could ever want to juice. It can also easily convert into a flat pasta or round noodle maker and mochi mill with the accessories included.

Quality: Solo Star's low-speed auger gently crushes and squeezes produce. Because juice is not heated in the process, all the fragile nutrients and enzymes are preserved. Conventional high-speed, centrifugal juicers "fling" the juice around, heat it with blade and basket friction and damage much of the nutrients, live enzymes and compromise the fragile taste of the juice. Only Solo Star delivers all the natural goodness and superior flavor you demand from a top quality juicer.

Durability: Only the highest quality materials are used in Solo Star construction. Its straightforward design and precise assembly insures trouble-free juicing for years to come. Solo Star is UL approved and meets our highest manufacturing standards.

German Consumer Report ranks Green Star as #1

A comparison test of twelve juicers available in Europe was recently conducted by one of Germany's leading magazines, Stiftung Warentest. The information was forwarded to us by our German importer/distributor, Keimling Naturkost, Gmbh, Deutschland, Germany.

Stiftung Warentest, which is similar to the American Consumer Reports, concluded that the Green Star Juicer GS was the Number One ranked juicer in a comparison test published July, 2003.

Stiftung Warentest tested a dozen juicer and food processing machines ranging from 40 euros to 500 euros in cost. Using primarily apples, carrots, and grapes, Stiftung Warentest, compared a number of areas of operation.
Durability was a factor. Five of the machines "conked out" before testing was complete. Ease of operation, noise, along with rates or juice yield, work steps involved, energy consumed while in operation, number of times both juice and 'pulp' containers needed emptying or cleaning, operating period required, motor arming, and safety were all judged.

The test had some surprising results. For example, Stiftung Warentest reported that each machine produced a different tasting juice. Most of the juices were fresh and fruity in odor and taste.

The juice from six of the models tested "well." Four of the models tested "very good" and two models tested "didn't get good marks." Tests also revealed that none of the machines yielded a clear juice and the rate of pulp in the juice ranked from 3% to as high as 44%!

The time it takes to process juice was a factor in the testing as was cleaning time. Some machines required multiple cleanings when processing large amounts of fruits and vegetables.

Here's what Stiftung Warentest said about the Green Star GS. "Most expensive juicer which provided the best crop of juice. The taste of the juice is fresh and fruity and the machine is enjoyably quiet... but heavy. You can process a huge amount without multiple cleanings... The Green Star squeezes one and a half glasses out of 500 grams of apples. That's very good."

The Green Star had an overall rating of 1.4 (Good) - their best rating. It scored the highest ranking for rate of "straining" at 1.7 (Good), "use" at 1.9 (Good) and "sound level" at 2.0 (Good.) In "durability" and "safety," the Green Star tied with the top three models with 1.0 and 3.0 respectively.

The Green Star's pulp-to-juice percentage was the lowest of the machines tested - ranging from 3% to 14%, depending on the fruit. One competing model produced juice that contained 25% to 44% pulp.

Some notations made about the second rated juicer in the comparison included, "good crop of juice... heavy and quite loud, cleaning is not easy because some parts are very difficult to reach..."

Comments about other juicer models ranged from "pulp falls into juice when machine is opened" to concerns about safety problems with either too large or too short openings for inserting fruits (and fingers) into the juicing mechanisms.

Criticisms about the sound produced by competing models ranged from "sounds like a lawnmower" to "so loud you couldn't hear the telephone ring or a baby crying."

- The full Stiftung Warentest test report, English translation, is available from Tribest.
No one likes pesticides in their produce. That's why, if we are able, we garden. But what about those who don't have time or skill to garden or who live in apartments?

Indoor gardening is a means to supplement your diet with fresh, pure green leafy vegetables during the off season or any season. The beauty of indoor gardening is that it is absolutely practical. Let's look at some facts.

<table>
<thead>
<tr>
<th></th>
<th>Indoor Gardening</th>
<th>Commercial Produce</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Varieties</strong></td>
<td>7 to 8 green leafy mini-vegetables to choose from</td>
<td>12 to 15 green leafy vegetables commonly available on supermarket shelves.</td>
</tr>
<tr>
<td><strong>Growing Time</strong></td>
<td>Five to ten days.</td>
<td>60 to 75 days.</td>
</tr>
<tr>
<td><strong>Purity</strong></td>
<td>Pests and insects are not a problem. No pesticides, artificial fertilizers, or chemicals of any kind are used.</td>
<td>Grown with a wide variety of pesticides, fungicides, synthetic fertilizers and other chemicals.</td>
</tr>
<tr>
<td><strong>Freshness</strong></td>
<td>Absolutely fresh. Still growing right up to the point of picking.</td>
<td>Produce travels from farms thousands of miles away, even from foreign countries. They can sit in grocery refrigerators for days; Wiltting and blackened ends are common.</td>
</tr>
<tr>
<td><strong>Economy</strong></td>
<td>Average 25-50 cents/lb. More income available to support other sectors of economy.</td>
<td>Average $1.20 to 2.00/lb. Price includes air transportation and distribution network of middlemen. Farmer actually gets very little of the retail price. Prices subject to costs of oil for jet fuel and farm chemicals.</td>
</tr>
<tr>
<td><strong>Nutrition</strong></td>
<td>Baby vegetables have more concentration of proteins, minerals, enzymes and vitamins than commercially-grown vegetables.</td>
<td>Depleted soils lack vital minerals and trace minerals and cannot be transferred to plants creating widespread mineral and trace mineral deficiencies and subsequent health problems.</td>
</tr>
<tr>
<td><strong>Convenience</strong></td>
<td>Grows right there in your kitchen. Available all year.</td>
<td>Regular trips to the market. Gasoline used for transportation. Fluorescent lights of supermarkets dull senses and promote disorientation.</td>
</tr>
<tr>
<td><strong>Time</strong></td>
<td>Require 1-2 minutes of care per day.</td>
<td>Time is spent in trips to the market, transportation, and waiting in long lines.</td>
</tr>
<tr>
<td><strong>Space</strong></td>
<td>Sprouting one pound requires about 9 inches of counter space, similar to that of a food processor.</td>
<td>Refrigerator is always full.</td>
</tr>
<tr>
<td><strong>Access</strong></td>
<td>Great for non-gardeners or apartment dwellers. No special talents or lighting required.</td>
<td>Some people require transportation or dependence on others.</td>
</tr>
<tr>
<td><strong>Self-sufficiency</strong></td>
<td>Each person can produce nutritious fresh green vegetables for their entire household all year round in any weather or ecological condition.</td>
<td>Promotes dependence on commercial food system. Prices and supply can vary according to the exigencies of a world marketplace.</td>
</tr>
<tr>
<td><strong>Health</strong></td>
<td>More vitamins, minerals, trace minerals and enzymes from your food.</td>
<td>Problems caused by dangerous agricultural chemicals in the food chain.</td>
</tr>
<tr>
<td><strong>Taste</strong></td>
<td>Baby vegetables pack plenty of punch. Radish sprouts, for example, are even richer in flavor than mature radishes.</td>
<td>As nutrients disappear, so does taste. Processed foods use greater amounts of salt, sugar, and artificial flavoring agents such as MSG.</td>
</tr>
</tbody>
</table>
They're Not Just Sprouts

Too many people think of sprouts as just beans with a tail on them. Or, they only remember eating them at Chinese restaurants. But, indoor gardening goes beyond these to include many more varieties of mature, miniature vegetables with different tastes and textures. Here is a sample:

- Alfalfa is the most popular and best known, but many people never grow it long enough. Properly grown alfalfa is about one and a half inches to three inches tall and is uniformly deep green in color. Although commercial sprout growers are doing great work and getting better all the time, most of us know alfalfa as a yellowish immature sprouts with lots of brown hulls.
- Red clover is a cousin of alfalfa, is lighter green in color, has bigger leaves and a spicier taste.
- Cabbage, mustard and kale are small leafed sprouts which taste just like their garden counterparts. In fact, they're even more flavorful.
- Radish is very colorful, full of bright reds and greens and pack a real zing for the taste buds.
- Fenugreek is over two inches tall, has large leaves and a bitter herb taste which mixes well with the milder sprouts.
- Sunflower is over three inches tall, has super large, thick leaves, a piquant flavor and is a good replacement for spinach.
- Buckwheat is also over three inches long with large, soft, succulent leaves and a mild flavor. It is a perfect replacement for bibb, boston lettuce, or endive.
- Psyllium is very mild; chia is spicy; flax is bitter and cress is hot. All of the latter are gelatinous seeds and require a slightly different sprouting method.

These are just some of the green leafy varieties available. They serve mostly as salad greens and should not be cooked. Treat them as you would spinach, lettuce, cabbage, dandelion, etc. You can even put them through your juicer for a real health drink.

Lighten Up

No problems here. Indoor vegetables are not too particular about light. The vast majority of homes require no special lighting for healthy growth. The fact is they don't grow long enough in their 5 to 10 day life for lighting to become much of an issue.

Most of their life, they prefer shade and light is only useful once the leaves develop and then only for the green leafy varieties, not the bean sprouts. Even after the leaves develop, indirect light is all that is necessary and although direct sun for a couple of hours per day is fine, you must be careful that sunshine on a hot day does not dry out the growing crop.

If you live in a basement apartment, you can still sprout! Sprouts respond very nicely to indoor lights. Use plant lights or better yet, full spectrum lamps, which approximate natural sunlight. Visit your garden or lamp store for more information.

RESOURCES: For organic sprouting seeds, visit www.Sproutman.com or phone 800-695-2241.

Steve “Sproutman” Meyerowitz is the author of “Sprouts the Miracle Food” and “Sproutman's Kitchen Garden Cookbook.” Visit him at www.Sproutman.com

Don't Be Misled

Green Power International Twin Gear Fact Clarification

You might discover or may be approached by various companies promoting an imitation dual-gear juicer marketed under a variation of the Green Power name, such as “Green Power Kempo”, “Hippocrates by Green Power”, “Green Power Ten”, etc. They are trying to promote their machines as being designed in the new millennium with new technological features, and are trying to get you to believe that they are the newest additions to the Green Power line. However, they most certainly are not! Be careful not to confuse these imitation dual-gear juicers with the Green Power and Green Star machines.

In order to clear any confusion and answer any questions that may have arisen due to the marketing of these "new" machines, we present you with some facts:
The so-called "new" machines were not wholly designed in the new millennium, but were designed in the early to mid-1990s. We have actually made them available to a limited test market in the United States since their initial date of production in 1998. However, during our trials, we found that these smaller, dual-gear juice extractors do not meet our standards of quality and usability. The imitation dual-gear juicers feature a smaller motor construction but are not accompanied by an internal motor cooling mechanism - resulting in a tendency for the imitation dual-gear juicers to overheat*. We refrained from releasing them as siblings of Green Power Gold and Green Star in the mainstream health products and natural foods market because the potential risk to our well-established reputation was unacceptable.

The smaller, imitation, dual-gear system is being promoted as a “twin gear” system, but should not be mistaken for the Heavy-Duty (HD) Twin Gear system found in the Green Power Gold, Green Life and Green Star machines. The smaller gears, higher rotational speed, and the substantially reduced size of the juicing chamber, straining screens, and motor construction* of the imitation dual-gear juicers are not refinements or improvements to the original Heavy-Duty (HD) Twin Gear system, but are a separate, untested system.

The HD Twin Gear system has been laboratory tested to show that the juices made using the HD Twin Gear machines are more stable and nutritionally superior. We have never seen any substantiating evidence from the imitation dual-gear juicer companies to back up their claims, except for the resemblance to the HD Twin Gear system, and the reputation that it has won. However, these companies will often refer to the test results of the HD Twin Gear juicing system as if the tests were performed on their imitation dual-gear juicer.

Since its introduction, the Green Power Gold (GP-E1503) juicer has garnered international acclaim from consumers and health professionals alike. It has even won various awards throughout the world. Some of the awards won by the Green Power Gold(GP-E1503) include:
- **May 1993, Grand Prize**  
  1993 World Invention Contest. Pittsburg, U.S.A.

- **May 1994 Grand Prize**  

- **Sept. 1994 Silver Prize**  
  Int'l New Technology Exhibition. Los Angeles, U.S.A.

- **Oct. 1994, Gold Prize**  
  New Products Exhibition. Germany.

- **Sept. 1996, Best Product - Equipment and General Health**  
  ALIVE Academy of Nutrition Awards.

Some of the awards won by the Green Star include:

- **Sept 2002, Silver Award of Excellence - Equipment:**  
  ALIVE Academy of Nutrition Awards.

- **June 2003,1st Place**  
  Stiftung Warentest(German Consumer Reports). Germany.

The Green Life and Green Star juicer models are the only direct descendants of the Green Power Gold machine, and exclusively share the same award-winning Heavy Duty (HD) Twin-Gear juicing system. Some of the distributors of the Kempo /GPT juicers have claimed that their machines won the awards listed above. However, since these imitation dual-gear juicers were first released in 1998, this is obviously not true.

In 1998' Kempo Co., Ltd., and Green Power Ten Co., Ltd. were newly formed and began manufacturing the Kempo juicers, KP-E1201 and GPT -E1201 models, respectively. Both juicers were almost identical, except that they were made by different manufacturers with a different model numbers. There are slight differences in the appearance of the housing, as well as in the locking mechanism of the housing. Now, both models are known to be supplied solely by the Green Power Ten Co., Ltd.

The small dual-gear juicers now being marketed by these start-ups are not the same line of original Green Power juicers but are the direct descendants in the KP / GPT line of juicers. For example, Kempo Juicer by Crown Pacific Global Corp. and Hippocrates by Vitality 4 Life are the same GPT model (GPT-E1303), and Samson Ultra by Green Bison is a KP model (KP-E1301).

We hope that this article resolves any potential confusion that may have arisen, and answers any questions you may have had. If any further information is needed, please do not hesitate to contact us.
Peachy Kean Tarts
Walnut / Date Crust filled with Summer Fruit Pudding

**Ingredients:**

- **Crust:** 2 cups walnut pieces, 4 pitted dates, pinch of cinnamon, pinch of sea salt
- **Filling:** 2 pitted, sliced peaches or nectarines, (white peaches / nectarines are divine), 2 cups papaya pieces (skinned, seeds removed)
- **Garnish:** 16 organic grapes (purple is lovely, green will do), 1 cup walnut pieces, 4 mint leaves

**Instructions:**

1. To make the crust: Machine instructions: put the solid or open blank in the Green Star. Take off the pulp ejecting knob. Put a large bowl beneath the opening, as the crust ingredients are processed, alternating dates with the walnuts, mixing the spices last with your hands.

2. Divide the crust into 4 equal parts. Press crust into 4 small (glass or ceramic) bowls - deep enough to hold crust and pudding.

3. Filling instructions: Machine instructions: keep the same blank in place. Put a large bowl beneath the opening, as the filling ingredients are processed, alternating peaches with papaya to create a pudding like consistency.

4. Fill the crust lined tart bowls with filling, garnishing with grapes, walnut pieces, and mint leaves.

5. Chill or serve as is.

Note: For a crunchier crust put the bowls lined with crust only, into a dehydrator, at 105 degrees, for 6 - 8 hours, or until dehydrated sufficiently. Then fill with the pudding. If you want the filling to be chilled - put only the filling into the fridge for an hour or so, and then pour on top of the crust.

Rye - Flax Bread Sticks

**Ingredients:** 2 cups rye berries, 1 cup sunflower seeds, 1 cup flax seeds, 1/2 cup caraway seeds

**Additional ingredients:** 2 stalks celery, 10 fresh basil leaves

**Spices:** 2 Tbs. miso (barley or red miso is great), 1/2 cup chia seeds, 1 tsp. sea salt, 1 tsp. granulated garlic

**Instructions:**

1. Soak rye berries, sunflower / flax / caraway seeds together in a bowl overnight (8 hours) and rinse.

2. Stir into the mixture the spices.

3. Bread Dough: Machine Instructions; Put the solid blank in place with the bread stick maker where the pulp ejecting knob screws into the nose of the Green Star.

4. Take wet, germinated / spiced grain and seed mixture and alternate feeding this and the celery and basil leaves into the feeding chute - spooning it into the chute slowly. It will move through the machine on it's own.

5. Have a dehydrator tray ready to catch the bread stick dough as it comes out the nozzle. Pinch it off into desired lengths.

6. Salt (optional) the sticks with more sea salt and/or granulated garlic. Dehydrate at 105 degrees to desired crispness - 6 - 10 hours in most areas. For really crunchy sticks could be up to 12 hours. Check to see how crisp they are getting after 6 hours or so.

Note: For a spice option, add dehydrated onions to the dough, before it goes through the feeding chute. Onions add a sweet flavor to the bread sticks. Fresh onions (red, Maui, or yellow) can also be used. Finely mince them before adding to the rinsed grain and seed mixture.
Green Star Shines with Soy

Did you know that you can make soy milk with your Green Star machine? The answer is an emphatic YES!! As the author of the Living With Green Power book, I am constantly growing with the machine, finding new options and creating new recipes. Soy milk usually is from cooked soy beans. Why not make it from sprouted soy beans? From that small idea has come many recipes and options to make a delicious drink that has all the enzymes from each ingredient in the recipe. Here is a basic recipe for you to start with - simply replace the ingredients and you will have many more recipes to enjoy.

To start, you will be using your Green Star in the juicing mode - with the juicing screen in place, the pitcher below the opening, and a bowl to catch the pulp that is ejected / separated. It is handy to have two bowls to catch the pulp as you will be putting the pulp through twice.

In order to use the soy beans you will need to sprout them first. The earliest you can use the beans is two days - and these will be stronger tasting, as they will hardly be sprouted. When you soak your soy beans, they will double in volume and will increase even more as they sprout and grow. One cup of soy beans will immediately double to two cups when soaked with 4 cups of water. Rinse off the initial water, and then keep the beans either in your Fresh Life Sprouter, or a strainer that can be placed in a bowl and covered with a towel. Sprouts love the darkness in the beginning. I have sprouted the soy beans 2-5 days depending on when I want to make the milk. The longer the soy is sprouted, the 'sweeter' the flavor. Freshly soaked, germinated soy beans have a very strong, 'beany' flavor (24 hours into the process - soak overnight, rinse, let sprout for half a day).

Basic Soy Milk:

This is the simplest recipe: 3 ingredients plus water

**Ingredients:**

- **1/4 cup** soaked sesame seeds (hulled or unhulled - soak 20 minutes and rinse)
- **1/2 cup** sprouted soy beans
- **1 cup** nut of your choice - almonds, cashews, macadamia nuts, pine nuts. Almonds must be soaked for 8 hours, rinsed, and then you are ready to 'juice' them with the soy beans. The other softer nuts can be soaked for 20 minutes and rinsed.
- **2 cups** purified water

**Instructions:**

1. Combine the sesame seeds, soy beans, and nut of choice in a small bowl. Pour one of the two cups of water into the mixture.
2. Feed mixture into feeding chute of Green Star slowly, allowing each spoonful to pass thru the machine. Make sure each spoonful has some water in it. (I often use a small cup to pour the blended ingredients into the feeding chute).
3. Take the pulp and pour most of the remaining cup of water over it, and feed this back into the feeding chute. It is surprising how much more 'milk' comes out putting the pulp through twice.
4. Strain. Sweeten and spice to taste.
5. Drink fresh or chill and use the milk. Enjoy this milk fresh. Drink within 2 days. On the third day the milk tends to turn 'sour.'

When you sweeten the soy milk there are various options. Maple syrup has a fairly strong flavor, as can some honey varieties. There is a raw agave nectar, which is less sweet than honey and is slightly lower on the glycemic index (less of a sugar high/low). Use the sweetener you enjoy, sweetening to taste.

Spicing also has many options. Vanilla is one of my favorites. Cinnamon or nutmeg are also wonderful choices for soy milk. Let your taste buds and imagination guide you. There are a wide variety of flavorings that can dress up your soy milk including: peppermint, maple, almond, or coconut.

If you want to sweeten with fresh fruits - use 2 cups of the fresh fruit and blend it with the soy milk. Papaya, blueberries, and oranges can jell and thicken into an almost pudding consistency. Strawberries 'blush' the soy milk into a delightful smoothie consistency when you increase the measurements to 3 cups.

For a real treat use frozen fruits. Frozen pineapple and mango are especially tasty with soy milk. When you use 1 cup of frozen fruit it chills and slightly thickens the milk. With 2 cups you get a much thicker drink - one you might like to eat with a spoon. With 3-4 cups you get more of a sorbet like consistency.

Using the Green Star to make soy milks has been a delight to explore and discover new recipes. Have fun playing with different ingredients. Use the fruits you can easily get that are fresh, organic, and in season. Be sure to drink it fresh. It stays fresh for the first two days, and then it starts to sour. Start simple and build up your soy milk repertoire. To your health!
Get ready to blend - and have a tasty time doing so. Smoothies and More - For the Health of it! is a bite sized, 64 page, full color recipe and resource book. More than recipes for smoothies, the reader can also find delicious recipes for salsa, soup, sauces, spices, sorbet, plus pesto, puddings and more. Full color photographs show the beauty of some of the fantastic recipes in the back half of this mouthwatering book.

The front half of the book is a resource source for the reader - listing ingredients and their uses for many different foods and supplements. Charts and formulas inspire the reader to personalize recipes by choosing from different categories to create individual masterpieces with a blender. Unlike most smoothie books this one includes information about what essential oils, essential fatty acid sources and much more offer in terms of health benefits. Elysa is an alchemist, and loves to put ingredients together that give a boost of energy and vitality to any recipe. For example, take a fruit or vegetable and then choose from a variety of green powders, miso, MSM, or protein powders (including Goat Whey Protein or Hemp Protein products) to create a meal in moments. She has been researching ingredients and enjoys sharing her playfulness with flavors and foods.

Smoothies and More - for the Health of it! features the Tribest Personal Blender and encourages the reader to make their own personal choices for their health - to make foods quickly, fresh, and tasty. It caters to the whole family, from baby food suggestions, to a wide range of meal choices for any aged member of the family - with or without teeth.

Easy to read, easy to use, easy to understand - this book is a must for all homes that have blenders. Enjoy any season with foods that are user friendly and give back to you the health and more that you and your family deserve.

Recipes from Smoothies and More - For the Health of it!

Persimmon Pizzazz

**Ingredients:** 1 ripe persimmon, 1/4 Cup pumpkin seeds (soaked 8 hours, rinsed), 2 soaked figs (soaked 30 minutes in warm water), 1/2 Cup fig soaking water, 1 banana, 1/4 tsp. ground cardamom powder, 2 drops of essential oil of cinnamon or a pinch of cinnamon powder

**Blend ingredients together and serve in a fancy glass.**

Creamy Corny Gespacho

**Ingredients:**
Blended broth: 1 - 1 1/2 Cup tomato juice or four blended fresh tomatoes, 1 clove fresh garlic, 4 - 6 soaked dried tomatoes (add the soaking water to the broth), 1/4 cup flax meal (flax seeds ground into a fine powder / meal)

**Spices:** juice of 1 lime, pinch of sea salt

**Crunchy ingredients:** 1 Cup diced celery, cucumber, jicama, tomatoes, 1 Cup corn kernels (cut off raw corn stalk), 1/4 Cup minced cilantro

Blend broth ingredients together and pour into a bowl. Add the crunchy ingredients spicing to taste with the lime and salt. Chill and serve, garnished with cilantro.
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Be sure to save this edition of the Power of Green Newsletter. More recipes, new product information and special offers will be coming to you in the near future.

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