

FAQ's – SierraSil® Frequently Asked Questions

> Can I take SierraSil® if I have a sensitive stomach?

SierraSil® is a natural mineral powder that helps to curb inflammation in the body, including the gastrointestinal (GI) tract. SierraSil® is best taken on an empty stomach at least 30 minutes before eating or 2 hours after. People with GI conditions such as acid reflux, gas, bloating, constipation, leaky gut syndrome, IBD, colitis, diverticulitis, IBS and Crohn's disease have been reported to benefit from taking SierraSil®. The clay structure of SierraSil® has detoxifying properties that help to cleanse the digestive system and eliminate inflammatory toxins. For individuals with a sensitive stomach, we recommend starting with a serving of 1 capsule per day and gradually increasing your serving as required. If you have any questions about the best time of day to take SierraSil®, please call customer service.

> Is SierraSil Joint Formula14™ safe and beneficial for athletes?

Yes, SierraSil Joint Formula14™ is safe and certified by Informed Sport to be free of banned substances. For more info visit informedsport.com. Yes. Athletes benefit from SierraSil® in a number of ways. SierraSil® promotes flexibility and mobility, providing increased stamina and endurance. SierraSil® relieves pain and inflammation due to muscle exhaustion, promotes healthy cartilage growth and helps prevent cartilage breakdown. SierraSil® gives you the endurance you need to enjoy the activities you love, even high-intensity exercises. For professional and highly athletic people, we recommend taking SierraSil® 1 to 3 hours before the activity to aid in endurance and recovery while reducing post-exercise stiffness. SierraSil® should be taken on an empty stomach with only water. Please review the complete dosage guidelines to maximize the effectiveness of SierraSil®.

> Is SierraSil Joint Formula14™ vegetarian and where does it come from?

The SierraSil® mineral powder is from the pristine Sierra Mountain of the USA and is 100% vegetarian and vegan compatible. SierraSil® contains no sugar, starch, salt, wheat, gluten, corn, flavouring or preservatives. The SierraSil® ingredient is BC Kosher certified. The SierraSil® mineral powder is sourced and bottled in America.

> Why do you recommend increasing water intake?

Drinking at least 8 glasses of water per day keeps you hydrated and will complement the benefits of SierraSil®. It is important to keep your body hydrated to ensure cardiovascular health and to promote the effective removal of toxins from your body and skin through the detoxifying properties of SierraSil®. Water will help to soften and loosen impacted material lining the walls of the intestine and colon, aiding in the detoxification process. This material is absorbed by the clay component of SierraSil® and removed from the body, resulting in better absorption of vital nutrients. ☑

>> TESTIMONIALS

I am 73 years young. I have led a very active life; since childhood I have participated in many sports. I started treatment four years ago for pain in my knees. This included acupuncture, Synviok, Cortisone shots and Glucosamine/MSM. By June of 2007, I could barely walk, even with a cane. I received a diagnosis of Osteoarthritis and a prognosis for a total knee and hip replacement. I discovered SierraSil® and began taking the Joint Formula on July 12, 2007; by August 1st I had minimal pain, and at times, none. I am now able to return to normal activity again. I plan to postpone and probably eliminate my joint surgery.

Martha Lundy
Evergreen, CO

While away on a golfing trip to PEI a friend gave me SierraSil® to try. I awoke the next morning and wondered what was different. I had no pain or aching in my hands. I was able to make a fist for the first time in years. The results have been amazing. I have more strength and flexibility. It is too good to be true – but it works and I have recommended it to the many people who have noticed my improvement.

Linda Sampson
Kingston, NS

CELEBRITY PROFILE

Jeff Handler
Performance Specialist



SENIOR'S CORNER

Best Natural
Detoxifiers



TIPS FOR ACTIVE LIVING

Warm Up for Spring



naturally

VOLUME 1 | ISSUE 2

President's message

At SierraSil Health our number one pleasure is making a positive difference in people's lives, helping them be healthier and more active. Thanks to the passion of our customers, SierraSil Health has been recognized as one of North America's fastest growing natural health product companies for 2008. As the General Manager of a leading Western Canadian retailer said, "We have never seen consumer response to a product like this before. This is much more than a fad. Consumers not only come back for more SierraSil®, they often do so with a friend or family member, directing them to try SierraSil®!"

This summer you will notice a new look for SierraSil®. First, we are pleased to introduce the Informed Choice® certification, assuring athletes that SierraSil® is free of any banned substances (see FAQ's). Secondly, we will introduce a larger bottle option. Third, we are re-branding SierraSil Joint Formula as SierraSil Joint Formula14™, reflecting our promise to you that most consumers start feeling better within 14 days. The changes will be reflected in a new bottle design, replacing the purple and gold color scheme with green. Green is the symbol of health in cultures around the world.

We hope you like the changes. As always, we love hearing from you and welcome your thoughts and questions. Wishing you the best of health, and thank you again for making SierraSil Health one of the fastest growing products on the continent!

Michael Bentley,
President, Director and Co-founder of
SierraSil Health Inc.

Foods, Digestion and Immunity – What's the Connection

By Sarah Holvik, B.Sc. Nutritional Science

Considering our knowledge of the intimate relationship between our digestive and immune systems, we should never get sick. Armed with information, we could manipulate our diets in such a way that conditions such as inflammatory bowel disease, hypertension, lowered immunity and cancer would not exist. However, the truth is that the modern Western diet does not tip the scales in our favour in terms of immunity. In fact, research now shows that the average Western diet can actually weaken our immune systems and make us more prone to disease. However, there is hope. Let's discuss some foods with potent immune-boosting effects due to their influence on our digestive systems.

Intestinal Immunity – How it works

To discuss how foods can impact overall immunity through their effect on the gastrointestinal (GI) tract, we need to first explore the role of the GI tract in regulating immunity. The GI tract has both direct and indirect effects on immune function and the resulting ability to ward off disease. Directly, the lining of the intestine is protected by a local immune system called gut-associated lymphoid tissue (GALT). Because GALT is the largest lymph system in the human body, the digestive tract has the most profound effect on overall immunity among all the internal organs. Indirectly, the GI tract contains hundreds of bacterial species in the large intestine that are both beneficial and harmful to the body. The balance of these bacteria in the gut is also a very important factor in the intestine's defense system against disease.

When this balance is disrupted, harmful bacteria such as *E. coli* can take over the intestine, causing infection. Stress, inflammation and certain foods can also disrupt both the GALT system and intestinal microflora balance, making us more susceptible to disease.

So, what foods positively influence our intestinal environment to promote optimal immunity?

Probiotics & Prebiotics

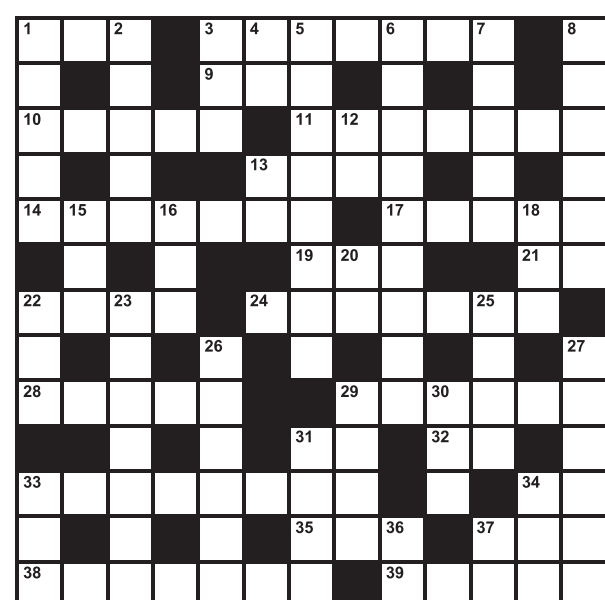
One way to promote intestinal immunity is by consuming probiotics and prebiotics. Probiotics are live bacteria food supplements that benefit the body by improving its intestinal microflora balance. Prebiotics are nondigestible fibers that selectively stimulate the growth of specific probiotic bacteria in the colon. By introducing these food supplements into our diets, we can support our body's natural defense barrier against disease and promote optimal health.

Probiotics have both immune (ie. influence GALT tissue) and non-immune (ie. influence microflora balance) mechanisms for increasing our defense against disease. The majority of probiotics can be classified into two distinct bacterial classes — *Lactobacillus* and

continued on next page...



>> Crossword Puzzle



Down

1. Atkins diet no-nos
2. Important bee
3. Opposite of masc.
4. That ___ the question
5. Dosage amount
6. Medical procedure
7. Telling a whopper
8. Life-giving tent
12. Boston University, for short
13. People people, for short
15. Trojan university
16. Colonist
18. Broke bread
20. She's the ___ girl
22. Calendar abbr.
23. In good physical shape
25. Fish bait
26. Start to like more (2 words)
27. Nearsightedness
29. Sunrise point
30. Subside
31. City in Oklahoma
33. Doggie Doc.
34. Numero ___
36. Greensboro location
37. ___ Berkeley

Across

1. ___10 : useful supplement in reducing cholesterol
3. Omega 3 source (2 words)
9. "Medium" like perception
10. Cold
11. Excessive weight
13. 2:00 or 3:00
14. Getting too hot on the beach
17. Blue green variety
19. Hale
21. Titan's locale
22. Muscle soreness
24. Skin layer
28. Tropical fruit
29. Get-up-and-go
31. Akkadian god of wisdom
32. Philosophical verb?
33. Vital supplements
34. ___beat
35. "___ alive!"
37. Prefix with lateral
38. Important gland
39. Après-ski drink

For the solution to this puzzle, please visit our website at www.sierrasil.ca. ☑

Please send your suggestions or questions to info@sierrasil.ca.





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Bifidobacteria. These two species act in similar but distinct ways, and can be used to address a variety of specific health concerns. *Lactobacillus* species help with lactose digestion, relieve infant diarrhea, increase our resistance to infections and help relieve the symptoms of irritable bowel syndrome such as constipation and diarrhea. On the other hand, *Bifidobacteria* species stimulate the immune system, prevent the growth of harmful bacteria, produce B vitamins and help to restore microflora balance after antibiotic treatments. It is important to note that because probiotics are live bacteria, they must be kept refrigerated in order to remain effective.

Simply put, prebiotics are specific fibers that act as food for probiotic bacteria in the intestine, enhancing their stimulatory effect on the immune system. Prebiotic fibers are naturally found in foods such as whole grains,

onions, bananas, garlic, honey, leeks and artichokes. However, the level of prebiotics in foods alone does not significantly enhance the growth of probiotic bacteria, so to fully benefit from prebiotics we must consume them in either fortified foods or supplements. Specific prebiotic fibers include inulin, fructo-oligosaccharides (FOS), polydextrose, lactulose and lactitol.

Eat Your Fruits and Vegetables!

All raw fruits and vegetables contain enzymes and fiber that enhance our intestinal health and by extension, our immunity. However, many fruits and vegetables that have specific effects on our digestive and immune function can easily be added to our diets. For example, **garlic** stimulates GALT tissue in the intestine and allows for elimination of waste products from the body. **Spirulina** and **chlorella** are potent green foods rich in chlorophyll, minerals and antioxidants that promote cell growth and immunity. **Ginger** supports healthy digestion and immunity by enhancing white blood cell production. **Parsley** is one of the best foods and acts like a multivitamin due to its extremely high nutrient content; it is made up of 20% protein, antioxidant flavonoids, iron, calcium, phosphorus, manganese, inositol, sulfur, vitamin K, beta carotene, and vitamin C. Parsley helps eliminate harmful microbes from the body due to its anti-bacterial and anti-fungal effects, and as such may be used to enhance our natural defense against disease. Keep in mind that the digestive and immune-enhancing foods discussed here are just the tip of the iceberg; fruits and vegetables are some of the best natural immune-boosting substances in the world.

Undoubtedly, the connection between digestion and immunity is very intricate and complex. The best way to optimize your defense against disease is to customize your diet to include foods that naturally support the body's optimal function. 

Jeff Handler

The Performance Specialist



Jeff Handler is the performance specialist to some of the biggest names in pro sports and other high-profile professions. His clients include Mike Weir (2003 Masters Champion), Adam Oates (future NHL Hall of Famer) and Tom Poti (NHL All-Star). He also works with Tom Hamilton of Aerosmith. Jeff lectures nationally and is the trainer-to-the-trainers on the topics of athletic performance enhancement, strength and conditioning for the power athlete, functional training and injury prevention.

Jeff was born and raised in Cape Cod, Massachusetts where he played college baseball and went on to win a collegiate World Series title. He later played in the prestigious Cape Cod Baseball League. In 2001 Jeff opened his first strength and conditioning centre called SPORT-Rx, in Cape Cod, to deliver cutting-edge programs that integrate athletic performance development and rehabilitation. With over 17 years of experience creating programs for clients to achieve their fitness goals, Jeff is one of the most sought-after trainers in the country. He has been featured on *CBS Sports* and *Men's Health*, and lectures internationally to trainers on the topics of weight loss, sport-specific conditioning, youth fitness and post-rehab training.

For the past six years Jeff Handler has been training professional golf star Mike Weir. Look for them both at the upcoming Masters Tournament in April.

I work with hundreds of clients, from professional athletes to everyday fitness enthusiasts, and many of them take SierraSil®. It's the best product we've used. The results have been amazing.

Best Natural Detoxifiers

By Sarah Holvik, B.Sc. Nutritional Science

What better time than spring to take charge of your health? Jump-start the spring in your step this season and consider including some natural detoxifiers in your diet. But don't be fooled by fad detox programs that use herbal concoctions with little science to back them up. Simply by eating a variety of fresh foods with detoxifying properties, you will not only have more energy and less pain, but you'll also enhance your body's ability to naturally eliminate harmful toxins, while decreasing your risk of chronic disease.

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Go green: Along with brussel sprouts and kale, broccoli contains a potent combination of detoxifying compounds, including sulforaphane and indole-3-carbinol. These strong antioxidants stimulate important detoxifying enzymes in the body. Kale and other dark green leafy vegetables also reduce the risk of some cancers due to their high chlorophyll and nutrient content.

Root it out: Since the tenth century, dandelion root has been used to remedy liver diseases. Dandelion root contains high levels of vitamin A and choline—a member of the B vitamin family that stimulates detoxification enzymes in the liver. Another herbal root called burdock root has been used for many centuries in western herbal medicine to cure such ailments as measles, arthritis, tonsillitis and other viruses. Rich in phyosterols and essential fatty acids, burdock root is also known for its blood purifying properties.

Milk it: Like dandelion root, milk thistle is also commonly used in herbal medicine to protect the liver from




Kale contains a potent combination of detoxifying compounds

harmful toxins and disease. A striking example: milk thistle prevents severe liver damage caused by *Amanita phalloides* (Death Cap) mushrooms. To experience the detoxifying benefits choose a milk thistle product that provides at least 70% of the active ingredient silymarin.

Feel the heat: Cayenne pepper contains capsaicin, a potent chemical that stimulates enhanced blood circulation—an essential part of the natural detoxification process. Blood is required to transport and eliminate toxic and waste materials from our bodies. Even if we stimulate detoxifying enzymes in the liver by eating specific foods, we will not experience the benefits if blood flow to that area is poor.

Embrace clay: While not a food, specific mineral-rich montmorillonite clays are also used to safely detoxify the body in many cultures worldwide. Due to their negative charge, the unique highly absorptive properties of clay bind positively charged toxins such as aflatoxin, pesticides and herbicides, facilitating their safe removal from the body. Over half of the SierraSil® mineral powder naturally contains 100% pure montmorillonite clay sourced from the pristine Sierra Mountains of USA, preserving its natural detoxifying properties.

In our increasingly toxic world, we are only beginning to realize the importance of consuming safe and effective natural detoxifiers in our everyday lives. By taking advantage of nature's detoxifying agents, we can experience health benefits such as higher energy levels and decreased risk of disease. And who knows? You may even discover a new favourite food in the process. 



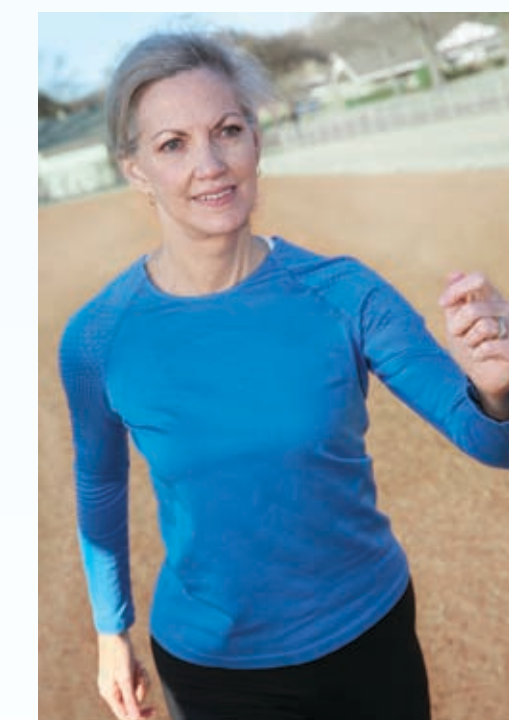
Warm Up for Spring

By Michelle Quintana, B.Sc. Kinesiology

Spring is here—time to dust off your outdoor shoes and spring active wear after months of winter storage. For some people, starting any activity after being cooped up indoors can be a daunting task, as new movements and different surfaces can cause stiffness or muscle soreness after the first day of activity.

Taking a few minutes to warm up prior to any activity will reduce muscle stiffness and soreness. Begin warming up by increasing your heart rate and body temperature: run on the spot or do a combination of jumping jacks and jumping rope for 4 minutes. After you have raised your body temperature and heart rate, focus on warming up specific muscle groups that will be used during the activity. Movements such as raising your knees up, forward or backward (knee raises, butt kicks), or moving up onto your tippy toes (heel raises), or taking side steps will warm up the calves, legs and hips—perfect for hiking and walking activities. Gradually work up your intensity over the course of a few days to ease into your springtime routine. Visit www.activelivingprogram.com/springwarmup for illustrations and more spring warm-up tips.

Stay oxygenated—take time to enjoy the spring air with deep breaths. Remember to increase your water intake and keep hydrated. Load up on SierraSil Joint Formula14™ a couple hours before your activity for added endurance and faster recovery time.



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