

## Rebuild and Rejuvenate Train Harder and Recover Faster

Baby Boomers were the most active of any previous generation. Since then are the Gen X, Millennials, Gen Z and now the Alphas. Depending on your age, your great grandparents or great-great grandparents may have survived the Great Depression or fought in the Second World War. In those times, work is the only thing they did. People wore themselves out being cogs in the industrial machine. And what did they have to show for it? Flabby weak bodies, strokes, heart attacks, Alzheimer's and social security.

Baby Boomers perceived the problem and started running away from those images yet:

- Since the 1960's the Baby Boomers started burning the candle at both ends and the middle, just like their parents. From sincere activism and serious partying they then dove head long into work stress, stress and more stress.
- To offset the effects of desk work and assembly lines, they played even harder taking its toll in joints - and elsewhere.
- Interestingly this thinking is still continuing in the following generations.

### Let's Start with the Obvious

The body is amazing. Comparing it to a machine, the response is opposite, the harder you work the body, the stronger it becomes. Muscles when over used rebuild and given rest and the proper nutrients they become stronger. Rest and nutrients are the key words here. In the past it was been said, "No more training every day of the week!" Normally this statement is correct, for every day of hard training there are two to three days of immune suppression! However, with the massive nutrient ingestion of Super Dense Nutrition, like the BarleyGold or Nature's Gold Mix, this is not the case. Here is seen a complete regeneration of organs, bone, tendons and muscle unlike anything else. Other supplements only develop muscle mass these products give Super Dense Nutrition for the complete body, so both strength and stamina are achieved and retained. In other words maintaining the ability to train hard every day and when taking several days off, the body strength does not degenerate at the previous rates.



**Breakthru Technology**  
For a healthy, sustainable world

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For those interested in trivia an interesting point is that the Roman gladiators spent a lot of time training to maintain their physical strength and develop better fighting skills. Anthropologists when examining arm and leg bones, noticed that these men had extreme high bone density. Then after analyzing the chemical content of their bones they found that the gladiator's consumed mainly vegetarian food rich in carbohydrates, such as barley, beans and dried fruits. Interesting!!

The bulk of the food was barley and it was for this reason that they were nicknamed "Hordeii", literally meaning "BARLEY EATERS".

**We also have shown that there is a direct correlation between high bone density and strength and stamina in the different animal and human tests we have conducted.**

So if you want to:

- Enhance Athletic Performance - Train Without Pain.
- Pain Management and control inflammatory response.
- Go to BG video for more information.

On another matter, muscles need specific nutrition to heal from the repeated micro-injuries incurred while training, and no, I don't mean they need just protein, they need different stuff than that.

Enzymes to Rebuild and Rejuvenate

Dr. Max Wolf M.D. and Ph.D., of Columbia University found that as we age, or are under stress, our body's production of enzymes is depleted. Age related changes he said are directly attributable to lower quantities of enzymes.

Because of forty years of use and over one hundred and sixty peer reviewed verifying studies behind it, systemic enzymes are the second best-selling over-the-counter preparation in Germany.



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Natural systemic or metabolic enzymes, over four thousand, are absorbed into the blood from food that is eaten. Metabolic enzymes help organs perform metabolic functions quicker and more efficiently. Digestive enzymes, also in meals, are necessary to properly digest food for the building blocks for tissue regeneration. Many so call diseases or syndromes can be eliminated or avoided with daily Super Dense Nutrition.

The proprietary processing of the Super Dense Nutrition in Breakthru Technology food products contains the massive stabilized amounts of all natural enzymes plus the anti-oxidants and proteins to clean and rebuild the body. It's important to use potent, plant-based enzymes available individually as well as a complex of sucrase, lactase, protease, amylase, lipase, cellulase, and maltase and both pre and probiotics. All these are available in Nature's Gold Mix with a 97% digestibility.

Once on the program one can speed up healing process with a two week fast reducing healing times by several years, thus, reversing many aging symptoms. For more information on a smoothie formula and the Nature's Gold Fast please contact one of the distributors listed.

Understand first, the intestinal functions need to be regenerated as the average person's intestine starts to die at the age of twenty-five. The BarleyGold products contain the largest natural source of glutathione which is needed to regenerate this organ. When the communication system in the body, the eicosanoid metabolism, starts to function, automatically food cravings change. What, how much and when things are eaten are adjusted automatically in the diet. Our philosophy is: Nutrients in and Toxins out to "Awaken a New Lifestyle". It is really interesting when getting phone calls because people start eating less and actually see the different cravings stop and other cravings start.

Further, and in conclusion the added benefit is the conversion of fat into muscle. Reducing fat and increase muscle I call this the "No Diet-Diet". For those that are lumpy in the wrong places this may be for you. Energy is increased it is just hard to sit still!



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