

Conscious Planet Full-Spectrum Whole Foods

Conscious Planet Genesis Liquid Minerals \$85

2 lbs. 5.75 oz. 21 x 8 x 8 cm.

Synergistic Blend of Anti-oxidants, Vitamins, Minerals, Enzymes, Amino acids, Phyto-nutrients and Monatomic Elements for Enhanced Energy, Clarity, Hydration, Assimilation, Elimination, Immunity and Rejuvenation.



More...

This blend of anti-oxidants, vitamins, minerals, enzymes, amino acids, phyto-nutrients and monatomic elements (energy enhanced building blocks of life) feeds the cells and provides extraordinary support for our energetic and physical bodies own self healing abilities.

Genesis™ is designed to achieve balance and homeostasis in the body by restoring certain commonly deficient minerals, nutrients, and elements. Many of our clients report that in addition to feeling physically better, they consistently feel calm, centered, and focused. Genesis™ contains a proprietary blend of Super-Conductive Monatomic elements, Platinum Transition Group Metals, Himalayan Primordial Crystals, kelp, key B vitamins, with 131 micronutrients including ionic minerals and amino acids in a proprietary high-spin Fulvic base. Most importantly, to maximize the absorption and conductivity of the formula, Genesis™ uses proprietary ORME Energy Technology.

Usage: Take first thing in the morning and again in the afternoon or as needed ½ hr. before meals with a large glass of chlorine free water or add it to your water bottle and sip it throughout the day. Reduce usage if detoxification symptoms become too intense. Shake well before using. Refrigerate after opening. CAUTION: consult your health care practitioner before taking if pregnant or nursing.

Humic acids have a non covalent bond and are well known as the key building blocks and complete information for organic life. Fulvic Acid is nature's most complex and innately intelligent molecule and is a foremost co-enzyme electrolyte that is the key ingredient plants use with photosynthesis to “chelate” mineral rock into bio-available ionic nutrients small enough to feed us on a cellular level.

Fulvic acid is one of the key factors of enzyme reactions within all living cells supporting: cellular energy production, pH balancing, immunity, waste removal, DNA repair, anti-oxidant, anti-microbial and overall optimum health. Zeolyte clay is a clathrate (pours) mineral that is negatively charged and is well known to neutralize heavy metal and chemical toxins.

Genesis™ helps nourish us, remove waste and repair DNA. It has innate intelligence accumulated in its complex structure to protect and support life and is one of the key factors of enzyme reactions within all living cells supporting longevity, optimum health and all life as we know it.

Supports our endocrine system (especially the pineal gland) to raise consciousness and create happy chemicals in the brain and the safe removal of inorganic heavy metals and chemical toxins in the body, thus reducing the oxidative process (free radical damage). We believe Genesis™ contains the highest light quotient of any food that is commercially available and creates the perfect terrain for well being and a conscious life.

Conscious Planet Hydralyte - Accelerated Ionic Mineral Elixir \$50

2.5 oz. 10.5 x 3.5 x 3.5 cm.

Improves hydration and enzymatic functions, increases energy, balances endocrine system especially thyroid, regenerates damaged cells, DNA and RNA. and supports removing free radicals and waste and the neutralizing of heavy metal and chemical toxins.



More...

Ingredients: Purified water, Natural Humic Shale, Clinoptilolite Zeolite, iodine, trace minerals and proprietary processes.

Hydralyte™ is a concentrated source of nano size and electrically enhanced trace bio-available humate ancient plant minerals that Earth's soil was once rich with, and added zeolite clay.

Hydralyte™ helps to re-structure drinking water, improves hydration and enzymatic function for all life processes, balances pH and offsets acidosis, increase cell wall permeability & ATP production, helps balance endocrine system especially thyroid, regenerating damaged cells, DNA and RNA. and Hydralyte™ supports removing free radicals and waste and the neutralizing of heavy metal and chemical toxins such as mercury, chlorine, fluoride and Aspartame & helps “clear the terrain.”

Hydralyte is a “covalently-bonded structured hydrosol” and is a truly unique accelerated trace mineral complex. What makes it different is the level of bio-availability to the human body for health and well being due to the stabilized covalent bonded oxygen trace minerals which suspends and bonds the trace minerals and provides unique delivery to our cells compared to any ionized, hydrosol or colloidal mineral products on the market.

Mannatomic™ Zeolite is a naturally occurring mineral which has a unique, negatively charged, crystalline structure with chelation like effects. Zeolite is formed from the fusion of lava and ocean water, and combines all four elements. It has been used for more than 800 years in Asia as a remedy for overall health and well-being, and is on the FDA's GRAS list (generally recognized as safe).

Zeolite is a clathrate meaning it "takes away" or pulls things from the body. Zeolite directly absorbs free radicals and thus decreases free radical activity and damage to the body. Zeolite also improves liver function, indirectly improving elimination of pesticides, herbicides, xeno-estrogens and even antigens that cause allergic reactions. Zeolite's binding power was proven during the Chernobyl disaster, when tons of it were used to remove radioactive cesium and strontium-90 before they contaminated local water systems. Zeolite creates a natural buffer in the

system by establishing an optimal pH level (between 7.35 and 7.45), which in turn activates healthy brain function, increases serotonin levels and a strong immune system. Zeolite helps block viral replication proving to be a potent anti-viral and general remedy for all viruses. This makes it one of the most significant products for the detoxification and balancing of the terrain in the human body.

There is an inherent danger in dissolving zeolite in water being that it also pulls calcium, magnesium, potassium etc from the cells in the body. And, the effects are cumulative. This is currently being researched due to other companies that offer a zeolite water solution product made by a chemical process. Taking a powdered version of zeolite with a glass of water does not produce any of the dangers inherent in the chemically processed liquid zeolite. Mannatomic™ Clinoptilolite Zeolite is a highly active water and zeolite solution made by proprietary alchemical means that are in tune with mother nature and not by harsh and damaging chemical process.

The most important factor for increased bio-availability is due to the “nano” particle size of the trace elements which promotes superior hydration, removal of waste, delivery of nutrients, immune support, anti microbial effects and antioxidant abilities without the concern of heavy metal toxicity which is prevalent with most mineral products on the market. Documented studies show the profound effects on our overall well being and ability to “Clear the Terrain” in the body of negative bacteria and parasites while supporting the proliferation of good bacteria which are so important for our immune defense system. This product also supports: energy metabolism, growth, nerve protection, digestion, hormone balancing, enzyme activity and over all essential nutrient assimilation and utilization and protects against toxic reaction and heavy metal poisoning.

Conscious Planet Shapeshift™ (Cacao Chai) - \$60

1 lb. 8 oz. 16 x 13 x 10 cm.

Pro-Terrain Whole Food Meal with Full Spectrum Vegetables



More....

Ingredients: hemp protein powder, Omega Pro™, cacao powder, crystallized cane juice, carrot, spinach, beet, radish, asparagus, broccoli, wheat grass, barley grass rice bran, Catalyze™ enzyme blend, Astrigin™, cardamom, cinnamon, ginger, clove.

- Complete and easily digestible protein source.
- Ideal 1:3 ratio Omega 3 to Omega 6 EFAs with GLA and Vitamin E.
- Antioxidant, Bio-availability and Homeostasis Factors.
- Vegan, Gluten Free, Convenient and Tastes Great.

SHAPESHIFT™ with a hemp protein base and balanced vegetable medley fits perfectly within the Quest Optimal Health Program to create the optimal environment for homeostasis and a strong immune system that naturally fends off unwanted invaders and is the perfect Pro Terrain Diet meal.

ShapeShift and Transform are foundational whole raw food blends containing the finest synergistically combined ingredients made from proprietary processes that keep the foods as close to the perfection of nature as possible. These convenient and great tasting shake blends have an easily digestible gluten free BAHUJA hemp seed complete plant protein with ideal 1:3 ratio Omega 3 to 6 EFA's and other unique ingredients that when you add water and let them sit for a few minutes, they become an unequaled, pre-digested, nutritionally-available and balanced whole raw food meal. Due to soil depletion and large scale food processing techniques, nutrients have become scarcely available and thus when the food we eat is depleted of these essentials it creates an acidic environment making it even more difficult to access and absorb nutrients. "Pro-Terrain" means pH and nutrient balanced creating an energetic matrix that supports the body increased utilization of essential nutrients. This assists "Homeostasis" or a balanced internal environment that supports the body's innate intelligence for self healing and cleansing.

The ultimate food source for humans is: Hemp Seed from the miracle plant... Industrial Hemp. When compared to any other food, industrial hemp seed clearly stands alone as the most significant nutritional food source for humans. Hemp seed is a nutritional powerhouse. It is the plant kingdoms most concentrated, complete and balanced source of the 'Essentials'; the elements the human body does not produce and must obtain from the food we eat. It contains all ten Essential Amino Acids, including the two most important for children's growth. It is comprised of 65% high quality globulin Edestin protein, (known as the perfect protein for humans) the highest of any plant source. The structure of Edestin protein closely resembles and is compatible with our own blood plasma and digestive system. Hemp seed does NOT contain enzyme inhibitors that block protein digestion, such as those found in legumes (soybeans), grains (wheat) and nuts that cause food intolerances or allergies. Hemp seed contains an excellent balance (1:3) of Omega 3 to Omega 6 Essential Fatty Acids (EFA). These EFAs are the foundation of every cell membrane in the body. Officials with the World Health Organization recommend a 1:3 ratio of Omega 3 to Omega 6. It is 80% EFA's, more than any other food source on Earth. Exclusive, long-term use of oils with unbalanced ratios such as Flax, have been shown to lead to prostate cancer, irregular heartbeat, eczema and deterioration of immune function. The body requires approximately 1 tablespoon of good fats per 50 lbs of body weight per day as maintenance! Hemp seed is also a rich source of chlorophyll, vitamin B1, B3, B6, B12, C, D, E, magnesium, potassium, sulfur, phyto-sterols, calcium, fiber, iron, potassium, phosphorus and lignin. Hemp seed is truly a "super" food for humans!

The health industry is largely made up of soy and whey protein isolate products which are quickly losing support due to their low level of assimilation/utilization rates by the body. 99% of soy beans are now Genetically Altered and unless fermented, cannot be digested by the human body. The rate of people becoming intolerant to soy product usage is skyrocketing and the entire retail health food industry is quickly adapting alternatives such as Hemp Seed. Animal product usage is quickly declining in popularity as well. Hemp protein powder proves to be the definitive replacement source of competitive protein products for human health and sustainability.

Conscious Planet Transform™ (Berry Vanilla) \$60

1 lb. 8 oz. 16 x 13 x 10 cm.
Pro-Terrain Whole Food Meal with Full Spectrum Fruits



More....

Ingredients: hemp protein powder, Omega Pro™, crystalized cane juice, apple, orange, blueberry, raspberry, wheat grass, barley grass, rice bran, Catalyze™ enzyme blend, Astrigin™, vanilla bean.

- Complete and easily digestible protein source.
- Ideal 1:3 ratio Omega 3 to Omega 6 EFAs with GLA and Vitamin E.
- Antioxidant, Bio-availability and Homeostasis Factors.
- Vegan, Gluten Free, Convenient and Tastes Great.

TRANSFORM™ with a hemp protein base and balanced fruit medley fits perfectly within the Quest Optimal Health Program to create the optimal environment for homeostasis and a strong immune system that naturally fends off unwanted invaders and is also a sweeter tasting transition into the Pro Terrain Diet.

ShapeShift and Transform are foundational whole raw food blends containing the finest synergistically combined ingredients made from proprietary processes that keep the foods as close to the perfection of nature as possible. These convenient and great tasting shake blends have an easily digestible gluten free BAHUJA hemp seed complete plant protein with ideal 1:3 ratio Omega 3 to 6 EFA's and other unique ingredients that when you add water and let them sit for a few minutes, they become an unequalled, pre digested, nutritionally available, balanced, whole raw food meal. Due to soil depletion and large scale food processing techniques, nutrients have become scarcely available and thus when the food we eat is depleted of these essentials it creates an acidic environment making it even more difficult to access and absorb nutrients. "Pro-Terrain" means pH and nutrient balanced creating an energetic matrix that supports the body increased utilization of essential nutrients. This assists "Homeostasis" or a balanced internal environment that supports the body's innate intelligence for self healing and cleansing.

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humans) the highest of any plant source. The structure of Edestin protein closely resembles and is compatible with our own blood plasma and digestive system. Hemp seed does NOT contain enzyme inhibitors that block protein digestion, such as those found in legumes (soybeans), grains (wheat) and nuts that cause food intolerances or allergies. Hemp seed contains an excellent balance (1:3) of Omega 3 to Omega 6 Essential Fatty Acids (EFA). These EFAs are the foundation of every cell membrane in the body. Officials with the World Health Organization recommend a 1:3 ratio of Omega 3 to Omega 6. It is 80% EFA's, more than any other food source on Earth. Exclusive, long-term use of oils with unbalanced ratios such as Flax, have been shown to lead to prostate cancer, irregular heartbeat, eczema and deterioration of immune function. The body requires approximately 1 tablespoon of good fats per 50 lbs of body weight per day as maintenance! Hemp seed is also a rich source of chlorophyll, vitamin B1, B3, B6, B12, C, D, E, magnesium, potassium, sulfur, phyto-sterols, calcium, fiber, iron, potassium, phosphorus and lignin. Hemp seed is truly a "super" food for humans!

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Conscious Planet Bulk Organic Hemp Powder - 2 lbs. - \$25

2 lbs. 20 x 10 x 8 cm.

The Most Assimilable Protein for the Human Body



More....

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(wheat) and nuts that cause food intolerances or allergies. Hemp seed contains an excellent balance (1:3) of Omega 3 to Omega 6 Essential Fatty Acids (EFA). These EFAs are the foundation of every cell membrane in the body. Officials with the World Health Organization recommend a 1:3 ratio of Omega 3 to Omega 6. It is 80% EFA's, more than any other food source on Earth. Exclusive, long-term use of oils with unbalanced ratios such as Flax, have been shown to lead to prostate cancer, irregular heartbeat, eczema and deterioration of immune function. The body requires approximately 1 tablespoon of good fats per 50 lbs of body weight per day as maintenance! Hemp seed is also a rich source of chlorophyll, vitamin B1, B3, B6, B12, C, D, E, magnesium, potassium, sulfur, phyto-sterols, calcium, fiber, iron, potassium, phosphorus and lignin. Hemp seed is truly a "super" food for humans!

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Conscious Planet Omega Seed™ Leading Source of Essential Nutrients (1lb) \$20

1 lb. 14 x 11 x 9 cm.

Convenient source of easily digestible perfect protein.



More....

2-3 tablespoons as a condiment sprinkled on any meal or eaten straight from the pouch. . . OMEGA SEED™ sometimes called the nut or heart of the hulled hemp seed is a delicious and convenient source of easily digestible perfect protein and ideal 1:3 ratio Omega 3 to Omega 6 Essential Fatty Acids. Hemp Seed is the mother of hemp oil and hemp protein powder and regarded as one of the highest frequency and compatible foods for humans on Planet Earth.

Ingredients: Hulled organic hemp seed

Conscious Planet Bahuja Bar™ Berry Vanilla - \$55 for 15

2 lb. 22 x 15 x 5.5 cm.

Pro-Terrain Raw Whole Food Bar with Full Spectrum Fruits (15 x 50g bars per box)



More...

Pro-Terrain Raw Whole Food Bar with Full Spectrum Fruits (15 x 50g bars per box)

Ingredients : *hemp nut, *tapioca syrup, *agave syrup, *fruit powder blend, quinoa powder, *dates, *blueberry, *cranberry, *sunflower seeds, *almonds, *apple, *apricot, *spirulina algae powder, *wheat grass juice powder, vanilla. (*organic)

Bahuja™ Bars are alchemically combined with vegan and gluten free, easy to digest Essential Nutrient Rich Super Foods that are a delicious and convenient whole food meal. Peace begins within us, from conscious food and thought choices and simple foods like Bahuja™ Bars will give you peace of mind knowing you and your family are getting proper nourishment in your mind, body and spirit... any time and anywhere!

Conscious Planet Omega Oil™ NEW 750ml Size! Finest Source of Omega 3 & 6 EFAs \$23

1 lb. 8.75 oz. 23 x 8 x 8 cm.

Hemp seed OMEGA OIL is the Ultimate Good Fat Source.



More...

Ideal 1:3 ratio Omega 3 & 6 Essential Fatty Acids with super EFA's: GLA, steriodonic acid, phyto sterols and Vitamin E... making hemp seed OMEGA OIL the ultimate good fat source.

At over 80% concentration of EFA's, super charged with 480 mg/100ml of highest quality plant sterol super antioxidant, phytonutrients and naturally occurring GLA (total 4%) & Steriodonic Acid (which are precursors to DHA / EPA production, rendering the need for potentially contaminated fish oils unnecessary), chlorophyll, Vitamin A, Vitamin E, Tocopherols and Tocotrienols . Omega Oil has a rich nutty taste and provides natural sun protection properties. Omega Oil™ is extra virgin, cold expeller pressed hemp seed oil - the ultimate “good fat” source for humans and animals.

Recommended consumption is 1 tablespoon per 50lbs of body weight per day - maintenance. Increase with greater activity and stress.

Ingredients: organic hemp seed oil.

Take 1-2 tablespoons 1-3 times per day, add 5-10 drops of Defend - super anti-oxidant plant acids, and swish for 15 minutes, then spit it out.... for the ULTIMATE: teeth, gums, oracle cavity and BLOOD cleanser!

Conscious Planet Catalyze™ Enzymes \$75

5.75 oz. 12 x 7 x 7cm.

Full Spectrum Vegetarian Digestive Enzyme Blend



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Ingredients: Amylase, Bromelain, Protease 4,5,3,5&6, lipase, papain, glucoamylase, alpha-galactosidase, malt diastase, invertase, cellulase, beta-glucanase, hemicellulase, phytase, lactase, traccite minerals, spirulina algae, MCT oil, in a vegetable capsule.

Catalyze™ is a full spectrum cultured plant source digestive enzyme blend with high activity in acid or alkaline ph environments, containing the essential raw material enzymes for metabolic enzyme production, supporting digestion and the utilization of nutrients, removing of waste from cells, assisting in every catalytic body process and a key to all life functions. Enzymes are easily destroyed by processing, heating and chemical treating rendering the body unable to digest the food without compromising its own immunity and digestive resources. It is believed that enzyme supplementation is a cornerstone to rejuvenation and healing. Catalyze contains a proprietary blend of protease that will actually break down gluten and support the reversal of celiac and allergies.

In the Original Blueprint of Life, every food was designed with ALL of the digestive enzymes, in perfect combination, necessary to break down that food down small enough to go through the cell wall. An avocado, for example, has a very different mix of naturally occurring enzymes than does a banana or broccoli. They are sensitive to heat and begin being destroyed at 104F and by 120F, such as has been discovered by the food processing and packaging industry that after 20 minutes, voila, dead food that potentially could last for months. Since cooked food contains no enzyme activity, you must now sacrifice your own, limiting enzymes which were designed for your own metabolic functions, to digest your meal. Have you noticed how tired you feel after a large cooked meal? This is evidence that your body is struggling to deal with the foreign matter. Food we eat should give us energy, not take it away. The next biggest challenge in supply of enzymes for the body is soil depletion. We in North America have less than 10% of the nutrients in our soil we had 100 years ago. Enzymes are the most critical food nutrient to supplement with to make up for our habits and poor farming methods.

Conscious Planet Colonyze™ Probiotic Bacteria \$75

3.125 oz. 11 x 6 x 6 cm.

Full balance of friendly implanting bacteria strains to inhabit and support the entire intestinal system.



More...

Probiotic Flora Blend - Colonyze™ contains a full balance of friendly implanting bacteria strains to inhabit and support the entire intestinal system, protect the bowel wall, synthesize nutrients like B Vitamins and remove waste.

Colonyze™ also offers powerful 'warrior like' transient bacteria strains that pursue pathogenic invaders, break down waste materials and create the environment for the proliferation and colonization of implanting friendly bacteria.

Ingredients: Bifidobacterium infantis, bifidobacterium longum, lactobacillus brevis, lactobacillus casei, lactobacillus lactis, DDS-1 strain of L. acidophilus, bifidobacterium bifidum, lactobacillus plantarum, lactobacillus bulgaricus, streptococcus thermophilus, lactobacillus salivarius, Fruitafit inulin, Spirulina, yucca root, hemp protein powder, MCT oil, in a vegetable capsule.

The intestines are responsible for taking in food, turning it into primary energy-supplying and cell building nutritional elements, recycling fluids and discharging waste. This amazing factory has trillions of employees called bacteria, some friendly, some not, and in order to have optimum

health, they need to exist in a symbiotic and balanced relationship.

In our intestinal tract is millions of workers called bacteria, some good and some not so good, that help clean waste, fend off invaders like virus' and synergize nutrients to feed us. When we eat food that is far from the 'Original Blueprint of Life' and they have no enzymes left, our waste removal system becomes taxed and our body pH begins to drop and the balance of the bad bacteria becomes greater than the friendly ones, and herein begins the cause of disease.

These friendly workers, probiotics-friendly flora and enzymes amount to 80% of our immune system and when they become depleted so does our immunity and our ability to experience health. When the bad bacteria begin to flourish, their feces toxify and quickly deplete the body's energy reserves and lower the critically important pH and oxygen levels in the body. If our body is not slightly alkaline and oxygenated, disease symptoms begin to ensue... all from the same cause... auto intoxication causing acidosis.

Stress, drugs, diet deficiencies, toxins, acidosis and other adverse environmental factors weaken the friendly bacteria that keep the pathogens in check. This imbalance challenges all areas of our health as nutrient synthesizing and delivery is reduced, the intestinal wall is exposed, putrefying waste matter backs up and their key by-products of oxygen, B-Vitamins and amino acids that stimulate our immune system and scavenge free radicals, vanish, leaving the body compromised.

Unfriendly Bacteria (Pathogens)

- Wait for opportunity to invade
- By-products and waste are often toxic
- Can invade mucosal and epithelial cells
- Can cause massive cell damage
- Can infect other areas and organs
- Lower immune system
- Generally detrimental overall to health

Friendly Bacteria (Probiotics)

- Form protective barrier
- By-products inhibit Pathogenic growth
- By-products stimulate immune system
- Aid in digesting micro nutrients
- Synthesize key nutrients
- Reduce bad cholesterol
- Maintain overall intestinal strength

Conscious Planet Phytomune™ \$75

2.25 oz. 10 x 5.5 x 5.5 cm.

Plant Sterol Concentrate (60 caps/400mg) for enhancing our immune system and balancing cholesterol levels.



More....

Ingredients: Enteric coated: plant sterols 300mg (from non-gmo soy), Proprietary Broad Spectrum Antioxidant complex 70mg (from pine bark and fruit extracts), rice flour. Does not contain: gluten, sugar, barley, wheat, yeast, artificial colorings or preservatives.

PHYTOMUNE™ is a high potency phytosterol concentrate that has been clinically tested and patent proven for enhancing our immune system and balancing cholesterol levels. Sterols are an important class of organic molecules that are vital to cellular function and a precursor to fat soluble vitamins and steroid hormones.

Since the 1950's phytosterols have been studied for their cholesterol lowering effects, and clinically proven to enhance immune system function. More recently they have been shown to aid with prostate problems, diabetes and arthritis, and act as a potential cancer preventative.

Throughout much of human evolution, it is likely that large amounts of plant foods were consumed. In addition to being rich in fiber and plant protein, the diets of our ancestors were also rich in phytosterols—plant-derived sterols that are similar in structure and function to cholesterol. There is increasing evidence that the reintroduction of plant foods providing phytosterols into the modern diet can improve serum lipid (cholesterol) profiles and reduce the risk of cardiovascular disease.

Although cholesterol is the predominant sterol in animals, including humans, a variety of sterols are found in plants. Nutritionists recognize two classes of phytosterols: (1) sterols, which have a double bond in the sterol ring; and (2) stanols, which lack a double bond in the sterol ring. The most abundant sterols in plants and the human diet are sitosterol and campesterol. Stanols are also present in plants, but they comprise only about 10% of total dietary phytosterols. Cholesterol in human blood and tissues is derived from the diet as well as endogenous cholesterol synthesis. In contrast, all phytosterols in human blood and tissues are derived from the diet because humans cannot synthesize phytosterols.

Plant sterols and plant stanols are collectively known as phytosterols. Plant sterols are plant compounds with chemical structures similar to that of cholesterol. Especially high sterol levels are found in rice bran, wheat germ, corn oils, and soybeans. Interestingly, phytosterols so closely resemble cholesterol that they can actually block food-based cholesterol from being absorbed into the bloodstream. The result is that both phytosterols and dietary cholesterol end up excreted in

waste matter.

Phytosterols BLOCK Dietary Cholesterol Absorption.

Because of their ability to block dietary cholesterol absorption, phytosterols can help lower your cholesterol levels. In the last few years, clinical research has also discovered other effects, including reducing symptoms of an enlarged prostate, improving the control of blood sugar among people with diabetes, and reducing inflammation among patients with autoimmune diseases such as rheumatoid arthritis and lupus.

Studies have shown that daily phytosterols can lower these cholesterol measurements by an average of 10% to 14%. Because of these strong findings, the National Cholesterol Education Panel issued a new recommendation in 2001 that plant stanols and sterols be added to cholesterol-lowering regimens, along with the more traditional cholesterol-fighting tools, such as regular exercise, weight loss, and a low-fat diet.

The FDA has approved the following claim for phytosterols: "Foods containing at least 0.4 gram per serving of plant sterols, eaten twice a day with meals for a daily total intake of at least 0.8 gram, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease." Sterols can reduce cholesterol in human subjects by 10% to 15%.

Conscious Planet Defend™ \$50

1 oz. 10.5 x 3.5 x 3.5 cm.

Multi-purpose Anaerobic Bacterial Disinfectant made of Organic Plant Acids using a Nanotechnology proprietary process.



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Defend™ is comprised of natural safe plant acids, and is a multi-purpose disinfectant that is truly a miracle of science. Originally created as a natural cure for dysentery, Defend™ is a combination of desirous nutrients that when eaten by anaerobic bacteria, acts like a “Trojan Horse” attacking from within and simply dissolving them from the inside out. They die and don't get a chance to mutate into superbugs inherent with the use of antibiotics. Defend™ is the ultimate support tool when embarking upon a PH Balancing Pro Terrain Diet, to fend off cravings and to reset the intestinal tract.

DEFEND™ was created by a scientist / inventor and a courageous woman's intent searching to

find a natural cure for dysentery. She wanted to save children from this horrible affliction and death caused by pathogenic bacterial infestation. Plant acids are concentrated phyto-nutrients and antioxidants which are potent nutrition for humans and animals. Even microorganisms are attracted to the ingredients in DEFEND™ as food. However when pathogenic anaerobic bacteria consumes DEFEND™ it is their demise, as the plant acids are so strong, that they dissolve their inner working organs and systems. It is the perfect non toxic and sustainable defense system for humans and the environment. DEFEND™ is the ultimate support tool when embarking upon a Pro Terrain Diet and turning off the “pleomorphic” or composting process and turning on our longevity genes.

Benefits:

- kills molds, fungi, bacteria and other pathogens such as salmonella, e coli, clostridium, HIV, herpes and influenza virus in air, food and water.
- Increases immunity, physical energy, mental clarity, endurance, stamina and an overall feeling of well being.
- Stops mutation from creating resistance in pathogenic microorganisms.
- Can be used as the perfect, safe solution for humans and animals as a food wash and disinfectant on any surface, anywhere, anytime and especially good for internal use traveling to tropical zones.
- Can be inhaled or ingested without harm. Be cautious of dosages and vigorous detox symptoms.

Conscious Planet MMS - Miracle Mineral Supplement \$30

3.5 oz. 1 x 6.5 x 3 cm

Eliminates those pathogenic germs, bacteria and viruses that are harmful to the body.



More....

Sodium Chlorite is a mineral supplement that when mixed with citric acid, it forms Chlorine Dioxide, a potent cellular oxygenator and pH balancer that our immune system can use to eliminate those pathogenic germs, bacteria and viruses that are harmful to the body, and does not affect the friendly bacteria in the body nor any of the healthy cells.

Refer: www.miraclemineral.org .

Usage: Mix every 1 drop of MMS to 5 drops of citric juice (fresh lemon, lime or pineapple) wait 3 minutes till yellow, add 1 liter of filtered or distilled water. Increase dosage daily: day 2 - 2 drops MMS & 10 drops citrus, & so on, to 15 drops MMS per

day. Keep out of direct sunlight. In the case of contact with skin or eyes, flush with water for several minutes. Reduce usage if detoxification symptoms (nausea or diarrhea) become too intense.

Conscious Planet Eliminate \$60

A gentle herbal laxative, intestinal detox and bowel builder.

More....

Ingredients: Psyllium Seed, Licorice root, Marshmallow root, Cascara Sagrada, Eleuthro, Hibiscus flower, Peppermint and Cornsilk. Usage: Take as needed, up to twice per day, morning or evening without food. 1 level tablespoon in a ½ glass of water or orange juice, stir and drink immediately, followed by a full glass of water directly after.

2/3's of North Americans are obese, have an average of 7-25 lbs of old fecal matter impacted in their intestinal tract and require laxatives to have regular bowel movements. This is the main area for pathogenic bacteria, virus and parasite proliferation and the key cause of acidosis and all disease symptoms. Eliminate™ supports to break down and move out impacted waste materials, draws toxins out from all over the body, stimulates our own parastaltic /muscle action and repairs the bowel wall as it travels through our intestinal tract.

Conscious Planet Cleanse Tea - Gall Bladder & Liver Cleanse \$30

Tones and cleanses the Liver and Gallbladder



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Ingredients: Dandelion root, Burdock root, Licorice root, Pau D'arco root, Cinnamon, Yellow Dock root and Echinacea root.

Cleanse is an ancient herbal combination for toning and cleansing the liver and gallbladder for optimizing our digestive and eliminative functions. It is very nourishing for the whole system, is soothing and tastes wonderful. Best used as part of the “Gall bladder & Liver Flush Program.” Prepare like a tea, strain and drink 3 times per day for 3-4 days or until finished.