

How to order Barley Green

There are many companies that make barley powder in one form or another. I recommend the product made by AIM Companies. This product seems to be made with the best quality standards - that means the most nutrition retained in the product. Also, I have found that their products just taste better!

AIM companies do not sell in stores. They have a web site that is easy to navigate. Follow these directions:

1. Log on to www.theaimcompanies.com
2. Click the link to "Shopping"
3. Click the link to "BarleyLife Products"
4. Order either BarleyLife Xtra or plain BarleyLife. BarleyLife Xtra tastes better! (I do not recommend the organic BarleyLife).
5. Follow the links to check out.
6. Become an AIM Member - You will get discounts on some of your orders if you become an AIM member. I recommend you do this. When becoming a member you will be asked who referred you to AIM. Please put in sponsor number **496354** when asked. This is my number and allows me to get some other discounts. (This is optional, but I would appreciate it). If, at a later date you refer someone to AIM you can get the same discounts if they mention you as their referral person.

How to take Barley Green

One thing about this barley powder (ALL barley powders!), they taste like grass! Getting you and/or your child past the taste is a challenge.

Children adjust to the flavor easily if you introduce it by 6 months of age. Begin with 1/4 teaspoon of the powder in a bottle of juice or milk. Shake it thoroughly. Do this twice per day. When you are up to a full bottle of milk or juice begin adding 1/2 teaspoon twice per day. You can do the same in sippy cups.

You will notice that barley turns the drink bright green (the healthy color of chlorophyll). I call this "Larry Juice," named for Larry the Cucumber in the Veggie Tales cartoons.

As older children and adults, there are many options for taking the supplement. Personally, I put one heaping teaspoon into 1 ounce of water, stir it thoroughly with an electric drink mixer, and gulp it down fast! (One swallow and its gone!)

Mrs. Getts just takes the dry powder under her tongue and swallows it slowly. I have many other friends who have found their favorite way to mix BarleyLife. I will say that BarleyLife Xtra tastes MUCH better than the plain, and that may make your life easier.

There are also capsules you and your children can take. This may be the most practical solution for older children.

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Why take Barley Green

There is a very detailed article on this in my web site library named “Why Barley?” That article is written by AIM so it is meant to increase their business. However, I am recommending this product for all my patients. I believe in it and I take it myself. Here are some reasons why:

1. It is hard to get any child to eat well. Your children will be surrounded by a world of fatty, good tasting fast food that most of their friends will be eating all the time. Your children will not want to eat the foods you know are healthy. Also, there is a huge power struggle that occurs normally regarding food. I ALWAYS want you to push your children to make good choices and eat right. Using barley powder supplements, however, gives you the upper hand by taking care of many nutritional deficiencies.

2. The typical American diet is NOT healthy. We look for fast, good tasting food. That means either cooked by someone else or processed, easy to prepare foods. How many of you still make home made meals more than once per week? Unfortunately, you are normal if you and your family eat in this hurried and unhealthy manner. Therefore, the ‘normal’ American family is NOT well nourished. Few fresh vegetables and few fresh fruit, too much salt and too many preservatives are part of our ‘normal’ diet.

3. Whole food supplements fill lots of these gaps in our American diet. Simple vitamins cannot do this. Vitamins contain only the nutrients put in them at the factory. While this is not bad, it leaves out hundreds if not thousands of other micronutrients that are in plants. Whole food supplements include most of these micronutrients. So, its ALMOST like you ate the real plant. Think of taking your barley supplement as if you are eating to big servings of fresh healthy vegetables!

4. I am convinced, after seeing my own health, the health of my family, and the health of many of my patients improve, that whole food supplements ON A REGULAR BASIS lead to a stronger body. Specifically, complete nutrition allows your body to function the way it was designed. The greatest improvements I have seen are in the ability of immune systems to fight infections. This is a big problem in children. I am convinced that most of the infection problems in American children is the lousy diet they eat!