

Your DIPHASIC NUTRITION PLAN will empower your defenses against the 2 vitality-destroying pathological processes. The supplements you take in the morning are designed to maximize your resistance to the age-related buildup of dysfunctional tissue, and are timed to coincide with the energy-producing phase of a healthy (youthful) cycling metabolism.

The supplements you take in the evening constitute a powerful defense against age-related breakdown of your body, timed to coincide with what should be your body's own natural surge of rebuilding and recharging activity.

Your life-long, long life supplement plan consists of specifically formulated combinations of...

► **METABOLIC ACTIVATORS, ANTI-OXIDANTS, AND ADAPTOGENS...**

to give your DIPHASIC METABOLIC CYCLE a powerful boost.

Modern research by nutrition scientists shows clearly that the conditions associated with age-related tissue dysfunction and breakdown can be prevented and

even reversed with extraordinary supplementation. Nowhere but in your DIPHASIC NUTRITION PLAN can you find perfectly balanced formulations including all the most effective metabolic activators and adaptogens such as:

- alpha lipoic acid
- acetyl-l-carnitine
- coenzyme Q-10
- propionyl-l-carnitine
- carnosine
- tocotrienols
- mineral orotates

While defending you against the ravages of aging, these extraordinary supplements will empower you to healthfully celebrate your full inborn potential for youthful vitality.



You Can Be Healthy
and Strong ...

For a Long,
Long Life.

Discover the power of
THE DIPHASIC
NUTRITION PLAN.

LOOK AND FEEL YOUR BEST FOR YEARS TO COME

You want to maintain youthful vitality, looking and feeling your best for years to come. An essential part of your body's resistance to aging is a strong DIPHASIC METABOLIC CYCLE.

Every twenty-four hours your metabolism moves through 2 distinct (and opposite) phases. The first phase is...

▶ HIGH-POWERED ENERGY EXPENDITURE

needed to enjoy your favorite activities of work and play. This metabolic phase activates at 6 a.m., and has run its course by 8 p.m. If you are healthy, your body runs efficiently, and in high gear, throughout this phase of your daily cycle. But, such intense living does have a depleting effect. So ...

At 8 p.m. your metabolism swings into the...

▶ REPLETION, REBUILDING AND RECHARGING

phase of your daily cycle.

INCREASE YOUR VITAL RESERVES

At about age 32, we all begin to age, showing a steady drop in vital reserves. But – and this is what your DIPHASIC NUTRITION PLAN is all about – the loss of vitality as years go by doesn't need to be blamed on such a nebulous entity as “the aging process.” Science now shows us exactly what mechanism fails as youth fades away ... Aging is largely a loss of power in...

▶ THE DIPHASIC METABOLIC CYCLE.

You see, during each of your 2 metabolic phases, your body is defending itself against the 2 types of pathological activity that cause the dysfunctions (and, eventually, the diseases) we associate with aging. During the high energy phase of your daily cycle, your body is putting up its best defense against...

PATHOLOGICAL HYPERPLASIA — the age-related buildup of dysfunctional tissue.

Examples of conditions associated with age-related hyperplasia include:

- calcium deposits; arthritic joints
- artery blockages
- fatty liver; high triglycerides
- cysts or tumors
- Type II diabetes
- high blood pressure

During your rebuilding phase you are defending against...

PATHOLOGICAL DISINTEGRATION — the age-related breakdown of tissue structure and function.

Conditions associated with age-related disintegration include:

- muscle pain
- fatigue
- memory loss
- indigestion
- immune system dysfunction
- high cholesterol
- decreased sexual function
- age spots
- auto-immune diseases

Aging is a breakdown of resistance allowing these 2 fundamental pathological processes (which are a part of all dysfunctions and diseases) to drag you down.