

# Medical Journalist Report of Innovative Biologics

by Morton Walker, DPM

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Freelance Communications

484 High Ridge Road • Stamford, Connecticut 06905 USA

Phone 203-322-1551 • Fax 203-322-4656

Email: [mortwalk@compuserve.com](mailto:mortwalk@compuserve.com) • Website: [www.Drmortonwalker.com](http://www.Drmortonwalker.com)



## Found: Nature's Perfect Food

*Catastrophic* is how most health educators probably would describe the lack of wellbeing and vigor of people in Western industrialized nations. The World Health Organization classifies the United States as the 20th healthiest nation. About one-fifth of all Americans suffer from some form of degenerative disease such as arthritis, glaucoma, emphysema, kidney disease, liver cirrhosis, osteoporosis, multiple sclerosis, asthma, or some other serious illness.

In all parts of the industrialized world, heart disease and cancer together are claiming the lives of nearly 75% of populations despite monumental advances in science. While diverse opinions exist for such negative statistics relating to human health, we do know with certainty that just a century ago many of the illnesses affecting us today were either rare or nonexistent.

The subsequent questions relating to the conundrum of industrialized populations which deserve answers are: why are people who live under the umbrella of technology so sick? What are we doing wrong? How may we correct our inadequacies?

### A Historical Perspective on Health and Nutrition

The lifestyles of our ancestors kept them free from the modern maladies that currently plague people. Yes, there was much less environmental pollution in the past, and the food quality was definitely fresher and more nourishing then. It's logical to conclude that the consumption of fresh and more nourishing food is a factor in the maintenance of good health.

Even today, we see that people who reside in isolated areas and eat a somewhat "primitive" diet that's less refined, routinely live to be octogenarians (80+ years of age). A lifespan to one hundred years of age and beyond is not so infrequent. There is no secret to the centenarians' longevity. The one common denominator shared by long-lived cultures such as the Ecuadorian Vilcabambans of the high Andes, the Georgians of the new Russia, and the Hunzas on the steppes of Pakistan, is their consumption and absorption of massive amounts of "living" enzyme-rich, nutrient-dense foods, including large amounts of green vegetation.

In November 1982, I was the medical journalist who reported findings by a scientific expedition which spent two weeks in Ecuador investigating the centenarians of Vilcabamba. During this period I saw that *Los Viejos* (the old ones) took in from five to 15 times the amount of nutrients as are eaten by most North Americans today. The food and water consumption of those old ones had been monitored and

measured diligently by the expedition's investigators, and my wife Joan recorded their findings. She was the scientists' secretary, who also gathered hair tissue samples from the elderly subjects being examined.

Upon our return to the United States two weeks later, Joan and I provided soil, food, water, and the hair tissue samples of *Los Viejos* for laboratory analysis by Mineralab, Inc., located in Hayward, California. The president of Mineralab then was the renowned wholistic physician, Garry F. Gordon, MD, DO, now of Payson, Arizona. From Dr. Gordon's evaluations I was able to confirm that *Los Viejos* remained inordinately healthy and long-lived because they usually consumed great quantities of water drawn from pristine mountain streams, at least 12 servings of organically-grown vegetables, fresh-picked fruits, whole grains, and various lactofermented foods which had been predigested by a variety of microorganisms. In the modern lexicon, nutritionists currently call such beneficial bacteria *probiotics*.

As a result of explorations among the Vilcabambans, I subsequently wrote magazine articles plus a small book about their practices. My journalistic efforts revealed that the long-lived inhabitants of Vilcabamba truly are what they eat and drink. The content of their hair tissues exactly matched what they took into their mouths. Those long-ago laboratory analyses undertaken by Dr. Garry Gordon had proven this. Based on his findings Dr. Gordon now utilizes a product called Perfect Food™ to clinically supply concentrated nutrition for his patients.

### Corrective Treatment and/or Preventive Maintenance

A method exists by which people may acquire adequate servings of the most excellent food on the face of the Earth. Corrective treatment and/or preventive maintenance can be gained by taking fruits and vegetables in the form of green superfood drinks and caplets. Such green superfoods are far superior in potential nourishment than any individual or collective vitamin and/or mineral pill.

A researcher at the University of Minnesota who specializes in studying the effects of enzymes that ward off cancer, Lee Wattenberg, PhD, has confirmed the value of taking in quantities of green superfoods each day. He said: "Every vegetable, every fruit, has literally hundreds of constituents – any protection is likely due to a combination rather than a single chemical."<sup>1</sup>

Green drinks are the superfoods that may be considered nutritional life insurance when they are taken as green food

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... powder added to liquid or as green food powder incorporated into capsules. Such green superfoods should be taken daily with a diet that includes as many other healthy foods as possible, such as leafy greens, spirulina, cayenne pepper, garlic, onions, and other types of seeds, turmeric, wheat grass and many others.<sup>2</sup> Internationally known lecturer and researcher in the field of optimal human health and nutrition, Sam Graci of Salt Spring Island, British Columbia, Canada, concurs. He says: "Attempting to make one chemical into a pill is counterproductive and a quick-fix formula. Do not look for someone to cram a garden of phytochemicals into a pill. Get them the old-fashioned way, one meal at a time! Vitamin-mineral supplements have no place in this dietary strategy, but they can never take the place of nature's powerful bounty of nutrients found in superfoods."<sup>3</sup>

For all of those people who want the best form of nutrition available, the immense amount of research and food preparation required has become unnecessary. Now there is a readily available green, superfood which has found great popularity among numbers of health professionals who prescribe it or dispense it to their patients or clients.

### Colon Hydrotherapist Who Prescribes Green Superfood Along with Colon Hydrotherapy

Colon hydrotherapist Carmen Howard of Lake Michigan is well-known and knowledgeable about Perfect Food™. She uses it as a means of preventive maintenance. Mrs. Howard is an athlete who runs 35 miles a week, and she puts her personal effort with the best whole food diet. This hydrotherapist fully engages in good practices and advocates the same for those clients who seek her for colonic health.

In addition to administering colonic irrigation, Carmen also offers clients nutritional supplements as a means of preparation for bowel cleansing. "As part of my client services, I use the most nutritious super green food and people love it," she says. "I eat this perfect food myself every day." When taken as a supplement to one's diet, two tablespoonsful of the super green food is the equivalent of up to 10 servings of vegetables, including certified organic greens, grains and seeds plus probiotic live foods, more than 90 antioxidants, and over 20 minerals and vitamins. It provides the omega 3, 6, 9, and essential fatty acids.

The super green food complex that I recommend is called Perfect Food™ by its manufacturer/distributor, Garden of Life, Palm Beach Gardens, Florida," advises the colon hydrotherapist. "And my observation is that Perfect Food™ is best when shaken with water or mixed into a smoothie is

superb as a drinkable antidote for almost any form of intestinal malabsorption. I advise putting two tablespoons of the green powder into 6 ounces of fresh-made carrot juice and drinking this for optimal nutrition. In fact, if someone needs to be more economical, just one tablespoonful of the green supplement will provide that person with the equivalent of five servings of vegetables and one serving of brown rice," states Carmen Howard. "I know that this type of excellent nourishment helps to repair the body by giving it whole food that's readily available for absorption.

"Having a client ingest Perfect Food™ regularly makes my job as a colon hydrotherapist easier because less preparation time is required to get that person ready to receive colonic treatment. I consider Perfect Food™ to be the finest possible fast-food for ongoing health maintenance. It acts adjunctionally

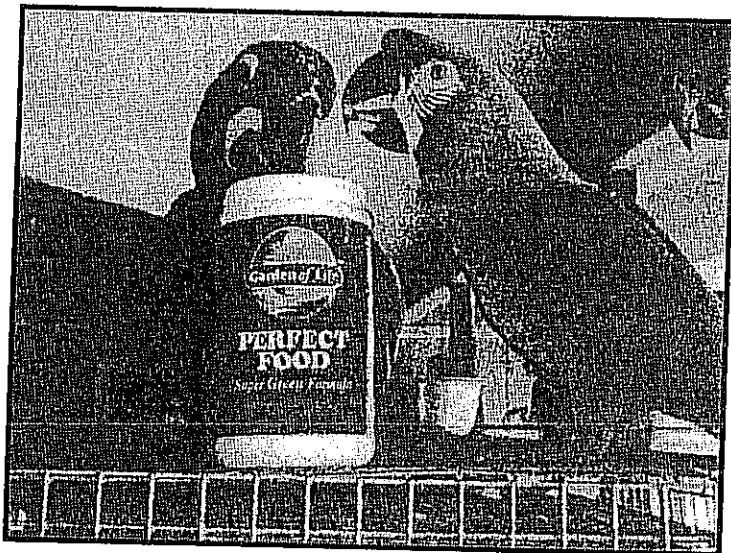
by causing bowel function to be easier and more regular," affirms Mrs. Howard. "From such good functioning, skin troubles such as psoriasis, acne, dermatitis, etc. all get better.

"I am an animal lover and choose to feed my German shepherds Perfect Food™ for the nutritional excellence of its formulation. My dogs are happy, healthy, and beautiful show animals as a result. I think that Perfect Food™ is the perfect food for pets exactly as it is for humans.

"I've analyzed the cost breakdown of Perfect Food™ as a nutritional agent and have figured out that a heaping tablespoonful costs less than the price of a small bag of corn chips and a can of soda pop per day – somewhat less than 89 cents – and for this small expenditure of money, each consumer gets the perfect food," states Carmen Howard.

### Naturopaths Stupka & Stupka Love Perfect Food™

"Iris Roswell, a 51-year-old social worker, visited our office in December 2000 suffering from many health troubles, among which were severe maldigestion of fats, excessive weight, sinusitis, confusion, insomnia, and perimenopausal difficulties. Ms. Roswell's circulatory, lymphatic, and elimination systems were dysfunctional. Her spleen and thymus were ineffective in their operation. She showed definite signs of yeast and bacterial infections, and there was some compromise in her bone structure. Also, this patient's pH was too alkaline," describes Terry Morse-Stupka, ND, who is married to Mark Stupka, ND. The team of Stupka and Stupka practice together as naturopathic doctors at their Center for Natural Healing in Baton Rouge, Louisiana.



Photograph 1. Depicted are two parrots taking nourishment by eating from the jar of Perfect Food™. Parrots require greens in their diet, and Perfect Food™ is the perfect way to offer green food to animals as well as to humans.

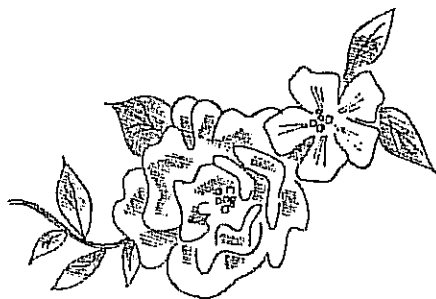
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► "A hair test sample that we took of Ms. Roswell was evaluated by the Analytical Research Laboratory of Phoenix, Arizona, and it indicated that her sodium-potassium (Na-K) ratio remained out of balance at 1.56. A normal reading would have been 2.5 in favor of sodium for expediting the Na-K pump effect at the human cellular level. The patient's disproportionate Na-K ratio occurred from chronic and long term stressors affecting her body," Dr. Morse-Stupka says. "Her adrenal glands were operating 43 times faster than normal, and her thyroid was functioning at only 3% of what it should be. From reading her laboratory tests and observing the clinical symptoms she displayed, it became obvious that Ms. Roswell was in true physiological distress.

"Before treatment, this patient was a very fast metabolizer so that her metabolism was out of control, in a catabolic state which resulted in consumption of her own tissues. She was going downhill fast," reports Dr. Morse-Stupka. "My husband and I considered nutritional restoration to be vital for the woman so we dispensed Perfect Food™ to her, and it worked beautifully. She gained energy, lost ten pounds quickly (she declared, 'I feel lighter'), found fat digestion improving, experienced brain clarity, and her metabolism normalized as did her laboratory tests.

"Two months after our patient underwent her initial hair mineral analysis, when we first started her on Perfect Food™, a new hair test was done. It shows that the green product is improving her laboratory numbers and bringing them back to normal levels," states Dr. Morse-Stupka. "We saw an increase in her calcium and magnesium, and these are the two calming minerals which are bringing down Ms. Roswell's metabolism from functioning overly fast to much lower readings. Three trace minerals, cobalt, selenium, and lithium, had been exceedingly low, but they are now raised considerably. In contrast, the toxic metal nickel, which was poisoning Iris Roswell at 0.58, is now reduced to near-normal at 0.11. The most homeostatic reading for nickel should be 0.10. Our patient is very close to that norm.

"Something else that happened to Ms. Roswell from taking Perfect Food™ is that her metabolism of simple and complex carbohydrates increased greatly. The normal sugar metabolism ratio for such carbohydrates is 6.67, but her ratio had been elevated at 11.33; now it's fallen to 9.25," the naturopath points out. "And this patient's hormones are more balanced today. While earlier she was too low with a hormone ratio at 5.58, currently Ms. Roswell's hormones stand at 7.33. The correct hormone ratio to maintain balance is 8.0. Finally, our patient's sodium-potassium level has increased from 1.56 to 1.71; her cellular metabolism has been enhanced significantly by the regular daily intake of Perfect Food™.



"Iris Roswell is just one example of what we've found with this super green food. From our experience, Mark and I know that using it tends to eliminate the need for individual supplemental vitamins and minerals. At some point during their treatment programs we get all of our patients consuming Perfect Food™. There is no question that every person requires more fruits and vegetables in their diets, and this product is so far above any other marketed green supplement that nothing else sold is able to compete with its quality and quantity of nutrition, with the excellent enzymes, probiotics, and live foods that it contains. There isn't anything else on the market like Perfect Food™."

### Ron Wedemeyer, DC, Can't Keep Perfect Food™ in Stock

"I have been dispensing Perfect Food™ for over three years, and I can't keep it in stock. My patients love its nutritional content and what drinking the stuff does for them," says Ronald Wedemeyer, DC, of Bakersfield, California. "It's the most popular nutritional supplement that I dispense from my office. It sells quickly because people no longer need to swallow fractionated nutrient pills. All the nutrients are at hand in one serving of Perfect Food™. I personally take a double dose of it every day as does my family.

"My patient, a 35-year-old single mother named Simone Mauser who worked as a public school teacher consulted me because of four particular health problems. Simone was overly thin and could not gain weight; she experienced severe digestive imbalances from diverticulitis; she was troubled by allergies; and she had been trying to nurse her new baby but milk would not come. I started this patient on Perfect Food™ two years ago," explains Dr. Wedemeyer, "and since then weight came back; allergies left her; she produced abundant breast milk and still nurses her baby; and she has remained in remarkably good health – not even coming down with a cold. Simone Mauser has become one of my most active spokespersons for Perfect Food™.

"I have purchasers of the green powder whom I don't ever see. They buy it by mailorder. I love Perfect Food™ because it simplifies the patients' nutrient programs. They don't ever need multiple bottles of pills but only this single container of this true super food," says Dr. Ron Wedemeyer.

### The Nutritional Components in Perfect Food™

When compared with other green food products, Garden of Life's Perfect Food™, is found to contain up to three times the active ingredients. It is easily assimilated and uses no fillers such as lecithin, apple fiber, maltodextrin, and flax seed meal. Whereas other green food products may contain up to 35% of these filler ingredients, the Garden of Life product provides unparalleled nourishment. Ingredients such as lecithin are in no way harmful to the body, but such components provide less nutrition than green juices and vegetables. Perfect Food™ contains 85% green foods by weight which is the highest quantity found in any product of its kind.

The content of Perfect Food™ consists of the following ingredients:

**Cereal Grass Juices:** Juices squeezed from cereal grasses include Kamut, Barley, Oat, Wheat, and Alfalfa. Cereal grass juices are useful for detoxifying, healing, and alkalizing the body. The product's juices are made from certified organic grasses which are dried below 88°F as a method of preserving their enzymatic activity. These grass juices are powerful

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sources of vitamins, minerals, enzymes, amino acids, chlorophyll, and antioxidants.

**Phytoplanktons:** Nutrient-dense algae are the phytoplanktons numbered among the Perfect Food™ components. They include Spirulina, Chlorella, and Dunaliella.

**Spirulina** has been used by hundreds of thousands of people for nearly a century to ameliorate the symptoms of hypoglycemia, diabetes, anemia, malnutrition, and fatigue. **Phycocyanin**, the bluegreen pigment present in Spirulina, has been found to enhance immune system function, protect against cancer, and possibly aid in the treatment of viral disorders. The Spirulina contained in Perfect Food™ is predigested through lactofermentation so as to greatly increase its bioavailability.

**Chlorella** is proven to be beneficial in protecting the body against harmful radiation. Chlorella is also known to remove harmful substances from the body including heavy metals, PCBs, and other toxins. Chlorella is quite high in antioxidants, particularly the carotenoids.

Kelp, Dulse, and other sea vegetables are among the world's richest sources of minerals, and they are part of the Perfect Food™ formulation.

**Vegetable Juices:** Incorporated in this green superfood are a wide variety of vegetable juices including Carrot, Beet, Tomato, Sweet Potato, Broccoli, Kale, Cabbage, Cauliflower, Brussels Sprouts, Parsley, Spinach, Asparagus, Celery, Cucumber, Green Pepper, Garlic, Ginger, and Onion. Vegetables such as these are nature's richest sources of disease-fighting phytochemicals.

**Acerola Cherry:** As nature's most concentrated supply of vitamin C, acerola cherry furnishes this crucial vitamin as a premier antioxidant. It is important as an everpresent booster of the immune system.

**Seeds, Legumes, and Grains:** As powerful containers for nutrients of growth and energy, the seeds, legumes, and grains in Perfect Food™ have no equal among any other green superfood.

Seeds provide the energy required to form entire plants trapped inside their tiny shells. Due to their enzymatic inhibitors, seeds are difficult to digest for many people. And some legumes such as soy are not only practically undigestible but may even be harmful when consumed in their whole form. Because of this difficulty in assimilation, all of the grains, seeds, and legumes contained in Perfect Food™ are predigested in order to neutralize their enzyme inhibitors and antinutrients. Gluten is one of these antinutrients, but it has been counteracted upon by the green food's predigestion process.

The process of fermentation utilized brings out the valuable nutrients, such as vitamins B and E as well as the essential fatty acids, contained in seeds. As part of the fermentation process, raw seeds, grains, and legumes are soaked whole, germinated, and predigested through lactofermentation from 25 to forty days. Such a form of fermentation is the process known as Poten-Zyme™. It breaks down the nutrients into their most basic elements allowing almost total absorption through the digestive tract. Some of the seeds contained in Perfect Food™ include Flax, Sesame, Sunflower, Pumpkin, Chia, Garbanzo Beans, Adzuki Beans, Lentils, Millet, and Buckwheat. The seeds and grains contained in Perfect Food™ are gluten-free.

What you *won't* find in Perfect Food™ are sugars, non-foods, herbs that may be harmful or ineffective if taken daily,

the above-mentioned inexpensive filler ingredients like lecithin or fibers, and no added vitamin or mineral isolates.

Perfect Food™ is a superb supplement for diabetics. It has been awarded the "seal of approval" by the Diabetes Resource Center as a safe and beneficial food for diabetic consumption.

### The Poten-Zyme™ Process of Lactofermentation

Predigestion of the nutrient-rich superfoods contained in Perfect Food™ is accomplished by use of the proprietary Poten-Zyme™ process. This is an ancient method of biofermentation which incorporates beneficial microorganisms (probiotics) and their enzymes into the foods to gently break them down into their most basic elements.

Poten-Zyme™ neutralizes nutrient inhibitors often found in foods such as grains, seeds and legumes. Many people with sensitive digestive systems have a difficult time obtaining nutrition from these hard-to-digest foods. Poten-Zyme™ solves their problem. It creates and liberates valuable compounds within the foods including enzymes, antioxidants, beta glucans, phytosterols, and many others. Moreover Poten-Zyme™ enhances the nutritional value of a food while making it much easier to digest. This assures the consumer of Perfect Food™ more complete absorption and delivery of nutrients at the cellular level.

Some of the longest living and healthiest people in history have relied on fermented foods. These long-lived people habitually ate yogurt, kefir, miso, and sauerkraut to supply themselves with good nutrition and to aid in their digestive process. Health wisdom of the ancients is contained in Perfect Food™. Yet it is a form of fast food for the future.

Unlike other products, the probiotics and enzymes contained in this green, superfood are created by the Poten-Zyme™ process, and are made a part of the foods themselves. In summary, Perfect Food™ provides probiotics, enzymes, and phytonutrients in one whole food package. Whereas other super foods isolate necessary nutritional components, Perfect Food™ completes the whole food formula.

### The Two Perfect Food™ Delivery Systems

Available in two easy-to-use forms, as green powder and UltraZorbe™ caplets, Perfect Food™ supplies us with elevated dosages of necessary nutrients. If you are a person who is always traveling for business or pleasure or if you just don't care for the taste of greens, Perfect Food™ caplets offer the most handy means of ingestion. The revolutionary Poten-Zyme™ process gives you the full benefits of this green superfood when just one serving of five UltraZorbe™ caplets are swallowed. And this dosage is the nutritional equivalent of one serving (two tablespoonsful) of Perfect Food™ powder.

UltraZorbe™ caplets utilize a proprietary technology which requires no heat and fully preserves the delicate enzymes and probiotics contained in the product. UltraZorbe( caplets are designed to provide rapid disintegration and dissolution to completely deliver the nutrients in a timely fashion.

### A South African Physician Uses Perfect Food™

"I have been recommending the daily drinking of Perfect Food™ to my patients for over two-and-a-half years. After my switch from mainline medicine to holistic medicine about four



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years ago, for over a year I searched the market for the best in daily nutrition. Perfect Food™ best fits that description. I'm not only a medical doctor but also hold a doctorate in biochemistry," says Peter Cloete, MD, PhD, who practices family medicine at his Center for Biomolecular Medicine in George, a town located in western South Africa.

"Although the patient's clinical picture determines my treatment, I do use this green food product for almost every patient. It's just good nutritional medicine, especially for relieving any type of gut pathology such as poor absorption or irritable bowel. Perfect Food™ works wonders for almost all of those kinds of gastrointestinal tract problems. If a patient has gut absorption trouble, it just makes sense to give him or her the finest available food to eat and assimilate. This product does not demand a well-functioning digestive system to support the body because the super green drink is absorbed so readily and well. With use, the patient's digestion will improve," says Dr. Cloete. "It works especially well on younger children – babies and toddlers – who are affected by antibiotics often prescribed for otitis media and other childhood diseases. By adding the Perfect Food™ to the patients' diets, the doctor will see an improvement in their wellbeing.

"I can describe the medical history of one baby who at two-and-a-half years old was chronically ill from birth and appeared white or sallow-colored all the time. She had no energy, acted lethargic, cried constantly, suffered from otitis media, had chronic bronchitis, spiked fevers that came on for no apparent reason, and required the need for pediatrician attention every week. Infections attacked her body, and antibiotics had become an integral part of the child's daily routine," Dr. Cloete explains. "When I took over this baby's care, Perfect Food™ was among my first and most important prescriptions for her. Now, after six months on the super green drink, she has not required medical attention more than once. About three months ago, I was called when the mother brought her baby into me for a general checkup and progress report.

"I reduced the large amount of carbohydrates the baby was being fed and got Perfect Food™ into her diet on a daily basis. That one action did the trick in just a couple of weeks; today that baby is fine," confirms Dr. Cloete.

"Patients who feel miserable from Crohn's disease and colitis respond exceedingly well to Perfect Food™. I treat an awful lot of people with bowel disorders, and the green drink is the specific medicine for them."

### Ob/Gyn Noelle Nielsen, MD, Offers a Case Report

"I am an Ob/Gyn who has prescribed Perfect Food™ to women requiring improved nutrition," says Noelle Nielsen, MD, of Saratoga Springs, New York. "For one of my patients, a registered nurse age 25, the recommendation to drink this super green food was mandatory for her six-months' breast feeding. Because she was suffering from excessive weight gain during her pregnancy along with chronic fatigue, the new mother needed this extra boost to her menu plan. Positive effects kicked in by the end of a week. She found more energy, and a 25-pound weight loss occurred over a couple of months. She returned to her prepregnancy weight, and generally felt restored. Both my patient and I attribute this excellent effect to her taking Perfect Food™.

"I drink Perfect Food™ myself as do my two sons, and we make taking it a routine part of our daily nutrition intake. I drink the green powder everyday in eight ounces of water and find that it tastes okay. Often I take a second drink in the afternoon as a pickup," says Dr. Nielsen. "Just recently it was revealed to me that Perfect Food™ mixes well with the high protein goat's milk drink, Goatein™, so now I combine them as a more complete nutritional beverage. For me, the two food items have taken the place of popping vitamin/mineral supplements. I no longer take supplements but only utilize Perfect Food™ with Goatein™. All the nutrition that I need is right there."

### Auras Expand Upon Drinking Perfect Food™

From Pesuque, a northern suburb of Santa Fe, New Mexico, nutritionist and aromatherapist Bonnicia Youst tested the expansion of clients' auras after they consumed Perfect Food™. Ms. Youst tested 25 of her clients to monitor their auras before and after they drank Perfect Food™. Depending upon the health of an individual, the normal aura extends out from their body from three inches to two feet.<sup>4</sup>

"Because this green powdered suspension supplies such marvelous nutrition, it makes sense to me that taking Perfect Food™ will expand a person's physical aura. So I did an experiment by measuring the aura of 25 people with my dowsing rods before and after they drank the green powder mixed in liquid. In every case each person's aura expanded by three times or four times. For example, a very ill woman showed a three-inch aura but one minute after she drank Perfect Food™ it jumped to nine inches. For a very healthy man with a usual foot-wide aura, I found that it increased outward to four feet after his ingestion of Perfect Food™.

"My very sensitive dowsing rods (consisting of two L-shaped metal wire rods joined by a wooden handle) swing outward as their ends approach the person's aura rays. The dowser must steady the rods, walk toward the person being tested, and ask or pray for a reaction," says Ms. Youst. "As the rods hit the person's energy field at the edge of vibrating rays, they react by opening and slowly swinging out. The amount of open extension indicates how expanded is the aura. The aura measurement is taken between the end of the open rods and the client's chest. In each of these 25 people tested, drinking Perfect Food™ brought about aura expansion, which indicates that greater vitality had been made available to the testee."

### Resource

For more information about Perfect Food™ or to learn the location of the nearest Perfect Food™ supplier, contact the manufacturer, Garden of Life, Inc., 15419 69th Drive North, Palm Beach Gardens, Florida 33418 USA; 800-575-5488; Website: [gardenoflifeusa.com](http://gardenoflifeusa.com)

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