



# The Renegade Health Mail

Together we can change the health of the world... one show at a time!

## SO MANY GREEN POWDERS, Which One Do I Choose?

When I first got into green powders, I started taking one that I bought from Trader Joe's...

At that time, it was really all my budget could afford and I didn't really know that all green powders were NOT created equal.

It wasn't before long that I realized there were 100's of different green powder supplements and each had it's own different personality. Some were high quality, some were not. Some tasted good, some tasted like pond scum. Some had everything in one, others had just a few ingredients...

So I did my own research to see who was producing the highest quality and also tried many of them to find out what worked with my body.

There are a few that I recommend these days that I feel really strongly about, and I'll explain two of them here.

### Vitamineral Green

The Gold Standard



I've known Vitamineral Green formulator Dr. Jameth Sheridan for at least 4 years now and can say firsthand that he is passionate about his product and his credibility.

And his credibility in the industry is solid.

Ann and I were speaking to a Naturopath who also works at Pharmaca in Boulder, CO last year and I asked him what the best selling products were. He pointed out a few with little enthusiasm, but then got a glimmer in his eye and told us to follow him and he'll show us his personal favorite.

Where did he bring us?

Right to Vitamineral Green.

I giggled and told him I knew Jameth and we talked for a while about high quality standards and the Health Force (the company that Dr. Sheridan owns that creates Vitamineral Green) reputation in the industry. (Yes, this is the kind of geek stuff we like to talk about...)

Jameth strives to make the highest quality products and I believe that he does. He's told me stories of refusing shipments of ingredients because of poor quality standards and contamination which shows me his commitment to the health of his customers. Also from a business standpoint, he's done his best to keep his products as priced as fairly as possible. The inclusion of high quality ingredients raises the price of a product, which Jameth has worked to educate consumers of the true cost of goods. If you want cheap, you certainly can buy it, but there are risks involved. You truly do have to beware of those products that promise all the good stuff, but are \$19.95 at your local health food store. Some of these products are sourced from China, where regulation standards are as solid as a tray of Jello.



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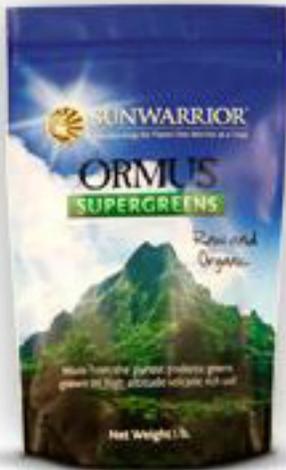
Vitamineral Green is like a full bouquet of whole food nutrients, that can nourish and feed your body as a supplement to your regular, healthy diet. You can add it to water, smoothies or even recipes.

Some people have asked me, "can you just live on Vitamineral Green?"

The answer, of course, is no. But, you can use it as a power supplement and insurance policy that you get high quality nutrients on a daily basis.

## ORMUS SUPERGREENS

*The New Kid on the Block*



- Raw & Organic**
- Non-GMO**
- Gluten-Free**
- 100% Organic**
- 100% Delicious!**

Just recently Sunwarrior, the same guys who brought you bio-fermented rice protein, came out with a new product called Ormus Greens. This is a bio-fermented cereal grass product that contains wheatgrass, barley grass and oat grass - plus some stevia and peppermint for taste.

***I love this product because it tastes great!***

This is the ultimate transition product for those who can't stomach a big old glass of green stuff, but want to take something that is green and good for them.

Nick, Brent and Denley at Sunwarrior are committed to providing healthy options at high quality and with

this product they do just that. This product is sourced from the rich volcanic soils of Utah. (Yes, there are volcanic soils there... I was shocked when I saw them last year, too!)

This product, while simpler in ingredients, makes up for some of the difference in the bio-availability of the nutrients. The ingredients in the product have been fermented by healthy bacteria to help release and break down the fibers and compounds in the food for better availability. Another way to put this is "pre-digested," but of course, no one would want to read that on a label, even though the process of bio-fermentation is just that - predigested grasses for maximum availability.

This is a big plus in a day and age when most people are suffering from serious digestive issues like poor gut flora, low HCL, insulin sensitivity and more.

### What's the Difference Between the Two?

So here's the big question...

How do you know which green powder supplement is for you?

Let me spell it out for you here. Keep in mind, I like both of these products for different reasons, but I want to tell you what I'd tell a close friend about the differences between the two.

### Taste

In this category, Ormus Greens definitely is the best tasting.

It has a sweet, minty flavor that is refreshing and easy on your taste buds. We did a video a few months back with two of our Renegade Health team members and they both thought the Ormus Greens was better tasting than the Vitamineral Green.

The Vitamineral Green is not formulated to taste good. It is formulated for maximum nutrition. So in this category, it takes second place.



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Chances are you're going to just put these in a smoothie anyway, so this may be a moot point, but for those who are really sensitive to taste - like kids, parents, friends - Ormus Greens is hands down the best choice.

So in terms of taste, Vitamineral Green is for the most serious, choke-it-down-'cause-it's-good-for-you types.

If you're more of a dabbler or someone like my mom who needs to have something taste good in order to take it all the time, then Ormus Greens is your answer.

## NUTRITIONAL PROFILE

Vitamineral Green is definitely much more advanced when it comes to its nutritional content. The reason why is that there are just more ingredients.

Vitamineral Green includes seaweeds, probiotics, enzymes, grasses and vegetables. Ormus Greens includes the cereal grasses, stevia, and peppermint. That is it.

There's something to be said about simplicity, and at the same time, there's a lot to be said about having a power-packed blend of pure nutrition.

They're both great, Vitamineral Green just has much wider nutritional profile.

### Detoxification

Ormus Greens contains mainly these cereal grasses: wheatgrass, barley grass and oat grass (there's no gluten in any of these). These grasses contain high levels of chlorophyll which is a blood cleanser. High amounts of chlorophyll can help the body detoxify itself for optimal functioning at the cellular level.

Vitamineral Green contains these grasses as well, but at lower concentrations, so there's chlorophyll there as well, just not in the same form. The addition of chlorella to Vitamineral Green, which is an incredible

blue green algae that has high amounts of chlorophyll, makes up for some of the lost chlorophyll from the cereal grasses. Chlorella has also been shown in many studies to remove toxins from the body.

Vitamineral Green may edge out Ormus Greens in this category because of the chlorella, but this is by no means a scientific analysis... just based on my knowledge of how powerful chlorella is.

### Quality

Both these products have high standards of quality, so take your pick in this category!

### Other Notes

For those who are interested in the acid / alkaline balance, it's important to note that Vitamineral Green does contain spirulina and chlorella which are both high protein containing blue green algae. These, while incredibly healthy, tend to be a little more acidic. The Ormus Greens does contain a little Stevia, which some consider slightly acid forming as well.

While I don't have any scientific data on the acid / alkaline increases or decreases using these products, I cannot make a definitive statement about them. What I can say is that I'd look to bigger aspects of your diet first to adjust acid / alkaline balance before I target your green powder!

Also, those who can be sensitive to foods may want to start with the Ormus Greens simply because there are less ingredients. Sometimes you can take an all-in-one product and if you have an allergy to one ingredient, you could drive yourself crazy figuring out what it is. With less ingredients, you're less likely to have sensitivity issues.



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## Who's it for?

To wrap it up, the choice is yours.

If you're a seasoned pro and don't have many sensitivities, Vitamineral Green is the way to go.

If you're on the fence about taste and just want something simpler, then Ormus Greens might be a better choice for you.

The most important thing is that you use one of them! When I was rebuilding my mineral levels, green powders were one of the 5 essential tools that I used.

Which one of those 5 tools worked best? I can't say, but my mineral levels are back to normal, so the combination worked! In the rest of this Newsletter, Annmarie has included a delicious smoothie recipe using the Ormus Greens and I've added some information on more great Sunwarrior and Health Force products.

Enjoy and make sure you put a green powder into your protocol today!

Live Awesome!  
Kev

## Chocolate Peppermint Milkshake

- 1 cup seed milk (soak 1/2 sunflower seeds for 20 minutes, rinse well and blend with 1 cup of water, strain through nutmilk bag)
- 1 tbsp cacao powder
- 1 tbsp Ormus Greens
- 1 tsp of honey
- 1 pinch of vanilla

*Enjoy, but don't over do it!*

*\*These statements have not been evaluated by the Food and Drug Administration. These product is not intended to diagnose, treat, cure, or prevent any disease.*

## Healthforce Nutritionals Vitamineral Green v. 4.8 (300 g)

**\$39<sup>95</sup>**

Nutritionally supports blood sugar, detoxification, the immune system, liver, kidneys, blood, bones, colon, regularity, circulation and longevity\*



Also available in 150g and 500g.

## ORMUS SUPERGREENS

**\$99<sup>95</sup>** Buy 2 One Pound Bags, Get 2 Sunwarrior Protein Vanilla Packets **FREE!**



**\$5 off**

Smoothie Recipes for Optimum Health (Softcover)



Use Coupon Code **FUN5OFF**

Exp. 6/30/2010

Cannot be combined with another coupon or promotion.

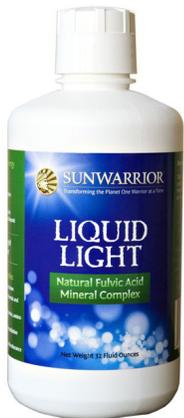


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**\$29<sup>95</sup>**

## Sun Warrior LIQUID LIGHT



Natural Fulvic Acid Mineral Complex (32 fl. oz)

- An electrolyte produced by nature
- Over 72 complexed trace minerals and elements
- Improved absorption of vitamins, amino acids and other nutrients
- A natural mechanism for remediation of toxins and pollutants
- A natural boost to energy and endurance

## Healthforce Nutritionals Warrior Food

The Ultimate Protein Powder

**\$19<sup>95</sup>**

**Plain**  
(250g)



**\$24<sup>95</sup>**

**Vanilla**  
(250g)



**\$55<sup>00</sup>**

## ReVitaPhi Alkalizing Beauty Blend (10 oz)



A divinely inspired blend of the most Alkalizing Greens and Adaptogenic Herbs in one Power Packed Powdered Formula!

## Sunwarrior Protein Powder

**Discover Sunwarrior Protein The Only Living Protein!**

100% Raw Vegan, 85% Pure Protein  
\*Complete Amino Acid Profile  
Hypoallergenic, Non-GMO, Gluten Free

**\$48<sup>95</sup>**

**Chocolate**  
(2.2lb)



**\$48<sup>95</sup>**

**Vanilla**  
(2.2lb)



**\$14<sup>29</sup>**

## Healthforce Nutritionals Truly Natural Vitamin C (170 g)



Truly Natural Vitamin C™ contains naturally occurring Vitamin C in a powdered form.

Also available in 500g.