



The Miraculous Benefits of Non Denatured Whey Protein Powder from Grass Fed Cows

Unheated Grass Fed Whey Protein Powder: The Secret to Unlocking the Door to Your Personal Health Freedom

Detoxification is at the heart of healing. Most all-chronic degenerative disease has at its roots toxicity. Resurrecting the body's production of glutathione is a dynamic key to cellular and whole body detoxification. Using Unheated Whey Protein Powder delivers high amounts of the key amino acids glutamyl-cysteine. Glutamyl-cysteine is converted by [glutathione synthetase](#) into glutathione. Once the cells receive this rate limiting amino acid cysteine and it combines with the abundantly available glutamic acid and glycine, intracellular glutathione is made. Glutathione then goes to work to eliminate mercury, heavy metals and virtually all toxins. Glutathione neutralizes free radicals, thereby stopping cell damage, thereby helping you to look and feel younger. Glutathione also helps increase endurance for your mind and muscles. The optimal level of intracellular glutathione is 10%. That is 10% of the intracellular protein contents of over 75 trillion cells, when in an optimally healthy state is Glutathione, which is a very large amount. With Unheated whey protein powder, you supply your body with the highest dietary source of the building blocks for glutathione production. The results are simply amazing.

Of all the whey protein powder products on the market, all of them have been heated. Heat is the very thing that unfolds proteins, and bends and twists amino acids into shapes the body cannot use. This is called denaturing, or simply damaged amino acids. To preserve liquid whey's protein and amino acid integrity it must be dried without any heat. Unheated whey protein powder is a true gift of nature.

The magical properties of Whey are not so much in the liquid but in the ability of the amino acids to fuel repair and of the amino acid cysteine to fuel the production of glutathione. It is the awesome detoxification power of glutathione that gives unheated Grass Fed Whey Protein Powder its powers. Properly prepared whey is a superfood and deserves front stage attention by all people wanting to create or maintain health in our very toxic world.

Since the human body is 75% protein by dry weight, the dominant nutrient needed to support repair and maintenance is amino acids. According to studies done by the Max Plank institute normal cooking destroys 50% or more of the amino acids that make up all proteins. Damaged amino acids, increases the need for white blood cells and enzymes to break down and eliminate these toxic substances and to deal with any excess acidity or inflammation these toxic substances create. Since enzymes, antioxidants and white blood cells are made from amino acids, this increases our need for a generous supply of useable amino acids. The most easily digested and quickest way to raise amino acid levels in the blood is with unheated, undamaged whey protein

powder. Thus, the number one protein to supplement your diet with is whey for the creation or maintenance of health.

Can Heated Milk Create Disease and Shorten Your Life Span?

In a famous 10 year study on 900 cats conducted by Francis Pottenger MD, he showed that cats fed raw milk and raw meat from grass fed animals thrived free of disease from generation to generation. Those cats fed raw milk from cows consuming dry feed as opposed to fresh pasture or who consumed pasteurized milk with cooked meat delivered deficient kittens and had trouble nursing. More detailed studies showed that the lifespan of all cats that consumed one-third raw meat plus pasteurized or cooked milk products, which included Condensed Milk, Evaporated Milk and Metabolized Vitamin D Milk, all had their life spans shortened dramatically. For example 3 male cats began consuming Condensed Milk at ages 9 & ½ months, 7 & ½ months and 7 & ½ months, the length of life after the experiment was in the same order as above, 8 months, 3 months and 8 months. In another group of Male cats that began to be fed Pasteurized Milk at ages 9 & ½ months, 7 & ½ months and 7 & ½ months; the length of life after the experiment began was 8 months, 2 months and 8 months. In another experiment with three cats fed Metabolized Vitamin D Milk, with the starting ages the same as the last example, the length of life after starting to consume Vitamin D fortified and Pasteurized Milk was even shorter. The length of life of the 3 cats was 1 month 22 days, 1 month 16 days and 1 month 11 days.

Feed of the Cow Determines the Quality of the Milk

Variations in other diets on other cats showed that if raw meat were used in the diet it would compensate to produce a healthier animal. Or if cooked meat was given but the diet was complemented with raw milk from cows grazing on fresh live pasture, then the cats had good health. Interestingly, if the cows were raised on dry feed consisting of molasses, cottonseed meal, beet pulp, orange pulp, grape pulp and other industrial by-products, plus field dried alfalfa and grain, then they had inferior adrenal gland development. Their milk also was inferior, and even in its raw state produced similar deficiencies as those cats fed pasteurized milk.¹

¹ Pottenger's Cats, By Francis M. Pottenger Jr., M.D. **[Super Cow vs. Deficient Cow](#)**

If you'd like to see the vast difference in the development of two cows, one fed pasteurized milk and the other fed raw, go to: www.thebovine.wordpress.com/2010/06/04/the-tale-of-two-calves-one-calf-got-raw-milk-the-other-pasteurized

For Hundreds of Years Fresh Liquid Whey Was Used In Europe to Cure the Ill and for General Health Improvement

Whey all by itself has been used in clinics in Europe for centuries to cure people of disease. In the book “The Whey Prescription, The Healing Miracle in Milk” we learn that in 1749 one person in Zurich, Switzerland was sick and doctors gave him little time to live. He traveled to a mountain village called Gais, where he drank fresh raw whey on a daily basis and was healed of his affliction.

News soon spread of this man’s miraculous healing and numerous people with illnesses flooded to Gais to drink fresh raw whey. A health spa was soon created in this tiny village. The opening of more than 160 others in Switzerland, Austria, and Germany followed it. These spas were most active in the middle of the eighteenth century and throughout the nineteenth century. The renowned benefits of the whey cure brought emperors, princes and aristocrats from all of Europe to take the cure in these spas, to be healed of their ailments or simply to improve their general health.

Centuries Ago Doctors Knew of Whey’s Ability to Heal the Body

Whey’s curative properties had been known for century’s prior. Hippocrates (466-377 BC), the father of medicine, recommended whey to his patients. Following him, Galen (131-200 AD), another founding father of medicine, advised his patients about the whey cure. For a time he even directed a treatment center in Italy.

Whey was recommended by Thomas Sydenham (1624-89) aka the “English Hippocrates,” who especially recommended whey for the treatment of gout; Hermann Boerhaave (1668-1738), the famous Dutch physician whose methods of clinical instruction were used throughout Europe; Victor Albrecht von Haller (1708-77), the Swiss biologist, considered the father of neurology, who discovered the function of bile; Christoph Wilhelm Hufeland (1762-1836), the German physician who taught how to prolong life by adopting a healthier way of living; and Samuel August Tissot (1728-97), of Switzerland, remembered for his studies on migraines, which laid the foundation for future research by generations of doctors.¹

Known Healing Benefits of Whey

Fresh liquid whey’s therapeutic success boasts an impressive track record; helping people with liver insufficiency, hepatitis, gallstones, kidney infections, kidney stones, edema, intestinal fermentation, flatulence, constipation, indigestion, bloating, rheumatism, arthritis, osteoarthritis, gout, high cholesterol, high blood pressure and heart attacks. Whey is also very effective against excess weight, acne, eczema, and for improving general health and well-being.

Fresh Liquid Whey’s Short Life Span Before It Becomes Toxic

The only reason that unheated liquid whey's popularity has declined is that its benefits occurred for only short time windows. Fresh whey is rich in lactose that beneficial bacteria convert into L+ Lactic acid, an acid that feeds the intestinal lining and muscles of the body for energy production. Excess amounts cause muscle soreness. The body can enzymatically process and utilize L+ Lactic acid with great benefit, but D- lactic acid it cannot. Too much D- lactic acid can lead to over acidification. The World Health Organization cautions against consuming more than 100 milligrams of D- lactic acid per 2.2 pounds of body weight a day. As fresh whey sits, the L+ Lactic acid converts into D- lactic acid and puts one at risk of over acidification. **This is another benefit of Unheated Whey protein powder; you get to avoid the D- lactic acid.**

Whey Is the Premier Source of Muscle Building Branch Chain Amino Acids

Whole raw milk is a tremendous health food for many. But for some, the casein portion of the milk protein is incompletely digested and this causes mucus production and may contribute to constipation. The whey portion is more easily digested. Studies show whey protein powder will empty the stomach quicker and raise blood amino acid levels better than casein protein powder. Whey also has higher levels of valine, leucine, and isoleucine, also known as the branched chain amino acids (BCAA) that feed and build muscle tissue. Approximately one third of muscle tissue is composed of branched chain amino acids. The body requires higher amounts of branched chain amino acids during and following exercise, as they are taken up directly by the skeletal muscles, versus first being metabolized through the liver, like other amino acids. Low BCAA levels contribute to fatigue, and they should be replaced in one-hour or less following exercise or participation in a competitive event. ¹

With frequent repeated ingestion of whey protein powder it is possible to keep a sustained optimal blood amino acid level, resulting in optimal protein synthesis throughout the whole body for prolonged periods of time.

Fresh Liquid Whey vs. Dry Powdered Whey

I used to think that fresh liquid whey would be the only way to truly benefit from its healing properties. Now however, after personal and client observation, I'm convinced that the Unheated Whey Protein Powder from fresh grass pastured cows is a miraculous health food and is superior to the fresh liquid; this due to the concentrated nature of the powder over the liquid. What I've felt and observed is that the benefits are primarily linked to the undamaged proteins and their ease of digestibility.

Very often people in a compromised state of health also have a compromised digestive tract. They lack sufficient HCL (hydrochloric acid) and Pepsin production for the proper first phase of protein digestion in the stomach. They lack pancreatic enzyme production. They lack optimal beneficial bacteria populations' in their intestines that would produce some of the digestive enzymes to further breakdown of proteins. They have inflammation on the intestinal lining and that very likely inhibits the production of Enteropeptidase needed to activate trypsinogen into trypsin. So the actual ability to digest proteins into amino acids is severely compromised in many people.

Longer protein structures like muscle fibers of flesh proteins do not have time to break down enough for optimal amino acid absorption. Vegetarian proteins being bound to cellulose and the human gut, having little to no cellulase enzyme production to break down cellulose, are even more difficult to derive amino acids from. Unheated whey protein offers an extremely digestible protein, insuring that people with compromised digestion can finally assimilate the amino acids needed for repair and healing. This is the missing ingredient in many holistic protocols.

Whether you're trying to help someone with depression, congested liver, inflammation, insomnia you name it and protein is required for these and a multitude of other functions to occur. In fact after 20 years of clinical practice and having personally suffered from lots of liver congestion, I'm convinced that there is a thousand fold better response to improving liver function, detoxification of the liver, and dramatic increases in glutathione production that no silymarin or herbal liver extract can achieve. No free form amino acid blend, no free form cysteine, no N-Acetyl-Cysteine, no lipoic acid has ever achieved the dramatic improvements in detoxification and health that truly unheated whey protein powder from grass fed cows is achieving.

It is well known that the best uptake of amino acids is from hydrolyzed proteins, not free form amino acids.¹ Again unheated whey from grass pastured cows offers proteins that can be fully digested and absorbed. The uptake into the bloodstream of the supply of amino acids results in optimum tissue repair 24 hours a day. Additionally, due to raising glutathione levels, the body is supported to finally get ahead on the detoxification process. To all health care professionals who are trained in Homotoxicology, you should be aware that detoxification is at the heart of healing from any degenerative condition. You should also then recognize the colossal importance, over and above anything else you can do for your clients, is helping them get ahead of detoxification. With unheated whey protein powder, you will now do a lot more to help your clients achieve 24 hour a day, optimal cellular detoxification than any other supplement I know of. If you want to take this a step further then you may wish to explore eating a raw diet. A raw diet is free of cooked food toxins and the burden that those compounds represent to the bodies organs of elimination.

90-Year-Old Woman Resurrected On Unheated Whey

Just yesterday I got a testimony regarding an elderly woman that goes like this: "I have a client who has a 90-year-old mother. She has been spending most of her day in bed sleeping and was very forgetful and at times, feeling anxious about it. I put her on the raw milk and was told by my client that her mother loved it but did not report a change in health. I just spent the week taking care of her while her daughter, my client, went on a vacation. I put Mary, the 90-year-old woman, on the One World Whey 'Unheated Grass Fed Whey Protein Powder' instead of her Spiruteen pea protein she had been taking. Within a day she was up and very alert, the majority of the day. She was eating more and was able to gain 2.5 lbs the week I was there. The hospice nurse couldn't believe it."

I am now convinced that the benefits of Fresh Raw Liquid Whey are retained and passed on in UNHEATED Grass Fed Whey Protein Powder. The women experienced an overall increase in repair rate due to the protein. And the detoxification power of glutathione caused her body to detoxify at a faster rate. It is important to remember that once the liver catches up with detoxification, then appetite returns as did in her case. Many people do not have a good appetite

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because the liver is behind on detoxification. The body's number one priority is a clean cellular environment. When appetite is lacking it is in many instances only a backlog of toxins built up in the body. Clean out the intestines, eat more raw, skip a few meals and allow the body to catch up with detoxification and the appetite comes back.

Frequently I like to remind everyone what Alexis Carroll made very clear in his chicken heart tissue experiment of 28 years that the cell was immortal if it was cleaned of its metabolic wastes. The normal life of a chicken is 7 to 14 years, so these cells far out lived the normal life of a chicken. In a test tube environment he controlled the feeding and washing of the cells of their metabolic wastes. He observed that if metabolic wastes were allowed to accumulate in and around the cells, they would age and eventually die. If the wastes were cleaned away and the cells were nourished, it remained youthful indefinitely. Rumor reports that the experiment ended because a technician forgot to clean the cells one day and they died.

Mercury the Main Reason for Chronic Disease & Slow Progress Healing

One of the main reasons why we age is because of heavy metal toxins like mercury that get into our cell structures. Where did the mercury come from? For most people mercury toxicity comes from Mercury/silver fillings and vaccines. Secondary sources are fish, Merthiolate (mercury topical antiseptic) and atmospheric mercury from coal-fired power plants. Mercury kills nerves on contact and stops enzyme production at the cellular level, blocking the production of antioxidants and proteins that would normally attach to mercury and remove it from the body. Once our tissues become impregnated with mercury and other chemical or heavy metal toxins, the ability to detoxify is reduced so much so as to cause metabolic waste accumulation, which means cellular aging and disease. All things that support cellular detoxification are key to cellular cleanliness, longevity and freedom from disease.

Raising Intracellular Glutathione by 64%

Cysteine is the rate-limiting amino acid for synthesis of the antioxidant glutathione. Whey proteins from cow's milk are rich in cystine, the disulfide form of the amino acid cysteine. A study was conducted to determine whether enzymatically hydrolyzed whey protein isolate could increase intracellular Glutathione concentrations and protect against oxidant-induced cell death in a human prostate epithelial cells. Treatment of these cells with hydrolyzed Whey protein isolate significantly increased intracellular Glutathione by 64%, compared with control cells receiving no hydrolyzed Whey protein isolate. A similar increase in Glutathione was observed with N-acetyl cysteine, a cysteine-donating compound known to elevate intracellular Glutathione. In contrast, treatment with hydrolyzed sodium caseinate, a cystine-poor protein source, did not significantly elevate intracellular Glutathione. Hydrolyzed Whey Protein Isolate significantly protected cells from oxidant-induced cell death, compared with controls receiving no Whey protein isolate. **The results of this study indicate that Whey protein Isolate can increase Glutathione synthesis and protect against oxidant-induced cell death in human prostate cells.¹**

This study means that you may be increasing your detoxification capacity by 64%!! That's a lifesaving statistic that should thrill every educated Health Care Professional. To restore your client's capacity to detoxify by 64% is truly a gift and a second chance at life. Based upon my Anova Health Inc. (864) 408-8320 www.anovahealth.com

personal struggle with gaining my health back and many years of supplementation and diet experimentation this above inference deserves 100% of your attention. Read my story below.

How I Cured Myself of 24 Years of Chronic Constipation

Having personally struggled with Mercury poisoning from age 15 and ½ forward, I found that diet alone, as a means of detoxifying mercury was a waste of time. Juice fasting for 7 to 10 days on a semi regular basis using intestinal bulking and cleansing agents, to remove mercury was a waste of time. From ages 16 to 38 I struggled with Chronic Constipation and none of the diets or fasting fixed this. I was vegan for 4 years, then raw vegan for a while, and then I transitioned to the Weston A. Price type diet with generous amounts of wheat grass juice and raw juices for years. Finally in 1997 I began the raw primal diet; eating raw meats, eggs, butter and raw juices, and after 11 months on this diet I had more energy but was still constipated!!!

I'd had my mercury fillings replaced in 1991 and did homeopathic mercury detoxification for 6 weeks. The practitioner told me at the end of 6 weeks that my mercury burden was no longer an impediment to my health. I also used sulfur amino acids for brief windows to detoxify the mercury as well. In 1991 apparently the holistic trained dentist I went to had no awareness of the need for cellular detoxification of mercury. So from this point forward I assumed that mercury was not an issue for me any longer. Yet I still suffered from Chronic Fatigue Syndrome, Adrenal Exhaustion and Chronic Constipation.

In 1997 at a training course I took with Dr. Dietrich Klinghardt, I then learned about the symptoms of mercury toxicity. I suffered from the majority of the symptoms. I then did a DMPS urine challenge test and the results came back off the chart high in mercury. For the next 4 months I received injections of DMPS once a month. Then for the next 5 months I received approximately 3-gram dosages of DMSA capsules, once per month. In the 9th month of this program, with the 5th dose of DMSA, my bowels began to work 75% normal for the first time in 24 years. It was now 100% clear that the 24-year struggle with constipation was due to mercury in my intestines that had damaged the nerves and created a terrain that favored dysbiotic organism growth in my intestines. Both factors combined to stop normal peristalsis. I was now liberated, excited and empowered to know that my struggle with this life and death issue was finally coming to conclusion.

Due to the negative side effects of fatigue when using the DMPS and DMSA, I discontinued using them. I began in earnest to use any natural products out there to continue with my mercury detox. I used NDF, PCA Rx and many others, finally settling on one that got better results than any previous product. That product was a humic acid supplement that had been cleansed of its naturally occurring heavy metals, and had them replaced with potassium and zinc. Stool tests on this supplement, in combination with Chlorella, showed mercury was being eliminated. While taking this product on and off I adhered to the raw primal diet of raw meats, eggs, butter, lots of raw milk and cooked starches over the next 5 years. By the end of this 5-year period I'd gained about a 95% normal elimination.

On this primal diet I had consistent problems with energy and endurance; which are signs of malabsorption, and problems with detoxification. The results of the "primal diet" were much better than a cooked diet, in terms of energy production. Looking back I would now have

preferred to have been more vegetarian, however I lacked enough energy on the vegetarian diet, both cooked and raw, to function. If I could have had access to this high quality of Whey protein I could have achieved better health quicker without needing as much meat. Many years earlier in my efforts to heal I had tried whey protein powders with no satisfaction. Typically they would add to my digestive distress, making me more bloated or constipated. Finally, I was introduced to this unheated, whey protein powder from Grass pastured cows, and I was impressed at how much better I felt within a few hours of consuming it. Now, months later, I need much less meat in my diet, my energy is much higher, and I have more endurance. To my delightful realization, this easily digested protein from the unheated whey and the increase in my cellular detoxification are producing this vast improvement in my health.

I had previously tried one container of Immunocal and did not get any noticeable results. **Since being on One World Whey I've been consuming 1 to 2 scoops per day and the benefits have been, better energy, more endurance, more patience, more strength and a better mood.** Since I'm having such improvements on One World Whey it is clear to me that it has to do with the two factors I've already mentioned; the cows grass source is high quality and the whey is unheated from start to finish in the drying process.

Unheated Whey Protein Powder Plays Critical Role in Healing from Cancer

For the cancer patient, whey protein powder can be a life saving food. It is well known that cancer aggressively consumes the proteins of the body, leaving the rest of the body starving for its optimal supply of protein. Many of the anti-cancer diets have found that a mostly vegetarian diet is essential to healing from cancer. This is what the Max Gerson program employs.

It was the observation of German Scientist Gunther Enderlein that cooked animal proteins feed the upward development of the pathogenic phase of the endobiont, thus encouraging cancer. He also remarked that milk was one animal food that did not feed the upward development of the endobiont, and thus was conducive to health and long life.

A person with cancer has an excessively acidic tissue pH. That is an anaerobic environment that causes the upward development of the endobiont, resulting in viral and fungal growth in the tissues. Since raw milk is not easily obtained in today's society, an Unheated Whey protein powder would be one of the most important recovery foods for someone with cancer. It would be easily assimilated, raise blood amino acid levels to encourage whole body repair, and not feed the growth of the cancer. Additionally, lactoferrin, a component of Whey, has been studied and shown to inhibit tumor cell growth.

Lactoferrin Shown to Stop the Growth of Some Solid Tumors

Japanese researchers showed that lactoferrin stopped the growth of some solid tumors in laboratory mice. They also found it prevents the spread of cancer cells in these animals. The researchers studied the effects of bovine-derived lactoferrin on cells intended to mimic either skin cancer or leukemia. Mice were injected with the experimental cancer cells, which are known to spread easily from tumors to other organs and tissues.

When researchers administered lactoferrin just after tumors formed—lactoferrin went to work on suppressing tumor growth. What's more, they found that the spread of cancer cells to the lungs

and liver was significantly less than in control animals that did not receive lactoferrin¹ ! So you get a double-whammy: it suppresses cancer where it exists AND it helps keep cancer from spreading to other organs. So just what makes lactoferrin a cancer-fighting superhero?

Here's How Lactoferrin Starves Hungry Cancer Cells...

Lactoferrin is a **glycoprotein**—that is, a protein with a glucose molecule attached. Its name combines the Latin words "lacto", which means "milk", and "ferrin", which means "iron". Lactoferrin is highly concentrated in human breast milk, as well as in the "first milk" of cows that have just given birth, and indeed in the milk of most mammals. The lactoferrin in mother's milk provides powerful immune protection to the newborn. Actually, the substance is found in ALL milk, but "first milk" has the highest concentration. The key to lactoferrin's cancer-fighting properties is its amazing ability to bind with iron. It forms a bond with iron that's 100 times stronger than transferrin—your body's major iron transport protein.

Studies show that excessive amounts of iron in your diet may increase your risk of developing certain types of cancer. Researchers believe many diseases and cancers need iron to reproduce and grow.^{2 3} By starving cancer cells for iron, Lactoferrin helps deprive them of life. If you're healthy, your own body can produce large amounts of Lactoferrin to battle a specific infection or tumor. This molecule binds with excess iron in that area—and prevents the bacteria or the tumor from feeding on it. Very high concentrations are found in the saliva in our mouths, where it probably serves the function of killing off microbes in our food and drink. Yes, you heard right: besides being a godsend in fighting cancer, lactoferrin is a powerful, broad-spectrum microbe-killer, too! It helps fight bacteria, fungi, viruses and even protozoa.¹

Testimonies below are abbreviated versions and the entire testimony may be obtained by request.

Emaciated Female with Cancer Gains Weight on Unheated Whey from Grass Pastured Cows

Another example is a 50-year-old female client with cancer who came to see me after 3 years on the Gerson program (a program of vegetarianism, coffee enemas, 13 cups of fresh raw vegetable juice per day and supplementation of raw liver pills). Her body weight had declined to 89 pounds from her normal weight of 125 pounds. I put her on a combination of herbal and nutritional supplementation. Her neck tumor began to shrink. I then introduced her to the new UNHEATED Whey protein powder, and within the first week she gained 3 lbs of healthy weight and her tumor continued to shrink. This brought a lot of excitement to all of us. However, the family had been dealing with her life and death struggle for many years and the patient was tired of fighting to live. Therefore, their vigilance to follow all recommendations was slow and sometimes non-compliant due to overload. Her energy was low and even though she made some progress, she was still accepting of her possible plight.

Due to her declining appetite and difficulty keeping food down she decided to have surgery to have a feeding tube put into her stomach so that food would be fed to her stomach without having to chew and swallow. However, she was very weak and after being put under the

anesthesia she never woke up. This beautiful lady was a gift to us all as she showed us that this UHEATED Whey protein powder was going to play a critical role as an essential food for anyone striving to heal from cancer.

A True Healing Crisis & Life Transformation

“My name is Rita Cash Wilkes. When I was a mere infant and then until the age of four years old, I suffered from asthma and bronchial infections. I was consistently given tetracycline to treat these symptoms. This allopathic drug built up in my system at a cellular level. It even stained my permanent teeth before they came through. Even after those first four years, just about every spring and fall, I would have bronchial infections. The allopathic doctors diagnosed this as allergy based. At each of those times, I was also put on an antibiotic of their choice. At around the age of 35, I experienced an onset of asthma symptoms again. I was given a steroid inhaler and Klonopin to keep me from panicking. Sometimes they also gave me a steroid shot or pack. If an infection was suspected, I was also given an antibiotic. Also, my Father passed away from a sudden heart attack at the age of 51, sixteen years ago, and I was put on Prozac for situational depression. And, even though I eat healthy and take supplements, something was just off balance in my body. I never felt quite whole and healthy.

As a vegetarian I was happy to find such a delicious protein powder to take as One World Whey. Within a short time of taking One World Whey I felt better and had more energy. After a few weeks of taking it intermittently I started taking it daily up to two times per day. Within 2 weeks of doing this I felt much better than I normally do. Within a day of feeling this very good feeling I started to have thick green mucus come out of my lungs. I was coughing and feeling afraid for my life at first because my breathing was somewhat restricted. I was instructed to drink more water and give myself a coffee enema to assist with drainage and to allow my body to eliminate these stored toxins. I did this and it brought some relief. This went on for 3 days. Then I experienced a blotchy red rash and my eyes were draining and swollen. I would feel better for a day or so, and then another detoxifying event would begin. Next I had watery, puss filled stools come out of me for 3 days. Again, I felt better for a day or so, and then the final phase for me was drainage from my ears and an extremely painful headache for about three days to the point where I fell into such a deep sleep and when I woke up the headache and symptoms were gone. This process took about 14 days. I felt like a renewed and well person on a physical, as well as a mental basis. I now feel abundant energy, healthy, glowing, vital, and have total mental clarity and happiness.

Obviously, I highly recommend this product. It has changed my life!

-Sincerely, Rita Cash Wilkes

How a Healing Crisis Is Brought On

Dr. Bernard Jensen has described this healing crisis that Rita went through, in his book Doctor Patient Handbook. A Healing Crisis occurs when the body has mounted enough life force energy to have the capacity to detoxify itself. It is preceded by an improved sense of well-being and energy, followed by major symptoms of detoxification that modern day medicine labels as disease. The detoxification process can take a few days, and up to two weeks. During which time the body will remove from the tissues, toxins buried in the past. As Dr. Hans-Heinrich Reckeweg, clearly describes in his book Homotoxicology, all past symptoms that were interrupted with a medication, inhibit the detoxification process of the body. Once the body has

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enough energy, it says it is now safe to proceed with removing buried toxins. As this detoxification occurs, all the old symptoms return for brief windows of time. Once the detoxification is complete, all symptoms are gone and a new higher level of health and well-being returns. Sometimes this means a restoration of radiant health and the happiness it brings. The above testimony of Rita Wilkes is a textbook example of a Healing Crisis.

Other Supplementation Did Not Bring On a Healing Crisis for Rita

It is important to note that Rita was a health conscious person and a lacto vegetarian for 43 years. At age 47 she had been taking high quality supplements including, trace minerals, free form amino acids, super foods like Barley Max and even Hemp protein powder for some time. Despite all of this supplementation, a relatively clean diet and pure water consumption she did not ever raise her life force high enough to detoxify her body at a cellular level. By adding One World Whey at one scoop every other day she felt better, but only when she increased the amount of One World Whey to 1 to 2 scoops per day did she then experience this classic healing crisis.

Additionally Rita, used to be very soft spoken and hard to hear. She is now speaking smoother and louder. She is much easier to hear and understand.

Exercise, Endurance, Repair and Muscle Development Benefits of Whey

For the person who exercises on a regular basis, Whey protein is very effective to take before and after a workout. But since the benefits of whey after exercise are short lived, you may want to consume a meal containing more protein 20-60 minutes after drinking a post-workout whey protein shake. In one study, 30 grams of whey protein were provided in a sequence of 13 small meals given every 20 minutes. This was found to be far superior for muscle growth compared to a single meal of whey or casein. ¹

What I have found to make the whey protein sustain me longer and satisfy my overall physical needs is to add 2 to 4 tablespoons of Collagen Protein Hydrate. These two proteins in combination with water or some fresh apple juice and 2 organic quality egg yolks make for a delicious and sustaining protein drink. Connective tissue represents 75% of the body's protein make up. Connective tissue is made up of Collagen. So taking this unique undenatured and easily assimilated Collagen is a remarkable food combination. Watch out it may make you feel very good.

20 Grams of Whey Before & After a Work Out Makes All The Difference

A recent study published in the journal, *Medicine and Science in Sports & Exercise*, found that consuming 20 grams of whey protein, 30 minutes before and immediately after training can boost your body's metabolism for as much as 24 hours after your workout. The study found that the amino acids found in *high quality whey protein* help with:

1. Building muscle protein
2. Boosting thyroid function
3. Protecting against declining testosterone levels after exercise.
4. Fat burning

If you are trying to loose body fat, then don't make the mistake of mixing the whey protein with juice or fruit. Carbohydrates will *reduce* the fat burning effect of your exercise. ¹ Due to whey's
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ability to increase the production of glutathione in your body, you may also notice an increase in endurance when exercising. When exercising you are creating free radical damage and fatiguing your muscles from this, with higher glutathione levels neutralizing free radicals you can prevent the damage that would be done to your muscles and thereby increase the time it takes to fatigue your muscles.

Damaged Proteins & Amino Acids Have a Toxic Effect in Your Body

Amino acids make up proteins; there are 20 known amino acids that make up all human proteins. In order for the body to be able to benefit from the amino acids in a food in a way where it can create human tissue proteins from it, the body needs all 8 and when younger 10 of the essential amino acids in optimum ratios. If one or more of the 8 to 10 essential amino acids is missing, then the body cannot make optimum use of those 7 to 9 other amino acids to build tissue protein. Instead, it tries to make use of the carbohydrate portion of the amino acid by removing the nitrogen off of the molecule.

Additionally, to the degree that proteins are heated is the degree to which amino acids can become damaged. This damaged state is called denatured. It means that the shape that nature gave that amino acid has changed due to heating. It has become twisted, bent or contorted in some way. If that shape changes, the body cannot use that amino acid to make human tissue. The damaged or denatured amino acids have to be excreted. This puts work on the part of the liver, kidneys and skin to eliminate them. This explains why cooked proteins represent a health stressor to the body. Over-working the kidneys and liver to excrete nitrogen wastes, leads to these organs falling behind on their jobs. These acid wastes then begin to accumulate, lowering oxygen levels, causing free radical damage, aging and eventually disease. This is very important to know when it comes to helping a person with kidney or liver disease or anyone with a disease process and helping them heal from it. Virtually all-degenerative disease has at its base the accumulation of toxic proteins in the connective tissue. By reducing the consumption of cooked proteins and by consuming more easily digested proteins, the body can begin to detoxify itself of the excess proteins in the tissues. This is the reason why body builders are cautioned on their protein consumption; that too much cooked protein can damage their livers. Consuming one gram for every pound of body weight of cooked, denatured protein will require a lot of work on the part of the liver to detoxify all the denatured amino acids. Consuming the same amount of undamaged raw protein will not be a burden to the liver, but instead will help it to function more correctly. Examples of raw proteins would be raw milk, raw organic quality eggs, and unheated whey protein powder.

While there are many whey protein powders on the market, virtually all of them are heated. Thus a significant percentage of the amino acids are damaged. If whey protein is heated to 167 F or higher it is damaged and a percentage of the amino acids lysine, proline, aspartic acid, glutamic acid, threonine, alanine, glycine and serine are made unusable. Higher heating for longer times caused more damage and less usable amino acids. Heating whey protein concentrates in the presence of lactose not only affected lysine, but also impaired enzymatic liberation of other amino acids, according to the severity of heat treatments.¹

Whey Protein Is Superior to Egg & Other Proteins

The protein utilization of Whey protein is higher than that of milk, eggs, or meat. Studies have shown that the overall composition of amino acids in whey is identical to that of human blood. Therefore, the most easily assimilated and therapeutically helpful protein to consume would be Whey from grass fed cows that is UNHEATED.

Food Protein Nutritional Values

Biological Value (BV) is the Proportion of absorbed protein that is retained in the body for repair or growth.

Food Protein BV

Whole Egg:	100
Whey Protein	104
Cows Milk	91
Casein	77
Beef	80
Potato	71
Soy	74
Rice	59
Wheat	54
Beans	49 ¹

Therapeutic Proteins Found In Whey

Beta Lactoglobulin

- The most abundant whey protein component, making up approximately 50-55% of the whey protein.
- Binds fat-soluble vitamins, making them more available to the body.
- Provides an excellent source of essential and branched chain amino acids (BCAAs). These help prevent muscle breakdown and spare glycogen during exercise. BCAAs may be required in some individuals with liver conditions, such as cirrhosis.
- Hydrolyzed versions are often used in infant formulas to reduce potential allergic reactions.

Alpha-lactalbumin

- The second most abundant whey protein component, making up approximately 20-25% of the whey protein.
- The primary protein found in human breast milk.
- High in tryptophan, an essential amino acid; potential benefits include sleep regulation and mood improvement under stress.
- Excellent source of essential amino acids and BCAAs.

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- The only whey protein component capable of binding calcium.

Immunoglobulins

- Makes up approximately 10-15% of the whey protein.
- Provides immunity enhancing benefits to infants and others.
- Predominant whey protein component found in colostrum.

Bovine Serum Albumin (BSA)

- Makes up approximately 5-10% of the whey protein.
- Large sized protein with a good essential amino acid profile and fat binding properties.

Glycomacropeptide (GMP)

- Makes up 15% of the whey protein.
- A large peptide surrounded by special sugar molecules. These special sugar molecules bind Cholera toxin and diarrhea-causing Rotavirus. Therefore, Glycomacropeptide may play an important role in controlling other gastrointestinal diseases.
- Helps control and inhibit the formation of dental plaque and dental cavities.

Whole unheated whey is a rich source of Glycomacropeptide 15 to 20%, while ion- exchange produce Whey Protein Concentrate contains none.

Proteins, when heated to 149 to 158 degrees Fahrenheit, unfold into random structures. Pasteurization is 161 degrees for 15 to 20 seconds. Virtually all whey protein powders are pasteurized one or more times.¹

Lactoferrin

- Comprises 1-2% of the Whey protein.
- Inhibits the growth of bacteria (including some pathogenic bacteria) and fungi due to its ability to bind iron. Iron is an essential nutrient often required for bacterial growth. The USDA recently approved the use of lactoferrin on meat to prevent the growth of decomposition organisms such as E. coli and Salmonella. Interestingly, sailors sailing the oceans before refrigeration would sometimes store meat in raw milk to prevent its decomposition.
- Promotes the growth of beneficial bacteria such as Bifidus.
- Helps infants establish good microbial conditions in the intestines.
- Regulates iron absorption and bio-availability.
- May help to reduce inflammation.
- In one study it was found that lactoferrin inhibited proliferation of the human epithelial cancer cell line HeLa.¹
- An anti-oxidant that naturally occurs in many body secretions such as tears, blood, breast milk, saliva and mucus.

Lactoperoxidase

- Makes up approximately 0.5% of the whey protein.
- Inhibits the growth of iron dependent bacteria.

Lysozyme

- Makes up less than 0.1% of the whey protein.
- Contains immunity enhancing properties.¹

Minerals in Whey

The principle minerals in whey are potassium, calcium, magnesium, phosphorus, and sodium. Potassium is involved in the transmission of nerve impulses and muscular contractions (if there is a potassium deficiency, cramps or muscle twitching can occur). It is also an activator of numerous enzymes. Potassium has a diuretic effect, helps eliminate toxins and is involved in cellular energy production with the sodium potassium pump.

Calcium is the number one mineral used by the body to maintain an alkaline tissue pH; it is used to maintain bone density, cell wall integrity and nerve impulses. A pregnant woman with sufficient calcium in her diet will ensure that her baby will have optimal skeletal development. When fat soluble vitamins A, D and K2 are present with sufficient proteins then an excellent dental arch, jawbone and tooth spacing is developed. Meaning the child will not have crowded teeth and he or she will have excellent facial bone development. Weston A. Price documented this in his classic book, "Nutrition and Physical Degeneration". This diet will also help prevent a mother's body from becoming depleted by giving its calcium stores to the development of her baby. It was common knowledge at one time that an undernourished mother would lose a tooth for every child she had. As a child grows, optimal calcium is needed to ensure full skeletal development. Calcium deficiency can lead to diseases such as osteoporosis, hypersensitive nerves, insomnia, and rickets (softening of the bones).

Magnesium counters calcium in that as calcium activates nerve firing or muscle contraction, magnesium depolarizes the nerve or muscle causing relaxation. Magnesium also a mineral that makes up bones and is needed to make many enzymes. Magnesium may help to lower blood pressure and supports an alkaline tissue pH.

Phosphorus is needed for myelination of the nerves with phospholipids; it is also needed for energy production as in Adenosine Tri Phosphate. Without sufficient phosphorus, low physical and mental energy results. Hence whey contributes to energy production.

The body utilizes sodium from food differently than Sodium chloride salt. Dr. Bernard Jensen taught that the sodium rich tissues of the body are the stomach and joints. He taught that food based sodium keeps calcium in solution. He took one client with scoliosis and bone spurs along her spinal column and put her onto a food source sodium rich diet and had her drink distilled water. In 12 months the women's spinal column was straight and free of bone spurs. So food based sodium from Whey would support healthy stomach and joint tissues. It would also support an alkaline pH and the production of energy via the sodium/potassium pump.

Whey also possesses the vitamins necessary for its utilization. It contains vitamins A, B1, B2, B3, B5, B6, C, D, and E. ¹

Studies Showing Benefits of Whey Protein:

Lowering Blood Pressure

Peptides from the whey alpha-lactalbumin and beta-lactoglobulin, lactokinin and bovine serum albumin, inhibit ACE (Angiotensin-I-converting enzyme). The most potent ACE inhibitor to date is lactokinin. While they do not have the inhibitory potency of synthetic drugs commonly used in the treatment of hypertension, these naturally occurring peptides may represent nutraceutical/functional food ingredients for the prevention/treatment of high blood pressure. ¹

Nutritional Therapy of Chronic Hepatitis with Non-Heated Whey Protein

In an open study the clinical efficacy of whey protein (brand name Immunocal; with cysteine content 7.6-fold higher than that of casein) isolated from fresh milk and purified without heating was evaluated in 25 patients with chronic hepatitis B or C. Immunocal (12 g as protein) food was given twice a day, in the morning and evening, for 12 weeks. Casein (12 g as protein) food was similarly given for two weeks prior to the start of the supplement with Immunocal food (induction period) and for four weeks after the end of the supplement with Immunocal food (follow-up period). Serum alanine aminotransferase (ALT) activity was reduced, and plasma glutathione (GSH) levels increased in six and five of eight patients with chronic hepatitis B, respectively, 12 weeks after the start of the supplement with Immunocal food. Serum lipid peroxide levels significantly decreased, and interleukin (IL)-2 levels and natural killer (NK) activity significantly increased. However, there were no significant Immunocal-related changes in 17 patients with chronic hepatitis C. These findings suggest that the long-term supplement with Immunocal alone may be effective for improving liver dysfunctions in patients with chronic hepatitis B.¹

The Use of a Whey Protein Concentrate in the Treatment of Patients with Metastatic Carcinoma: Phase I-II Clinical Study

Glutathione concentration is high in most tumor cells and this may be an important factor in resistance to chemotherapy. Previous test tube and animal experiments have shown a different response of tumor versus normal cells to various cysteine delivery systems. More specifically, a test tube assay showed that at concentrations that induce Glutathione synthesis in normal human cells, a specially prepared whey protein concentrate, Immunocal, caused Glutathione depletion and inhibition of proliferation in human breast cancer cells. On the basis of this information, five patients with metastatic carcinoma of the breast, one of the pancreas and one of the liver were fed 30 grams of this whey protein concentrate daily for six months. In six patients the blood lymphocyte Glutathione levels were substantially above normal at the outset, reflecting high tumor Glutathione levels. Two patients (#1, #3) exhibited signs of tumor regression,

normalization of hemoglobin and peripheral lymphocyte counts and a sustained drop of lymphocyte Glutathione levels towards normal. Two patients (#2, #7) showed stabilization of the tumor, increased hemoglobin levels. In three patients (#4, #5, #6,) the disease progressed with a trend toward higher lymphocyte Glutathione levels. These results indicate that whey protein concentrate might deplete tumor cells of Glutathione and render them more vulnerable.¹

How to Use Whey to Detoxify Heavy Metals

Chronic, low level exposure to toxic metals is an increasing global problem. The symptoms associated with the slow accumulation of toxic metals are multiple and rather nondescript, and overt expression of toxic effects may not appear until later in life. The sulfhydryl-reactive metals (mercury, cadmium, lead, arsenic) are particularly insidious and can affect a vast array of biochemical and nutritional processes. The primary mechanisms by which the sulfhydryl-reactive metals elicit their toxic effects are summarized. The pro-oxidative effects of the metals are compounded by the fact that the metals also inhibit antioxidative enzymes and deplete intracellular glutathione. The metals also have the potential to disrupt the metabolism and biological activities of many proteins due to their high affinity for free sulfhydryl groups. Cysteine has a pivotal role in inducible, endogenous detoxification mechanisms in the body, and metal exposure taxes cysteine status. The protective effects of glutathione and the metallothioneins are discussed in detail. Basic research pertaining to the transport of toxic metals into the brain is summarized, and a case is made for the use of hydrolyzed whey protein to support metal detoxification and neurological function. Metal exposure also affects essential element status, which can further decrease antioxidation and detoxification processes. Early detection and treatment of metal burden is important for successful detoxification, and optimization of nutritional status is paramount to the prevention and treatment of metal toxicity.¹

How Intestinal Inflammation Inhibits Whole Body Detoxification

In order for the body to be able to detoxify itself of heavy metals, the intestines must be free of inflammation. When mercury is deposited in the lining of the intestines this causes inflammation. Intestinal inflammation inhibits elimination of toxins by causing a strong down-regulation of the body's natural detoxification pathways.

Healthy Detoxification

Detoxification processes occur throughout the body. A healthy detoxification pathway typically involves three phases. *Phase I* involves oxidative activation of a toxin, preparing the toxin for conjugation to a hydrophilic biomolecule (glutathione or Glucuronidation) in *Phase II*. The conjugate is then moved through a series of *Phase III* transporters, leading to intestinal or kidney excretion.

Impaired Detoxification

Intestinal inflammation disrupts detoxification in two ways:

1) Inhibiting the conjugation of toxins throughout the body and inhibiting transport of toxins into the intestines. Intestinal inflammation down-regulates *Phase III* transporters. When transporters down-regulate, signals are sent to turn down *Phase II* activity. *Phase I* activity, however, does not get down-regulated. *Phase I* oxidation continues, but is no longer coupled to *Phase II* conjugation.

2) Inhibiting Glutathione Activity in the Intestines. *Phase III* transporters bring glutathione into the intestines from the liver. Glutathione is the primary anti-oxidant for quenching free-radical reactions in the intestines. A deficiency of Glutathione is a symptom of inflammatory bowel diseases, including Crohn's Disease. Thus down-regulation of *Phase III* transporters can be self-propagating as oxidative stress stops the flow of this crucial antioxidant.

Recent research at the Nestle Cancer Center in Switzerland examined genetic expression of the body's detoxification pathways and found that the small intestine and the liver work together tightly to coordinate detoxification and metabolism. They also found that **glutathione activity is predominantly modulated from the small intestine.** This finding supports our model of *Phase III* transporters in the intestines controlling *Phase II* pathways and points to the centrality of the intestines in any detoxification protocol.¹

Hence an essential component of eliminating heavy metals and the inflammation caused by them on the lining of the intestines would be to increase glutathione synthesis. The most effective food for improving the body's ability to produce glutathione comes from UNHEATED Whey Protein Powder from Grass pastured Cows. I stress the protein powder over the fresh liquid, as the concentration of cysteine is much higher in the powder than the liquid. Additionally the detoxification results I'm seeing with clients far surpasses anything I've ever heard happening on raw milk.

How Helping the Liver May Help Alleviate Constipation

Whey has an indirect effect on the liver; it works on it by way of the intestines. The liver is quite dependent on the condition of the intestines because substances are transported from the intestine to the liver by the portal vein. The liver works to store the nutrients or release them into the bloodstream; and to neutralize, purify and eliminate toxic substances.

Although the liver has a large detoxification capacity, if there are excessive toxins coming from the intestines, it can and does overwhelm its capacity. When you are constipated or have excessive levels of putrefactive toxins (indoles and skatoles) pouring from your intestines into your bloodstream then your liver does get congested. By consuming Whey you will be feeding your intestines the ability to produce more glutathione. More glutathione will chelate heavy metals and toxins off the lining of the intestines and throughout the entire body, gradually resulting in improved liver and whole body detoxification capacity. With improved liver function you will produce optimal levels of bile, and bile, as well as being necessary for fat digestion, is also a natural laxative. So keeping the liver producing enough bile is key to healthy elimination.

Additionally inflammation on the intestinal lining can contribute to constipation and having a higher glutathione production can in turn support the elimination of inflammation. Elimination of inflammation on the intestinal lining may result in better bowel movements as well.

I have a family member who's had a tendency to chronic constipation that has now improved markedly since being on Non-Denatured Whey Protein Powder from Grass Fed Cows.

The Origin of Viral, Fungal & Bacterial Growth within the Body

Antoine Bechamp discovered a protein particle that animated all life forms that he called the Microzyma. This Microzyma expresses its benevolent functions under healthy terrain and its destructive functions under an unhealthy terrain. A healthy terrain is a body free of toxins and having an alkaline pH. An unhealthy terrain is a body with toxins and having an acid pH.

Gunther Enderlien came along much later and researched the same protein particle in live blood analysis in a dark field. He identified an entire life cycle to this protein particle and called it the endobiont. He observed and theorized that if the terrain of the body became excessively acid and toxic that this protein would evolve into viral, fungal and bacterial forms. He also observed that cooked animal proteins fed the endobiont and encouraged its pathogenic development. However, he said that milk was the one animal protein that could be safely consumed without causing a progression of the pathogenic development of the endobiont. Hence the immense value of Whey protein from grass fed cows as a way to feed a sick person's body without feeding the progression of pathology.

Additionally, since the beneficial form of the endobiont is in all plant life too, one is ingesting beneficial forms of the endobiont when consuming fruits and vegetables. Likewise, fresh green grass is a rich source of healthy endobionts. The milk cows eating this grass would then have a rich supply of healthy endobionts, and in turn the unheated milk would be filled with these healthy endobionts. So consuming unheated Whey Protein from grass fed cows would be feeding your body a massive influx of healthy endobionts.

To break down viral, fungal and bacterial disease states requires detoxification and alkalization. Royal Rife developed a microscope that could see at 60,000 magnifications. He studied viral, fungal and bacterial forms extensively and found that no infectious process could occur in a neutral pH of 7. Therefore the optimal pH of the body to remain free of any infectious process is a neutral pH of 7. Part of achieving this neutral pH of 7 requires that the body be free of cellular metabolic wastes, cooked food toxins, heavy metals, chemicals and drug deposits. The continual consumption of cooked foods continues to feed the body damaged unusable amino acids, fatty acids and starches. This continual influx of incompletely digestible damaged foods requires a stressful workload on the part of the body. The body falls behind on detoxifying cooked food substances particularly cooked proteins. These damaged proteins build up in the body causing the unhealthy conditions that create inflammation, acidification, lowered oxygen levels and the spontaneous growth of anaerobic organisms. When dealing with Cancer, which are normal cells that have become anaerobic, it is vital to stop feeding the cancer with cooked animal proteins.

Therefore to bring about a change in the tissue terrain necessary to reverse the conditions that created the cancer it is vital to stop eating food, which will feed the growth of the anaerobic organisms. Grass fed Unheated Whey Protein Powder uniquely qualifies with the ability to support the body's detoxification, repair, immunity, restoring a neutral pH and healing liver and kidney functions so necessary to detoxification. Additionally Unheated Whey Protein Powder from Grass fed cows supports the increased production of glutathione so necessary to remove toxins from the tissues.

How Other Whey Protein Powders are Made Compared to One World Whey

The typical method of creating whey protein isolates is to heat the milk to sterilize it. This can be done at 161 degrees for 15 to 20 seconds or at 140 degrees for 35 minutes. The whey is a by-product of making cheese. The “curd” or casein portion of the milk is separated away from the whole milk, leaving the liquid whey left over. The liquid whey is then run through very small screen type filters at high speed. As the heated liquid whey is forced through these small holes, the fats are stripped away and deformed and the proteins are deformed and selectively concentrated. This process is believed to damage or denature the whey proteins further. This selective removal of some of the whey proteins while concentrating others is removing a lot of the beneficial components that nature put in there, such as the Glycomacropeptide. This heating and filtration process done for all whey protein isolates destroys so much of what was there, that the health benefits are severely reduced.

With One World Whey, we have overcome these limitations significantly. One World Whey is technically a whey protein concentrate. It has not undergone the heating and filtration steps that damage the whey. With One World Whey the milk curd is separated through a proprietary process, not as a by-product of making cheese. The liquid whey is then processed through a proprietary (non-damaging) means to remove the lactose and the 95% of the fat. The 5% of the fat that is left is very important to the health giving benefits of this whey. It contains some of the fat-soluble vitamins as well. We do not lose the proteins through filtration; we do not denature the proteins with heat or high-pressure filtration.

What is achieved is a truly Non-Denatured Whey Protein Powder. One World Whey has captured all the health benefits of fresh raw liquid whey, in a dry powder concentrate. The read or hear some of the amazing health benefits that have been reported go to oneworldwhey.com. There are testimonies right on this page and more audio and written in the Testimonies section of the website. Be sure to listen to the audio testimonies as well. People are reporting very impressive health benefits within the first month of usage.

One World Whey: An Industry First

Since fresh liquid whey is so highly perishable, the only practical way to consume it for most people is in its dried state. One World Whey is an industry first that derives its whey from grass fed Cows, dries it via a unique 7 step cold drying process that never subjects it to any heat, and is sweetened with stevia. Many people find stevia objectionable saying it has a bitter or metallic taste. This is due to the high heat extraction process that exceeds 200 degrees Fahrenheit. The high heat alters the molecular structure and causes the bitter or metallic taste that some people report. However the stevia used in One World Whey is never heated, it is extracted via a proprietary cold water extraction process, so the end result is a very smooth, very sweet taste. Many flavored protein powders on the market use some form of synthetic flavoring. One World Whey uses cold temperature processed Real Chocolate, Real Vanilla and Real Strawberries (pesticide free). All three flavors are intensely flavorful. One World Whey is UNHEATED and therefore offers the amino acids and proteins in their most usable form. One World Whey is unparalleled in its flavor and its health giving properties.

So Delicious Any Child Will Love It

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For the most delicious way to drink One World Whey, I recommend mixing with raw milk. If raw milk is not available or not tolerable then another way I enjoy drinking it is to blend together 2 organic raw eggs, the juice of 2 organic oranges, 1 ripe organic pear and 1/3rd to one whole banana; blend all those ingredients into a smoothie, then pour into a glass, then add one or more scoops of One World Whey, mix with a spoon and wha-la! You have perhaps the most delicious nutritious drink you've ever had. We have had a customer report how much their kids and their kids' friends love One World Whey.

How Is One World Whey Better Than All Other Protein Powders On The Market?

- 1) Quality - One World Whey is derived from healthy grass fed cows. Healthy grass fed cows produce healthy milk, which means healthy whey.
- 2) All other Whey Protein Powder suppliers use normal pasteurization (161degrees for 15 to 20 seconds one or more times) or low heat (145 degrees for 30 minutes) pasteurization. Denaturing or damage to amino acids begins at 118 degrees Fahrenheit, as this is the temperature at which protein based structures called enzymes are destroyed. One World Whey is never subjected to any heat.
- 3) Digestibility & Biological Value: this refers to how quickly your body can get the whey from the stomach to the intestines and then absorb and use the amino acids as actual building blocks for protein synthesis and not mere conversion into sugar. One World Whey has the highest Digestibility and Biological Value of any known protein source. Personally I can feel its effects as improved well being and much more endurance.
- 4) Flavors: One World Whey is sweetened with unheated, cold water extracted stevia and flavored with real chocolate, real vanilla, and real strawberries. It contains no artificial flavors like most other flavored protein powders do. Other protein powders use sugar, high fructose corn syrup, maltodextrin or toxic artificial sweeteners such as aspartame or sucralose. You can mix One World Whey with water, fresh fruit juice, Organic Almond Milk or other seed or nut milk, raw milk, and my favorite is 2-3 organic raw eggs, 2 organic oranges juiced, one ripe pear and maybe 1/3 a banana, blend in a blender then add 1 scoop of One World Whey and blend only for a second.
- 5) Detoxification Power: Due to One World Whey's Naturally rich supply of glutamyl cysteine your body is supported in its ability to increase Glutathione production. Since up to 10% of your internal cell contents can be glutathione, you can now take advantage of keeping, at that optimal level. Glutathione is your #1 antioxidant and detoxifier. It plays a dominant factor in removing heavy metals, chemicals, drugs and and toxins of all kinds. Removing toxins is for most people the key to gaining great health and feeling youthful again.

TESTIMONIALS

Energy and Breathing Dramatically Improve

"I just received my One World Whey canister. First, it arrived in 2 days- phenomenal! Today was my third day on 1 scoop. Oddly-though maybe not to you-something remarkable has
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happened, which is why I wrote. I generally suffer through an asthmatic breathing type situation. My breathing is shallow and generally constricted in the nose and lungs; could be allergies, reflux, lazy digestion, IBS, etc."

"Today I have tremendous energy and also notice my breathing is FREE. I can feel the air in my left nostril and it is free all the way to my abdomen. This is pretty remarkable, because I rarely get that feeling. I also noticed my lungs and voice feel unrestricted. At this point the new introduction to my routine was the Whey....wow!"

"My concoction was 8oz of milk blended with a banana, blueberries, system raw cococa, 1 egg and then I mix in the whey by hand...."

"Other than a stunning sense of awe.....should I go to 2 scoops for even better effect? As always...thanks." -Bill Obrien

Strength and Energy Going Through The Roof...

"I've been taking the One World Whey and immediately I fell in love with it. It's the best tasting protein on the market, by far. Now with the One World Whey, it does not upset my stomach at all. I was about 165lbs and now I am up to 175lbs with less body fat. I have continually been getting stronger and currently my endurance is going through the roof. I'm 32 years old, so I'm relatively young. With the combination of these products, it has definitely contributed a lot to the success I am having." -Brad

Mom's stiffness Gone & Steve say's it's Amazing How Easy it is to Build Muscle Now

"...She was sitting in this stool we have in the entrance and she was sitting there kicking her knees out like a little kid raving about how good she felt. She wasn't hunched over, limping around, or moving slowly. She was moving around like she was ten years younger. I know for me I was trying to work out and take protein powder and I just couldn't get any power. My joints hurt and I can't get any muscle built up but since taking this [One World Whey] along with my combination of raw milk and stuff. I have really become much, much stronger. It's amazing to me how easy it is to build muscle now." -Steve Thompson

Beat Prozac

"I found out that I have Celiac disease. I was insulin resistant and I have had severe depression and allergies ever since I was a child. Once I did the silver aloe protocol and got on the One World Whey, I started improving drastically. Within two months, I was able to cut my dosage of Prozac in half, and the doctor says it looks like I'll be able to get off of Prozac in the near future." -Leslie

Two Vaccine Damaged Children Improve

Angie B. My son has suffered from border autism and constipation. I got him taking One World Whey and in two months' time, he's become more alert. His focus and concentration has improved. He's been speaking to me normally. He's started making friends and his constipation is gone. He's been taking One World Whey every day and you know, you could offer him a present or cake and he most definitely prefers the whey.

Angie B: My daughter was damaged by vaccines resulting in alternating diarrhea and constipation. Her inability to absorb her food resulted in hair loss, being listless and stunted in her growth. After getting her onto One World Whey and another supplement, her stools have normalized, her hair is growing, she is beaming and she is growing normally again. I'm really happy with the results and recommendations offered by my nutritional counselor. I credit the whey with a lot of her improvements.

Detoxifies Metals and Increases Muscle Mass

"After being on the [One World Whey™](#) for one week, I had a severe detox of metal particles from around my eyes, coming right out through the skin. Also I've been able to increase muscle mass without any more exercise. I'm very impressed with the health benefits that my wife and I have noticed." -Doug Didero, Metallurgist

"It Has Changed My Life!"

"From infancy I've suffered from asthma and bronchial infections. Because of this, I have taken many rounds of antibiotics. I also take Prozac for depression. Even though I eat healthy and take supplements, I've never felt healthy. As a vegetarian, I was happy to find such a delicious protein powder as One World Whey.™ Within just a few weeks I feel renewed and have abundant energy. I highly recommend this product. It has changed my life!" -Sincerely, Rita Cash Wilkes

Cyclist Rides 10 days in a row, then goes to Gym To Lift Weights

My name is Bruno. I'm 51 years old. I've tried different protein powders over the years and they've all tasted pretty bad. I tried One World Whey and found it to be delicious. After ten weeks on One World Whey, my wife commented, "You have more muscles and you're leaner than when you were 20 years old." My body has changed dramatically. I'm a cyclist. Normally, I'll ride two days on and two days off. After being on One World Whey, I rode ten days in a row in over 100 degree heat then I'd take another two servings of One World Whey and go work out at the gym for an hour and a half. I just couldn't believe these results. My normal muscle tightness and soreness after working out are now virtually gone. Don't take my word for it. One World Whey comes in single servings. Just give it a try."

Type 2 Diabetic Feels Like a Person Now that Blood Sugar is In optimum range.

"Okay, well, before, I've always been good with nutrition. You know, having a hard time working out but doing pretty good (running a little bit out of energy). Since then with the One World Whey, Alkalizer (Arise and Shine), Barley Grass, Mineral Magic, Nano Cal, Taurine, and Cod Liver Oil and the Floraderm and then I started noticing a lot more energy...with these products the muscle mass and I feel is just incredible."

"My age is 69. I have been a diabetic for 19 years and I have to tell you that I came across the One World Whey and I no longer have my cravings and my glucose now is in a good range. When mine is in the 90's to 113, I feel fabulous. I feel like a person. All I can say to you is that this has balanced me out. (Matter of fact, I'm never hungry anymore). I am so elated! I think you've never seen anyone dance around the house like I do." -Helen

Balancing Effects for Digestion and Normalization

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"My name is Angie Bourdon and ever since my daughter has suffered from alternating diarrhea and constipation, her inability to absorb her food resulted in hair loss, being listless and stunted her growth. After getting her on two supplements suggested by my nutritional counselor, she is noticeably improved. Her stools have normalized, her hair is growing, she is beaming and she is growing normally again. I'm really happy with the results and recommendations offered by my nutritional counselor. One World Whey is one of the supplements she got on and I credit the whey with a lot of her improvements."

Detoxification

"I started with loose stools and diarrhea. I take quite a bit of supplements along with an alkaline smoothie, which I put, the One World Whey in it. I was trying to figure out what was causing it, when it dawned on me that, that the detox was causing it. This went on for almost a week. It subsided after I got off, but I plan on going back on again which means it might pick back up again, which obviously is what I want." –Richard

Great for High School Athletes

"I am a freshman in high school. One World Whey has helped me grow over 4 inches this past year. It has helped me stay healthy for basketball. One World Whey tastes great. Vanilla is my favorite flavor. I recommend One World Whey as a protein supplement and as a way to stay healthy." -Quinn

Diabetes Normalizes and Neuropathy Gone

"I have had Type 1 diabetes for 35 years and have had no control over my blood sugars. It's helped me to stabilize my blood sugars, helped me with my energy level, and I also notice my neuropathy pain in my feet disappeared. It also makes me look a lot younger. And yes, my twins love this stuff. To them, this whey is better than any candy you could ever offer them." -Angie

Sexual Potency

"When I started taking the whey protein, I was weighing about 228. About 2 and a half months later, I weigh about 180- 182lbs which is my ideal weight, being 5'11". I have an increase in stamina and also an increase in recovery with my post workout as well. I definitely have more sexual potency." -Daniel

It Actually Made Me Feel Better. It Is By Far the Best I've Ever Tried!

During the past 30 years, I've tried a half dozen or so whey protein products. One World Whey is the first one in which I noticed a discernable difference. It not only tastes better than any other vanilla whey I've used, but it actually made me feel better. This difference became even more dramatic when I ran out and had to substitute another popular whey protein product. Most people know how beneficial whey protein powder is. What more people need to know is how much more beneficial One World Whey is. It is by far the best I've ever tried. I will never let myself run out of it again.

- Rich Maender

Awesome Product!

Just wanted to drop you a note and tell you how much One World Whey protein rocks. If there

Anova Health Inc.

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www.anovahealth.com

was a review section for this product on your website, I would give it all five stars... taste, quality, effectiveness; Just awesome.

-Chris K. Greer SC

Detoxifies Metals from Face & Increases Muscle Mass without Further Exercise

My name is Doug Didero, after being on the One World Whey for one week; I had severe detox of metal particles from around my eyes that were coming right out through the skin. Also I've been able to increase muscle mass without any more exercise. I'm very impressed with the health benefits that my wife and I have received.

-Doug Didero

ONE WORLD WHEY IS IN A CATEGORY ALL BY ITSELF, IT IS UNHEATED WHEY PROTEIN POWDER FROM START TO FINISH

Because ALL Other Whey Proteins Powders Are Denatured By Heat Sterilization, One World Whey Is In A Category All By Itself. It is no different than trying to benefit from live cell or stem cell therapy, if you used cooked stem cells they'd be dead and would not work, when you use living, undamaged stem cells they confer life and regeneration to the body. So too with One World Whey, it is not heat damaged and therefore can impart more of the life giving properties of whey than any other product on the market.

Additionally I'm seeing client results with detoxification that surpass anything I've ever seen. I have used and recommended \$300 dollar per month sophisticated mercury detox protocols, that based upon observation appear to pale in comparison to the detoxing power and health building benefits of One World Whey. One World Whey as a detoxifier and health building food compared to a more expensive detox protocols is a fraction of the price.

PRICE COMPARISION TO HEATED WHEY PROTEIN POWDERS

The products below have all been heated from 145 degrees for 30 minutes or 161 degree for 15-20 seconds, as you read in the report, heat unfolds proteins, bends and damages amino acids, making them unusable and a toxic burden to your eliminatory system. For sensitive people with gut permeability problems the damaged whey proteins may cause an allergic response. Some of these brands rapidly cool down the liquid whey after pasteurization to diminish the amount of damage or denaturing done to the proteins. Then they filter or process the whey without adding heat. This step they called "cold filtered". While this may help, the product has still been significantly damaged. The net result is an inferior product to what nature created.

Based upon the foregoing information the quality and effectiveness of milk or whey protein powder is determined by both the feed of the cow and temperature the milk was exposed to. If the cows are fed fresh grass pasture from fertile soil and the milk or whey is never heated then major health benefits can be realized. If the cow's feed is straw hay supplemented with inferior agricultural waste products and/or the milk is heated, then disease and a dramatically shortened life span are the result.

Product Comparison	Size	Price	Price Per 30-Gram Serving	Grass Fed	Pasteurized (Denatured)	Testimonial Evidence That Protein Is Causing Detoxification By Raising Glutathione
Jay Rob	5 lbs	\$137.82	\$1.81	Yes	Yes	None Found
Mercola Miracle Whey	1 lb	\$37.97	\$1.98	Yes	Yes	None Found
Mercola ProOptimal Whey	1.2 lbs	\$56.97	\$2.28	Yes	Yes	None Found
Action Whey	.76 lbs	\$32.97	\$2.86	Yes	Yes	None Found
Immunpro RX	.66 lbs	\$45.49	\$4.55	Yes	Yes	Yes
Complete Raw Whey	1.32 lbs	\$49.00	\$2.45	Yes	Yes	None Found
Nano Pro PRP	1.19 lbs	\$39.95	\$2.21	Yes	Yes	None Found
Complete 100% Grass-Fed Whey	1.44 lbs	\$59.99	\$2.81	Yes	Yes	None Found
One World Whey	5 lbs	\$154.00	\$2.03	Yes	No	Yes—Found in testimonials section of sgn80.com