



Testimonial of the Month

I discovered **NanoGreens** after I had Gastric Bypass Surgery. I have found this to really help me stay healthy, energetic and help maintain my weight loss. To enhance my daily routine, without a large amount of calories or carbs, you came out with NanOmega³ and NanoPro. What an awesome combination, this trio has it all for me! I will continue to use your phenomenal products for the rest of my life!

– Peg Harris, Washington

ORDER BY PHONE: 1-877-7-SCIENCE

ORDER ONLINE: Ask your health professional for their 4 digit HP ID code:

www.mybiopharmacy.com/a/-----

- If you need to relocate your MBP health professional's ID code, address or phone number, you may do so by going to www.superfoodsolution.com and clicking on the Patient Entry page to find your health professional or one closest to you.
- Your family and friends may order taste test FREE SAMPLES by going to www.superfoodsolution.com and clicking on the Patient Entry page.
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This newsletter is being provided
complementary by your healthcare practitioner
as part of your overall wellness care.

Start a New Year of Wellness!

JANUARY/FEBRUARY 2010

NanoNews
for Patients™

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for Patients

FEATURES:

- SuperFood Solution Resolutions
- Start a New Year of Wellness
- Lifelong Wellness SuperFood Meal Recipe
- Testimonial



www.superfoodsolution.com

SuperFood Solution Resolutions: The Simple Way to Stick to Your Plan

This may come as a shock, but the Holidays are over. You have just pushed the last in-law out the door and you and your seemingly smaller pants are cuddling on the couch. Like most people, you will probably make at least one resolution this year. Chances are that at least one of your resolutions will be geared towards weight loss or health. Free yourself from another season decorated with elastic waist bands and try something that is simple and healthy all year long!

The New Year is the perfect time to speak with your health professional about trying any one of our Lifelong Wellness Meals in the *SuperFood Solution*

User's Guide™. In early 2010, a new

edition will be released, so keep an eye out for your free copy from your health professional.



The SuperFood Solution™

LIFELONG WELLNESS MADE EASY™



Start a New Year of Wellness!

Review the past issues of *NanoNews for Patients* and/or *The Superfood Solution User's Guide™* to create a plan with your health professional. Get more super foods into your daily diet and experience the difference for yourself.

Remember, BioPharma Scientific guarantees your satisfaction or your money back, so you have nothing to lose (except toxins and weight) and much to gain by a 30 day trial.

Don't have copies of these past issues? Go here:
<http://www.biopharmasci.com/patients/newsletter/pdf.asp>

JAN/FEB

Weight Loss

The basis of the plan is to enjoy two of the Weight Loss Meal On-the-Go "meals" a day as explained in the Jan/Feb 2009 issue. Two servings yield only 330 calories! An added secret is to make 2 quarts of green tea and drink that daily as well. Exercise and eat sensibly. It's easy because most people just naturally start eating less as they enjoy the SuperFood Solution recipes!

MAR/APR

Blood Pressure

For supporting and maintaining an optimal blood pressure of 115-120 (systolic) over 75-80 (diastolic), the easiest thing to do is to take 1 scoop of NanoGreens¹⁰ twice a day. Make it with green tea (two tea bags in 12 ounces). Adding a squeeze or peel of citrus fruit (orange, lemon, lime) adds flavor, potassium and healthy citrus essential oils (d-limonene).

Alternately, twice daily one could also enjoy NanoPro^{PRP} in the Chocolate shake recipe in the *March/April 2009 NanoNews*. To make the chocolate shake even more delicious, add some Carnation Malted Milk to taste.

MAY/JUNE

Detoxification Made Easy

After all the eating over the holidays, the New Year is often a good time to get your detox on! According to the *NanoNews* and *The SuperFood Solution User's Guide™*, you may add a "detox tea blend", of which your health professional can recommend to you. Also try a 24 or 36 hours fast with NanoGreens¹⁰ and pure, high mineral water with lemon or lime juice once a month or even once a week. Make this a resolution for yourself! People who eat less live longer.

One of Our Favorite Recipes

Lifelong Wellness SuperFood Meal!

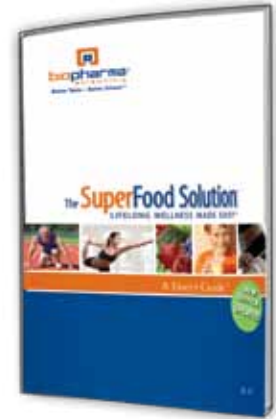
- 1 scoop NanoGreens¹⁰
- 1 scoop NanOmega³
- 1 scoop NanoPro^{PRP}
- 12 oz. or more to taste of:
water, green tea, juice or milk
(dairy, soy, rice or almond)

Blend and enjoy!

All three products together in water:
Calories: 165/ Net Carbs: 11 gm.
Protein 15 gm./ Fiber 8 gm.



A healthy option is to also enjoy several slices of apple, pear or peach, and/or a half dozen almonds or walnuts with your Lifelong Wellness Meal. A healthy, easy way to start your day!



To learn more, see *The SuperFood Solution™ User's Guide*. If you don't have the guide, you may download the PDF: www.superfoodsolution.com From the Home Page, simply click on the Guide's cover.

JULY/AUG

Beautiful Skin From Within

Having beautiful skin past fifty is easier to achieve by starting early. However, better late than never! Because of the patented liposomes in NanoGreens¹⁰, the facial mask can work quite well!



SEP/OCT

Breast and Prostate Wellness

Scientists agree that the risk potential for many cancers is directly related to our diets. Even with all the advancements in modern medicine, an ounce of prevention is still worth a pound of cure. Mixed with the other super foods mentioned in the *Sept/Oct* issue, the Breast and Prostate Wellness Shake is 12 ounces of pure functional food prevention!

NOV/DEC

Blood Sugar Wellness

Hypoglycemia (low blood sugar), diabetes and metabolic syndrome (insulin resistance) are very common yet serious disorders that ALWAYS call for dietary discretion. A balanced breakfast is pivotal to balanced blood sugar. So if you are one of the 250 million Americans who don't eat a balanced breakfast, the Super Breakfast recipe may be the perfect New Year's resolution for you.

www.superfoodsolution.com

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www.biopharmasci.com/hp/newsletter/default.asp

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