

Nature's Miracle—Reversing  
the hands of *time*

# ***Life Sources Inc.***

## Health Benefits of OPC-165™ (Oligomeric Proanthocyanidin)



- ~ Protects against free radical damage at the cellular level
- ~ Relieves functional problems of varicose veins
- ~ Improves skin elasticity by increasing nutrient supply
- ~ Inhibits swelling and inflammation
- ~ Reduces discomfort associated with PMS and menopause
- ~ Effective against psoriasis and skin damage

## **Integrating the Art and Science of Alternative Health**

**It is our goal at Life Sources to educate and inspire you and to involve you in your own personal journey to self-health-awareness. We seek to unlock the mystery of nutrition and help you reach optimal health! Nutritional epiphany is only a phone call away.**

Since the fabled search for the fountain of youth, people have struggled with the question of why we age and how to stop it. Fifteen years ago, if one asked a medical practitioner what exactly causes aging, most doctors would often shrug their shoulders and answer "Because we do."

Research regarding anti-aging actually goes back to the early 1900's in a remarkable experiment conducted by Dr. Alexis Carrell. He managed to sustain the life of heart tissue from a chicken embryo by immersing it in a solution containing all the nutrients necessary for life. The cells took up nutrients from the nutrient-rich broth and excreted their

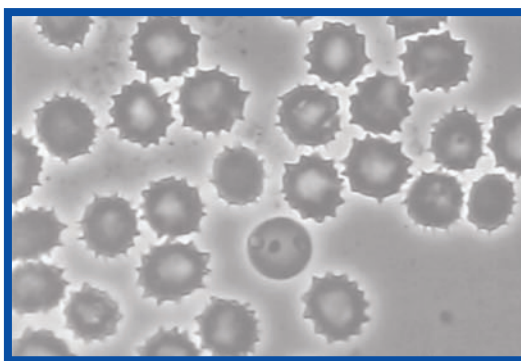
metabolic wastes into the same solution. Each day the old solution was discarded and replaced with fresh broth. The chicken tissue lived for 29 years until one night Dr. Carrell's assistant forgot to change the polluted solution!

Dr. Carrell stated, "The cell is immortal. It is merely the fluid in which it floats which degenerates. Renew this fluid at intervals, give the cell something on which to feed and, so far as we know, the pulsation of life may go on forever." While many of us might not agree that people could live forever, some scientists believe

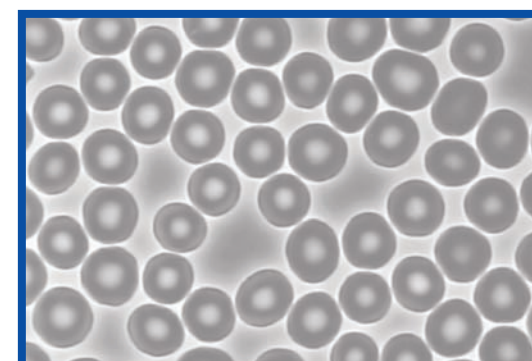
that the human body is capable of living at least 120 years. The health of the cell depends on the surrounding fluid. To keep the cell healthy, you take care of the fluid that nourishes it and the environment that supports it. Rejuvenate the cell and you rejuvenate the organ. Rejuvenate the organs and you turned back the biological clock for the whole organism, while at the same time you eliminate the pathogens and toxins that are the cause of chronic disease.

The concept that the cell itself doesn't age, only its surrounding environment, is a fascinating one. It opens the door for all kinds of speculations. Dr. McCreery is glad to discuss them with interested persons. She also specializes in protocols that are affordable to the budget of almost anyone.

Showing a client their blood and describing the possible nutritional deficiencies observed educates the patients about their blood, how their body works and about their nutrition. This educative role of Live Blood Microscopy empowers the patient and helps motivate them to make the changes necessary to return to health. Viewing specific variations in the blood allows for specific nutritional protocols to be developed for each client and for the client to understand why they are making dietary changes or taking certain supplements. If one views the blood and plasma as the "renewable fluid" of Dr. Carrell's early experiments, for example, it follows that by getting the blood and plasma in right order, the process of aging stops. From the pictures above, we show an exhibit of what free radical damaged red blood cells looks like before any recommendations. The second exhibit is of the same person after 30 days on the Life Source's anti-aging protocol.



**Red blood cell shapes indicate free radical damage.**



**Healthy red blood cells and plasma after 30 day Life Sources protocol.**

In our own clinical studies we examine the living blood of our clients and observe nutritional deficiencies and risk factors. We have found that Dr. Carrell was not only correct, but simple things can be done to stop the rush of aging. If you are reading this, you hold in your hands, the essential keys (as we currently understand them) to anti-aging. When used in a Targeted Nutritional Intervention program, you can live longer with a higher quality of life than was ever imagined even ten years ago.



**Call the Life Sources Wellness Center and book an appointment today  
at (916) 536-9930 or visit us online at [www.life-sources.com](http://www.life-sources.com)**

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