



"Healthy" Coffee News

News to lift your spirits with your morning cup of Joe!

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G a n o d e r m a L u c i d u m

Ganoderma Lucidum is the scientific name for an Asian Red mushroom known to many as the "Miraculous King of Herbs." It has been used in soups and healthy "herbal" brews for thousands of years. Held in high regard as a kind of "longevity tonic", it is called Reishi in Japan and Ling zhi (the "herb of spiritual potency") in China where it has become a regular part of the normal Chinese regimen for such things as longevity, systemic balancing, and high level main-

tenance of the respiratory system. The Chinese use it as the ultimate tonic for prevention of just about everything that ails the human body.

SCIENTIFIC STUDIES

Hundreds of scientific studies and laboratory reports indicate that Ganoderma Lucidum can be used in many ways to improve one's health as it has been noted for its antiseptic, antiviral, antibacterial, and antipruritic qualities. It apparently helps balance blood



Roger & Linda Pepin

sugar, regulate blood pressure, enhance the immune system, and helps detoxify the liver with it's 200 nutrients and 150 antioxidants.

Our coffee, tea, mocha, hot chocolate, cereal, toothpaste, soap, and supplements are all fortified with Ganoderma .

LITTLE KITTENS



A three year old went with his dad to see a litter of kittens. On returning home, he breathlessly informed his mother that there were two boy kittens and two girl kittens.

"How did you know?" his mother asked.

"Daddy picked them up and looked underneath," he replied. "I think it's printed on the bottom!"

QUOTE

"The poor man is not he who is without a cent, but he who is without a dream."

Harry Kemp

Some people grow old gracefully, some do not

Andy's wife, refusing to give in to the looks of growing old, went out and bought a new line of expensive cosmetics guaranteed to make her look years younger.

After a lengthy sitting before the mirror applying the "miracle" products, she

asked her husband, "Darling, honestly, if you didn't know me, what age would you say that I am?"

Looking her over carefully, Andy replied, ..."Judging from your skin, twenty; Your hair, eighteen; And your figure, twenty five." "Oh, you

flatterer!" she gushed. Just as she was about to give Andy a big kiss for his comment, he stopped her by saying ..."WHOA, hold on there Sweetie" ... "I haven't added them up yet!"





Healthy Coffee Home Business Opportunity
www.myganoexcel.ca/siphealthycoffeebiz

Healthy Tasty Rice Tortillas

Rice tortillas (found in most Health food stores). They are wheat and gluten free and very tasty.

- | | |
|-----------------------------------|--------------------------|
| grated soy cheese | pizza or spaghetti sauce |
| sliced olives and sliced radishes | spinach leaves |
| zucchini sliced thin | sliced mushrooms |
| cherry tomatoes cut in half | spring onion chopped |
| alfalfa or sunflower sprouts | chopped broccoli heads |
| sea salt | chopped red pepper |
| green (cooked) lentils | liquid amino seasoning |

Spoon sauce on tortillas and sprinkle with cheese. Top with olives, mushrooms, lentils, zucchini, and onion. Bake in 400 degree oven until lightly browned and cheese is slightly melted. Watch carefully! Pull from oven and quickly add spinach, tomatoes, radishes, and alfalfa. Spray with amino seasoning and sprinkle with sea salt. Fold in half and enjoy. **WARNING:** very addictive! You'll love them.

Not ready to give up your coffee? Switch to our "healthier" coffee or wean yourself off with "Gano Excel's Healthier Coffee Choice" fortified with Ganoderma Lucidum. Retail website: www.siphealthycoffee.com



FREE SUBSCRIPTION
TO "HEALTHY"
COFFEE NEWS

If you are not already on our mailing list, please fill out the form below and mail to: **Subscriptions**
6482 Riall St. N.F. ON L2J 1Z5

Full Name _____

Street _____

City _____ P.C. _____

Phone _____

Email _____

Free coffee/tea sample with every new subscription.

Check off one of the following: **Tea** ___ or

Coffee (black) ___ or **Coffee** (cream & sugar mixed) ___

(or subscribe online @ www.healthycoffeenews.com)

HELPFUL HINT

A BROTHER'S LOVE — A TRUE STORY

Many years ago, there was a woman who worked as a volunteer at a hospital, who got to know a little girl named Liz who was suffering from a rare and serious disease. Her only chance of recovery appeared to be a blood transfusion from her 5-year old brother, who had miraculously survived the same disease and had developed the antibodies needed to combat the illness.

The doctor explained the situation to her little brother, and asked the little boy if he would be willing to give his blood to his sister. I saw him hesitate for only a moment before taking a deep breath and saying, "Yes, I will do it if it will save her."

As the transfusion progressed, he laid in the bed next to his sister and smiled, as we all did, seeing the color returning to his sister's cheeks. Then his face grew pale and his smile faded. He looked up at the doctor and asked with a trembling voice, "Will I start to die right away?" Being young, the little boy had misunderstood the doctor, he thought he was going to have to give his sister all of his blood in order to save her.

Don't throw out that old vinyl window shade. Roll it up and keep it in the trunk of your car. If you ever have problems and need to lay on the ground to work on your car, simply whip out your handy shade, and you've got yourself a protective ground sheet

Around the Bend

Sometimes we walk
 Along a path
 Beneath a cloudy sky
 There's nothing
 To the right or left
 To lift
 Our spirits high...
 Then at last
 We turn a corner
 And there bursts
 Into our view
 A scene of light
 And beauty
 And the world
 Seems fresh and new
 So always hold
 This little thought
 That cares are
 Bound to end
 And there's a brighter
 Day ahead —
 Just waiting
 Around the bend.

Jean Kyler McManus

"There are countless ways of attaining greatness. But any road to reaching one's maximum potential must be built on a bedrock of respect for the individual, a commitment to excellence, and a rejection of mediocrity."

~ Buck Rodgers, IBM~

Great Truths About Life, That Little Children Have Learned

- No matter how hard you try, you can't baptize cats.
- When your Mom is mad at your Dad, don't let her brush your hair.
- Don't sneeze when someone is cutting your hair.
- The best place to be when you're sad is Grandpa's lap
- Raising teenagers is like nailing Jell-O to a tree.
- Wrinkles don't hurt.
- Families are like fudge...mostly sweet, with a few nuts.