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Surviving St. Patrick's Day with SevenPoint2's Alkaline Booster



Dr. Howard Cohn, DC

Whether it's green beer, corn beef and cabbage, or Irish stew, there's not a lot of alkaline foods to be found at a St. Patrick's Day celebration. In fact, it's one of the

most acidic holidays celebrated, worldwide, mostly due to the incredibly large amounts of alcohol consumption that usually takes place.

This is one of the many instances that SevenPoint2's Alkaline Booster becomes the party favorite. From college students to Asian flush sufferers to the average person that enjoys an occasional cocktail, Alkaline Boosters save the day!

It's been said, "If you do the crime, you gotta do the time" which means that if you choose to imbibe some alcohol, you need to counter the acid it creates with the 7.2 Alkaline Booster. When we consume acidic beverages such as alcohol, precious minerals are leached from our body's tissues in order to buffer the blood back to a consistent 7.365 pH. SevenPoint2's Alkaline Booster provides these minerals and much more to help prevent the effects of too much acid in our system from the consumption of alcohol and acidic foods in too large an amount.

If you're planning on celebrating "full on", then play it safe and protect yourself by taking four capsules of Alkaline Boosters before you head out on the town and four more when you get home. This will keep your body alkaline and keep you from unknowingly hurting yourself with by consuming acid food and drink in too great an amount.

Happy St Patrick's Day everyone,

Yours in Health,
Dr Howard Cohn
Co-Founder and Chief Product Officer, Sevenpoint2

Ask The Nutritionist



Bill Sickert, BSc., JD, CNC

Spring Cleaning!

Hello Everyone! March is typically Spring Cleaning month for your household, and I wish to extend it to your nutrition "household" as well. There are many ways to "cleanse" your system, and I am constantly quizzed as to what method is the best. I am a fan of what my mother used to tell me as a young boy with a cluttered bedroom: "If you cleaned a little bit every day, you would not have to spend so much time on the weekend cleaning."

Taking a greens product like 7.2 Greens everyday is a bit like what my mother was talking about, except this pertains to your internal system "cleanliness". Most people are unaware of what a quality greens product can do for their health....everyday. While eating greens such as spinach, kale and other sources is great, the thought of it at breakfast just does not appeal to most people. The better alternative is concentrated powders that are completely free of anything that would detract from your health. No GMO sources, all organic ingredients and the ultimate health materials that provide super nutrition called Chlorophyllins, nicknamed "plant blood" or the very essence of the life of a green plant.

Clean Greens History

In the 1940's a man by the name of Charles Kettering (former Chairman of the Board of General Motors) donated money for the study of chlorophyll. Chlorophyll was studied intensively by medical doctors using FDA required standards i.e. double blind studies, etc. (There are currently over 40 articles written up in medical journals about the healing effects of chlorophyll.) These medical doctors found that chlorophyll was a great healer and used it as such.

Modernly, 7.2 offers a very pristine and concentrated green product in 7.2 Greens. Concentrated convenient capsules and the best tasting powder make spring cleaning a easy and daily process.... That's Health Made Simple!



SevenPoint2 Health Practitioner Spotlight



Dr. Martin Holmes

"I first became acquainted with the 7.2 products about four months ago when they were introduced to me by Dr. Georgia Balsley. She described the effectiveness of the 7.2 Recovery and I got a small supply. My first success came with one of my office nurses, who suffers from Cervical Disc Disease (CDD), as well as Lumbar Disc Disease (LDD). Both of these issues caused chronic pain and required up to six doses of a narcotic pain medication daily. One morning I noticed she looked quite distressed, so I asked what her pain level was. She responded saying she was at an eight, so I gave her four 7.2 Recovery and checked on her two hours later. Her pain level had been reduced to a four. She was immediately very impressed and started the whole program. Currently she takes one Recovery three times daily, and her need for the narcotic pain medication has been reduced by more than 50%. She has also lost over ten pounds and has noticed a dramatic increase in her energy level especially at the end of the day.

Another example involves an elderly female patient with severe CDD, so severe that she had given up her drivers license due to the restriction of movement in her neck. Although she hated the side effects from the high levels of narcotics she had to take, she had to take them as the pain was too intense. I started her on a dose of three 7.2 Recovery taken three times daily, though stated the dose could be reduced if found effective. She returned a few weeks later very pleased with the results. She purchased two more bottles of the 7.2 Recovery and stated that she was considering getting her drivers license back because of the improvement in her pain levels. This pattern of success has repeated itself many times over the last several months. I have seen the 7.2 Recovery help on a wide range of pain issues, but most dramatically with arthritic and muscle pain.

In reviewing the physiology behind these products, it makes a lot of sense that an alkaline system would favor healing and reduced inflammation. It comes to mind that, in the area of cardiovascular disease, the recognized benefits of a plant based diet may be due to more than reduced fat as this diet is alkaline. I don't think anyone discounts the role of inflammation in cardiovascular disease, especially concerning acute events. The emphasis has always been on fat and cholesterol, but one wonders if that has been over-emphasized.

The effectiveness of the 7.2 products, along with their lack of side effects and their potential to be a health enhancer, makes them very attractive. At this point I am highly recommending the 7.2 products to a variety of patients across the entire age range. I look forward to the continued development of this entire product line which I find very valuable for such a wide range of medical problems."

-Dr. Martin Holmes

DISCLAIMER

These statements and patient examples have not been evaluated by the food and drug administration. The products mentioned are not intended to diagnose, treat, cure or prevent any disease. Patient and consumer outcomes may vary and your individual results may vary significantly from those mentioned in this article. Please see a qualified health care practitioner before engaging in any health program or supplement protocol.

SevenPoint2 Case Reports

My name is Tom Kelley, I'm from Nampa, Idaho and this is my story. Basically, I didn't want to be fat and unhealthy anymore. I'd been watching my fiancé, Catherine, lose some weight and feel better on the 7.2 program. One day we watched *Fat, Sick and Nearly Dead*; it REALLY resonated with me! I decided it was time to see what these products could really do! Believe me, I was skeptical.

On December 8, 2013, with Catherine and Leslie cheering me on and Juliana giving me advice, my journey began. My goal was to use the 7.2 products and juice for 60 days.

I am a professional truck driver on a dedicated route from Boise, ID to Reno, NV three times a week. I'm home every other night and off on Saturdays. On the nights I was home, I juiced enough drinks for the next two days on the road. I drank two Protein shakes with Greens twice a day and had juice and water the rest of the time. I took Recovery three times a day and Boosters at night. I also took two Green Caps every day at lunch.

By the end of the first week, I was noticing major improvement! I lost 8 lbs, but even better, I FELT GREAT!! My energy level was through the roof! I began walking everyday because I felt so energetic, even after driving 9 hours. I didn't care how cold or snowy it was, I WANTED to walk. I even made it through Christmas and New Years without a problem. My palate was changing and I didn't crave ANYTHING! I really wanted my juice and shakes.



By the end of my 60 days, I'd lost 53 lbs and was in the gym running 5 miles on the treadmill and cycling for another 5 miles. I began eating light meals and continuing with one Shake w/Greens a day, Recovery before and after workouts, Boosters at night and Green Caps at lunch. I am sure the 7.2 products are what kept me on track to reach my goal. For the first time in my life I have a flat stomach! I was always the chubby kid- not anymore!

I want to Thank Dr. Cohn and Jason Boreyko for starting this company with such INTEGRITY and working so hard to create such an AWESOME product line! I'd also like to thank Juliana for introducing us to 7.2 and for her advice when I asked her about juicing. Juliana, Leslie and Catherine were my biggest cheerleaders; they made me think it was possible! It's GREAT to find something that really works, instead of all the gimmicks out there! I made my goal weight of 175 lbs in 79 days, losing a total of 59 pounds!!

Thank You So Much,
Tom Kelley

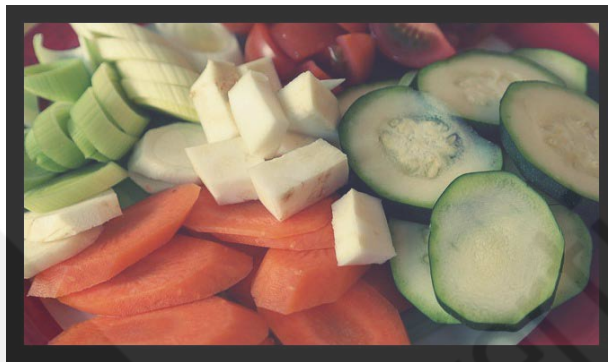
P.S. I'd like to meet Joe Cross and Phil Staples someday (from Fat, Sick and Nearly Dead) and introduce them to Seven Point 2!

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Frequently Asked Questions

Q: I often eat the 7.2 Shake and 7.2 Greens together to start my day. Is this a complete meal replacement?

A: That's a great question and it is important to know that the Food and Drug Administration has a guideline for what legally can be called a meal replacement. With that said, the 7.2 Greens and 7.2 Shake is not technically a meal replacement for the simple reason that there is no fat and very low carbs, which meal replacement products typically contain. The "MRP"s as they are referred to in the market are often filled with unhealthy ingredients that you would never find in SevenPoint2 products. We advocate the use of SevenPoint2 products as a part of a healthy diet and as a result of the quality of our products, consumers get remarkable results. Healthy carbohydrates from steamed vegetables and good fats from plant sources round out a healthy SevenPoint2 day!



Q: How is your rice protein different from all the high heavy metal rice proteins?

The recent buzz in the news is the presence of heavy metals in protein drinks. Companies that were ringing the "quality bell" were probably blindsided by the information and scrambling for answers and apologies at the same time. The companies are not bad people trying to harm the public. There are known suppliers of ingredients that have a reputation of tainted products that simply go unnoticed by the average consumer. The ingredients are usually lower priced and internationally sourced.



California labs are very strict in their guidelines and in fact must place a warning sticker on their products if there is any detection of heavy metals in their products. The law, better known as Proposition 65, has been an emerging consumer advocacy program since the late 80's. SevenPoint2 pays the higher price for the more pristine ingredients that do not contain many of the contaminants that cheaper

sources provide. Please note that our environment has taken a real beating with industrialization and the presence of leaded gasoline burning automobiles for decades. This makes for a real challenge to consume ingredients and foods that are contaminant free. You have peace of mind in that SevenPoint2 is a true crusader in the use of clean ingredients for our Health Made Simple program.

Alkaline Recipe Spotlight

Vanilla Chai Macaroons

Featuring SevenPoint2 Vanilla Protein Powder

Ingredients:

6 cups unsweetened coconut flakes
1.5 cups SevenPoint2 Vanilla Protein Powder
1.5 cups Alkaline water
1 cup coconut oil
1 cup honey
3 tsp ground Cinnamon
3 tsp ground ginger
3 tsp ground cardamom
2 tsp ground coriander
1.5 tsp ground cloves
1.5 tsp white pepper
1 tsp sea salt
Seeds from 1 vanilla bean



Directions:

Mix all ingredients together until well mixed. Scoop onto dehydrator sheets and dry at 145° for no more than three hours, drop temperature to 115° for approximately 12 hours. Cookies are done when slightly moist in middle.
Yields 70 cookies

Home Office Spotlight



Carrie Armstrong

"As a Nurse and a health enthusiast, 7.2 offers the best of both worlds as I assist customers and health practitioners throughout 16 different countries. I am very passionate about the level of service that we provide as a team. As we expand, we strive to maintain and improve the customer experience and I love working in an environment that is consistent with my own high standards of customer care."

News You Can Use

[Why Alkaline Diet?](#)

[pH Balance and Fertility](#)



Events



INTERNATIONAL LEADERSHIP SUMMIT * LAS VEGAS, NEVADA

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NORTH AMERICAN EVENTS

For exact times and locations Please go to SP2University.com > Events

Tuesday, March 25th * Boise, Idaho

CPO and Co-founder Dr. Cohn

Sevenpoint2 Company Overview

Tuesday, March 25th * Stockton, California

Director Corp. Development Bill Sickert

Sevenpoint2 Company Overview

Wednesday, March 26th * Salt Lake City, Utah

CEO and Co-founder Jason Boreyko

Sevenpoint2 Company Overview

Saturday, March 29th * Austin, Texas

CPO and Co-founder Dr.Cohn

Super Saturday Training

Saturday, March 29th * Miami/Hollywood, Florida

Sr. VP Sales and Training Philip Townsend

Super Saturday Training

EUROPEAN WEEKLY OPPORTUNITY MEETINGS

Every Tuesday * Praha, Czech Republic at 6pm

Featuring Vladimir Kosarek and David Marsalek

Every Wednesday * Bratislava, Slovakia at 6:30pm

Featuring Peter Krnac and David Marsalek

Every Thursday * Ostrava, Czech Republic at 6pm

Featuring Radim Kutnohorsky

CONFERENCE CALLS & ONLINE TOOLS

Don't miss the informative and exciting Team Calls offered each week:

- Monday Evenings at 9:30pm Eastern - Leadership Call
- Tuesday Evenings at 9:00pm Eastern - Wellness Call
- Saturdays at Noon Eastern - Leadership Training Call

For all calls listed above, the phone number is 832-280-0650, PIN: 7272#

NextMajorShift.com is a great resource to use for your new prospects, featuring Dr. Cohn's "Health Made Simple" and a Business Opportunity Webinar with SVP Philip Townsend.

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*Statements and products have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

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