

# AIM BarleyLife<sup>®</sup> is her fountain of youth

**Kathie Fitzpatrick is a busy woman, balancing work, ministry, writing, speaking, ... and everything else in between.**

**“AIM BarleyLife<sup>®</sup> helps me stay on a busy schedule that would be impossible for some people my age,” she says. “But shhhhh! Nobody knows. I am often mistaken for about 38-45 or so!”**

**Kathie’s busy schedule would be an understandable excuse for fatigue or aging, yet she juggles all her different activities with ease. Kathie works full-time as a real estate agent and income property owner in Yakima, Washington. In addition to her day**

**job, she is the head of a non-profit youth services organization called Young Lion’s Youth Ministry Program, a ministry that is used worldwide for youth detention. She travels to various speaking engagements and holds performances for teenagers, wearing a leather jacket or rhinestone pants. Even the kids don’t know how old Kathie is.**



Kathie Fitzpatrick, 61 years young



Karen Lee

**“They don’t guess my age, or they might not listen to me as well as they do now,” she says.**

**In the midst of this activity, Kathie has had to deal with tragedy as well.**

**In the summer of 2001, Kathie’s youngest daughter, Karen Lee, perished in a forest fire. She was 18 at the time, the youngest of four firefighters who died, and the tragic story gained national attention.**

**As a tribute, Kathie wrote a book in memory of her youngest daughter.**

**“I finished my book, Angel Promises ... Remembering the Youngest Firefighter, in June of last year, and we opened at Border’s bookstore as a national event for the book chain complete with reporters and news cameras.”**

**And through it all, Kathie credits BarleyLife for keeping the years off.**

**“Throughout the years, the schedule of working in real estate, writing, speaking, meeting news media, maintaining a 4,000-square-foot home and yard – well, I certainly learned to reach for BarleyLife on a regular basis to find physical strength,” she says.**

**Kathie was first introduced to a green barley product 25 years ago when she and her late husband were working as producers for a Christian broadcasting station in**

California. Life back then was almost as hectic as it is for Kathie today.

**“At age 36, I was a busy mother of three children, and my youngest, Karen Lee, was only 3 months old. We produced as many as 14 programs at once in some periods of time, and were very busy both in the studio and on location.”**

Some of the programs that the station produced were nationally and internationally syndicated, including “Accent on Health,” a well-known nutrition and wellness show.

During production of “Accent on Health,” Kathie kept hearing from guests and health experts about a wonderful new barley product that they encouraged her to try. And once she did, she never went back.

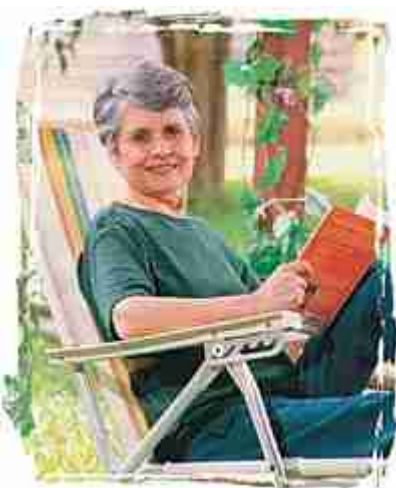


**“The main thing we’ve learned about BarleyLife is the extra energy it gives you,” Kathie says. “One teaspoon mixed in one glass with ice is about ‘10 hours of jet fuel,’ they kidded us. Also the rebuilding of the cells was a very important issue with BarleyLife.**

**“Well, with the long hours I put in between the TV production world, the home, and the kids, good old BarleyLife was a welcome discovery.”**

**“I still look good, feel good, and have no health problems,” Kathie says. “In November I will be 61 years old. I really don’t feel any different than when I was 30. That’s the bottom line.”**

### **Seeing is believing!**



**I was working in my yard one day when I reached into the flowerbed to pull out some dead leaves, and I accidentally disturbed a wasp’s nest. The angry wasps attacked my hand, and I had several wasp bites. My hand began to throb with pain and started to swell. I went running into the house and asked my husband, Pete (the skeptic veterinarian), to get a bottle of AIM Cell Wellness Restorer™. We stood at the sink and as Pete poured it over my hand, I rubbed it in, and the pain and swelling immediately subsided. As they say, seeing is believing. Pete could not doubt what he had just seen with his very own eyes! He made the comment that wasp stings always itch later, but mine never did. A landscaper was also here working at the time, and after witnessing this, he**

**purchased a bottle of AIM Cell Wellness Restorer™!**

**Martha Hendry, Star Sapphire Director, Mandeville, LA**

**Turning nuggets of wisdom into successful health ministry**

**Maymie White—San Antonio, TX**

**In the late 1970s, Maymie White started searching for ways to obtain better health for her family. At the time, she knew about the benefits of individual vitamins and**

minerals, and began using them. But she really didn't enjoy taking so many pills and didn't notice any difference.

It wasn't until 1987 that Shirley Barnes introduced Maymie to a green juice product and The AIM Companies™. "I was very impressed with all the nutrients in one product," she says.

She immediately signed up to order the AIM products wholesale and started her mother on green barley powder and AIM Herbal Fiberblend®. She quickly experienced improvement in her digestive health, and Maymie was convinced that this is what she had been looking for. "When I started using the products personally, my body knew the difference because they were easily assimilated. I didn't like all those individual vitamins because I felt my body was not able to use them," she says.

"When I started using the products personally, my body knew the difference because they were easily assimilated."

When Maymie's other family members and friends started asking her what she was doing, she shared the information and the products and they got results, too.

### **Trial develops into opportunity**

A teacher by profession, Maymie stopped working in 1993 because she had developed cancer. She devoted her time to seeking God's direction and began applying natural therapies to regain her health. "I was diagnosed and I chose not to use the orthodox treatment. I used lots of AIM's products, fasting, and a few other things. I did not go back to the doctor for verification of the healing. It took a number of years to regain my health, but I did begin to feel better and better from the very beginning of my lifestyle changes. It was a slow process. I've never gone back to the doctor."

That bump in the road prepared Maymie even more for helping others. The more she learned about healing and applied that knowledge to her own situation, the more she was able to help others.

"The focus of my health ministry is to encourage more people to take responsibility for the care of their bodies."

### **Growing a ministry**

Maymie says she has a passion for finding nuggets of wisdom on caring for the body. She loves sharing the messages of health and hope. "The focus of my health ministry is to encourage more people to take responsibility for the care of their bodies."

A self-motivator, Maymie realizes that some people get discouraged easily, and is determined to be there for them. Through personal contacts, e-mails, and phone calls, she shares information about the benefits of the AIM products on health.

Maymie does a lot of reading and research and attends workshops. She shares the information she's collected with individuals and small groups. "I give people suggestions and guidance as they're making their lifestyle changes," she says.



**She has found that most people are troubled by fatigue or lack of energy, constipation, and hormone imbalance. She focuses on cleansing, changing eating habits, and supplementing. Her fastest-moving products are AIM BarleyLife®, AIM Herbal Fiberblend®, AIM PrepZymes®, and AIM Renewed Balance®.**

**Maymie feels a great satisfaction and fulfillment knowing that she's making a difference in others' lives and says the greatest reward is hearing from grateful people who have obtained better health.**

**Now that she's reached the Chairman's Club, she doesn't see her ministry changing other than to continue growing.**

**"The key to my success has been in seeking God's direction and guidance in my health ministry as I share simple practices in everyday living God's way. I am grateful for the privilege of serving others," she says.**

### **Personal pursuits**

**Maymie enjoys searching the scriptures for wisdom in the area of health, reading health books, traveling, and gardening. When she attends AIM conventions, she extends her stay for vacationing. She and her husband also visit their son and daughter, both out-of-state, as often as possible. She grows fruits, vegetables, and herbs, and uses the herbs in cooking, teas, and home remedies. She's even tried making tinctures. "I love to have herbs around for their medicinal values," she says.**

**In addition, Maymie has started writing a book, putting together all of the information she's acquired over the past 20 years. It will include information on herbs, natural home remedies, and natural healing formulas. She has compiled much, but the writing takes a back seat to helping others. She says, "Right now, there's just so many people who need help in regaining their health—a lot of my time is devoted to that."**

### **You can do something about arthritis pain**

**Arthritis affects more than 46 million Americans, and millions more are at risk for the condition. Are you one of them?**

**A survey provided by the AARP would suggest that you very well might be. To find out, take a look at the following statements, and see which ones apply.**

- You are over the age of 45.**
- You are 10 pounds or more overweight.**
- You have had a serious knee injury.**
- You did, or currently do, spend more than three hours per day doing heavy lifting on a regular basis.**



**If any one of these conditions applies to you, then chances are good that you are at risk for arthritis.**

**Such a broad survey might seem overly simplistic, but it makes sense when you consider the broad scope of arthritis's reach. Arthritis is a blanket term that describes more than 100 specific medical conditions ranging from back pain to fibromyalgia. Generally speaking, arthritis deals with problems of the joints, which include swelling, pain, stiffness, and joint damage. In these terms, it is easy to see just how prevalent arthritis can really be.**

**Dee Sanders, a Director from San Antonio, developed carpal tunnel syndrome – a form of arthritis that affects the wrists – and was very happy to find relief in the AIM products.**



**“In 2003 I was working as a computer program analyst and was required to use the computer mouse a lot for spreadsheets. I started suffering with carpal tunnel syndrome. The pain was from the wrist to the elbow, and I was gravely concerned about having to retire early and have surgery on my wrist.**

**“My upline, Star Sapphire Director Betty Casey, asked me if I had ever tried the glucosamine in AIM Frame Essentials®. It was foreign to me at that time, but I said I would give it a try. I took two capsules morning, noon, and night. I can honestly say that within three weeks the pain subsided. I then went to two capsules daily. I have not had an occurrence of carpal since!”**



**Glucosamine is the key ingredient in Frame Essentials. It stimulates the growth and repair of cartilage, helping joints to heal and recover faster and more effectively. Frame Essentials also contains methylsulfonylmethane (MSM) and Boswellia serrata. MSM is found in healthy joint fluid. Boswellia extract helps improve blood supply to the joints, which helps reduce joint swelling and pain.**



**Together, these three ingredients help make Frame Essentials a powerful joint supplement and one that many Members – like Cathy Palacios, a Preferred Member from Pharr, Texas – can't imagine living without. She was tired of suffering from pain in her hands, elbows, and shoulders.**

**“A wonderful friend of mine introduced me to AIM products and told me she thought I would really benefit from taking them. I read all about Frame Essentials and decided to take them. In a matter of days I felt relief, and I've been on them ever since. I maintain with two capsules a day.**

**“I'm 65 years young and I do altar service at Mass that requires me to kneel several**

times on the tile floor, especially when I do the incense in front of the altar. I can honestly say that I never complain about joint pains.”

### **AIM products give woman lift**



**Dear Editor,**

**I am new in the partnership, but wanted to tell you how impressed I am. I started taking AIM products about 9 months ago, and immediately felt more energy from the very first day.**

**I am 72 years wise and hold the world record for powerlifting for women in my age and weight category. I bench press 82.5 pounds and dead lift 176.5 lbs., which established the world record in 2001 for women. Believe me, I need all the energy I can get when lifting.**

**I want to thank all of you at AIM for your wonderful products. They certainly make a difference.**

**Paulie Forquer  
Orangevale, CA**



**If there  
were a course  
called Family  
101 ...**

**There are no rules on how to raise a family. You can read a book, listen to some expert but when family time starts for real, it is pretty much learn as you go. It is an adventure complete with smiles, tears, triumph, adversity. It is not something you can fake and get away with. Kids know, parents know.**

**The Redick children of Roanoke, Virginia, can stand on their own and pat**

themselves on the back ... if



was  
choice



they choose to. The oldest, twin girls Catie and Alyssa, both have college degrees and were basketball players at Division I Campbell University in North Carolina. The oldest son, JJ, is a graduate of Duke, was college basketball's player of the year in 2006, and the first round draft of the National Basketball Association's Orlando Magic. David lettered in three sports

in high school, is a freshman at Marshall University, and is attending school on a football scholarship. The youngest in the family, Abby, is a high school student, a star basketball player, and intends to play basketball in college.

Their parents are Ken and Jeanie Redick. Ask the kids about their individual lives, about what matters to them, what is important to them, and they come back with the same answer though the wording and emphasis may be a little different. Mom and Dad, the family.

Abby says, "My favorite moments are when my entire family is together because it is hard with all of our busy schedules. It is great to just spend time together and it is always entertaining."

Adds Catie: "My favorite memories always include my sister and my mom, either hiking in the woods, my mom teaching us to cook and cross-stitch, playing dress up and dancing. Whatever the activity, the best thing is how much time my mom spent with my sister and me and how much we laughed."

For Alyssa, the answer again goes back to family: "The day I married my husband was the very best day of my life. My family was there to celebrate and enjoy our union. It was very special."

"Every summer my family goes to the beach in North Carolina," says JJ. "Those are my favorite moments – spending time with my family."

For David, he appreciates the role big brother JJ took in encouraging him to play football in his junior year of high school, when he had never played the sport before. He calls football "the best experience of my life" and says he wouldn't be a football player at Marshall without the influence from JJ.

David also counts among his favorite memories an accomplishment of his brother. "My brother woke up the morning of the state championship game with a torn ligament in his foot and he could barely walk. I remember praying for him all day that God would take the pain away. JJ went out and scored 43 points and his team won the state championship. That was something really emotional to experience."

What was it that Ken and Jeanie stood for that has stuck with their five kids? Five kids who could justifiably point to their own accomplishments as being important in



noticed increased says Jeanie. “At first I money to pay for our people, held a few month to pay for our career change and we we were sitting on a gold mine if we just tapped into it. We got serious about our AIM business and saw it grow. Then I went back to school to become certified as a nutritionist and have even more opportunities to help others improve the quality of their lives. This work is very fulfilling.”

Jeanie and Ken are great believers in the AIM products. They use the AIM Garden Trio®, AIM Herbal Fiberblend®, AIM Proancynol® 2000, AIM Frame Essentials®, and, just recently, added AIMega™ to the list. “We have always been health conscious,” explains Jeanie, “raising our organic garden since 1976 and vegetarians since 1971. We used to take handfuls and handfuls of vitamins and minerals. We still suffered colds, flu, sinus infections, and fatigue. But when we switched over to AIM’s whole food supplements we noticed not only did our energy increase, but we didn’t get sick any more.”

Like parents, like children. The Redick kids are also believers in the AIM products. For Catie, it is AIM BarleyLife® and AIM Herbal Fiberblend®. “They keep my energy up and my digestive system clean and regular,” she says. For twin Alyssa, it is the same two as Catie, plus AIM Proancynol® 2000. “For regularity, overall health, a stronger immune system, and as an antioxidant.” JJ takes AIM BarleyLife®, AIM Herbal Fiberblend®, AIM Proancynol® 2000, AIM Frame Essentials®, and AIM Just Carrots®.

Ken and Jeanie are graduates of Ohio Wesleyan University. Ken has a degree in English literature, Jeanie in pottery. They met in the school’s pottery studio, were married after college, and bought land in Tennessee where they constructed a large pottery studio and worked at it for 14 years. They built a studio/home themselves,

their lives but, instead, they take note of their parents and their siblings. “We taught our children to never give up and never say never. What you dream and believe, you can achieve with God’s help. Nothing is impossible with God. We gave them opportunities, support, and encouragement. But the work was up to them,” Jeanie says.

The Redick name is a familiar one to AIM Members. Jeanie participated in a skit at the Tucson convention in 2005, she directed a workshop at the 2006 convention in San Antonio, and she is a regular facilitator for AIM teleclasses. She also has her own nutrition business, Eat for Life.

As is the case with a lot of AIM Members, adversity drew Ken and Jeanie to the AIM products; they were facing a health challenge. They heard about the AIM products and gave them a try. “After switching to AIM’s whole food supplements we energy and reduced symptoms,” just wanted to make enough family’s use. We signed up a few meetings, and got a check every personal use. Then Ken had a needed extra income. We realized

we realized about the AIM products and gave them a try. “After switching to AIM’s whole food supplements we energy and reduced symptoms,” just wanted to make enough family’s use. We signed up a few meetings, and got a check every personal use. Then Ken had a needed extra income. We realized





cleared the land, planted fruit trees, and home-schooled their children for 10 years. “Our children learned teamwork and sacrifice for the good of the

whole,” says Jeanie. “With home schooling and a home business, everyone had to pull their weight.”

In the 1990s both went back to school; Ken became a certified addictions counselor and Jeanie a certified nutritionist. By the early 1990s the Redicks had five children who began heading off in at least that many directions.

How do they keep track of it all? “I have a color-coded calendar for sports,” Jeanie says. “Each child has his/her own color and the games are entered and highlighted by color. Last winter I had three children playing basketball – two in high school and one in college. In December we had 28 games and in January we had 25 games to attend. But we love every minute of it and would not trade it for anything. We have logged an average of 35,000 miles each year on our travel car since 1997 when the twins went off to college.”

The children have worked at becoming the athletes they are but having good genes in the family does not hurt. Ken played basketball in high school and in college. Jeanie participated in high school basketball, was on the track team, the golf team, and the ski team.

JJ feels coming from a family of five kids helped each of them to succeed. “We all pushed each other to succeed. And our parents were very encouraging.” Catie agrees. “We are all goal-oriented and very competitive. We learned this from our parents. We saw how hard they worked for all of us and the sacrifices they made for our family. We all want our parents to be proud of us and we have always pushed hard to be on top or be the best.” Alyssa adds: “We were raised to work hard for what we want in life, to strive for the best, and follow our dreams. Our parents have always supported all five of us.”

It is no different with the youngest, Abby. “Having parents who support you, no matter what, make our goals more reachable. I motivate myself but it is also great to have the support of your family behind you as well.” As the youngest, Abby “got the chance to see what hard work can do and how it can pay off. My siblings all have fantastic work ethics and I got to learn from their experiences.”

To their credit, David says, “our parents never pressured us into doing anything or playing any sport.” He says his older sisters set the tone when they worked hard and earned college scholarships in basketball, then came JJ and Duke, and David and Marshall. David feels Abby will follow in their footsteps. “We are an extremely competitive bunch of kids,” he adds.

Ken and Jeanie point to their parents as the foundation for the family work ethic. “We were raised by our parents who taught us the value of hard work,” says Jeanie. “They had been World War II veterans and children of the Depression. We were not afraid of hard work,” a trait obviously passed on to their children. Hard work ... and motivation. Talk to a Redick and those terms keep coming up.

“Your motivation is your leverage,” Jeanie believes. “It is what keeps you going when the going gets rough.” Abby’s motivation, her leverage, “is that great feeling when you succeed.” For JJ, “My motivation is to be the best at whatever I do. I love winning.” Catie notes, “My motivation in accomplishing something is knowing that I gave 110 percent and did the very best that I could do.” For Alyssa, “I know this



sounds corny, but I try to do the very best I can in all that I do. I don't feel satisfied until the best efforts are put forth." David says he wants to "represent my family name as well as I can" because family members "before me have worked so hard to make a name for the Redick family."

This is a family who works when work is called for but also has a variety of hobbies and interests. Jeanie is a tennis player and enjoys hiking, riding bikes, and working out in the gym with her husband. They also spend time with a couple of

family pets, an English Springer Spaniel and a Hungarian Vizsla. JJ plays video games, watches movies, and likes to read U.S. military history. David, like JJ, enjoys video games and watching movies. Catie relaxes by lifting weights, running, playing some basketball and football. Alyssa, too, likes to work out and finds time to design jewelry. Abby, like Alyssa, has an interest in jewelry. She designs and makes it and, she notes, "I actually have a small business."

For Jeanie, the mother of this achievement-oriented, hardworking family, how something is achieved is simple enough to explain. "You have to keep your eyes on the prize. The prize is your goal, it is the WHAT. The motivation is the WHY. You have to always remember the WHY. Otherwise, you will lose your focus, get distracted, get discouraged, and give up."

### Special occasion calls for special speaker

When JJ Redick's basketball career at Duke ended in 2006, he had enough records and accomplishments to fill several pages in the Duke basketball guide. How he got there – the hard work, the motivation, the setbacks, his dreams, his use of AIM products – will kick off The AIM Companies™ 25th anniversary celebration June 20-24, 2007, in Orlando. Redick will be the featured speaker on the opening morning of the convention.

What basketball fans know of Redick is his success in high school and at Duke. In high school, he played on the varsity all four years, he was a McDonald's All-American, player of the year in his senior year, and three times Gatorade player of the year. At Duke, he was Atlantic Coast Conference (ACC) player of the week eight times. ACC player of the year, twice. ACC tournament most valuable player twice. A member of several All-American teams in his junior and senior years, was named by several sports organizations and groups as the college player of the year in his senior year, and was selected in the first round of the National Basketball Association draft by the Orlando Magic.

What fans never saw was what it took for him to become the best. At age 7 JJ decided he wanted to play basketball at Duke. He began practicing three hours a day in the family driveway – rain, snow, ice, it didn't matter. By the time he reached high school, he was practicing five hours per day. He led his team at Cave Spring High School in Virginia to the state championship and he earned his scholarship to Duke.



**There were times when he might have given up, but he didn't. He broke his wrist three times in six months in the eighth grade. Each break came on the basketball court and each time he was on a fast break and he was undercut (his legs taken out from under him as he went up for a shot). Not very sporting but if he couldn't use one hand, well ... he learned to shoot with the other hand.**

**His mother, Jeanie Redick, knew when she watched her son outside in all kinds of weather that he was practicing to realize his dream and that he was putting in all that time knowing the moment would come when it would all pay off. She recalls one of**

**those moments.**

**“When JJ was a freshman at Duke, they won the ACC tournament. They were behind with 12 minutes left and it looked like they were going to lose. JJ got that look in his eye that he knew he had to step up and help his team. He went on fire and started draining shots. When they won, I started to cry. I realized he had played this game before over and over in his head as a child in our driveway. It was always the championship game and there were only seconds left on the clock, his team was down by a point or two, and JJ had the ball. Swoosh, he would drain it at the buzzer. He had practiced that over and over in his mind and over and over in the backyard, then it happened.”**

**JJ now has a professional basketball career to concentrate on, to be the best he can be at the very highest level of the game he has played since he was 7. When his time in pro basketball is finished, he says, “I want to be successful at whatever I do – coaching, business, or TV-related.” It is hard to imagine him being anything else.**

**As for the AIM meeting, JJ says he is “excited and honored to be part of the AIM convention.” His mother only smiles: “He will do a good job,” she says. She should know.**