



## VITAMINS, MINERALS & DETOXIFICATION

V.E. IRONS, INC. • P.O. BOX 34710, N. KANSAS CITY, MO 64116 • 1-800-544-8147 • www.veirons.com

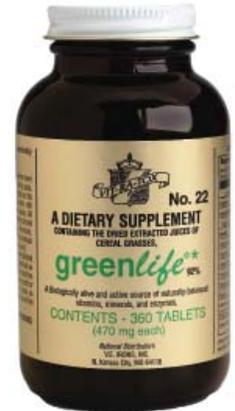
### 10 AMAZING BENEFITS OF WHEATGRASS

#### 1. Lose Weight

Wheatgrass contains selenium, which is nutritionally essential for humans.

According to a 2012 study in *Modern Nutrition in Health and Disease*, selenium plays a critical role in reproduction, thyroid hormone metabolism, DNA synthesis, and protection from oxidative damage and infection.\*

The thyroid plays a key role in your body's ability to regulate its weight, so because of the relationship that selenium plays in normal thyroid function, ensure that yours is healthy by supplementing your diet with the recommended daily amount of wheatgrass!



\*Sunde RA. Selenium. In: Ross AC, Caballero B, Cousins RJ, Tucker KL, Ziegler TR, eds. *Modern Nutrition in Health and Disease*. 11th ed. Philadelphia, PA: Lippincott Williams & Wilkins; 2012:225-37

#### 2. Detox Your Cells

Wheatgrass is highly alkaline and high in nutrients, making it the perfect aid in the natural detoxification process that happens during cell regeneration and renewal. Nutritionists agree that an alkaline diet, inadvertently allows us to end up eating healthier.

Doctor E.V. McCollum, professor at Johns Hopkins, once stated:

“Eat nothing unless it will spoil or rot – but eat it before it does.”

Therefore, a diet rich in fruits, vegetables, legumes and wheatgrass are a great way to boost your cell function and naturally aid in the detoxification process of your body.

#### 3. Boost Your Immunity

Wheatgrass has been shown to be an amazing immune booster with the ability to increase red blood cell production according to a study done in 2004.

In the *Journal of Indian Pediatrics*, wheatgrass proved to be such a powerful aid, that it reduced the need for blood transfusions amongst transfusion dependent patients with beta thalassemia, or a blood disorder that reduces the production of hemoglobin.

\**Indian Pediatrics* 2004;41:716-720

#### **4. Stimulate Circulation**

Stimulate your circulation by taking wheatgrass and increase the amount of oxygen in the blood.

A 2008 study in the Internet Journal of Alternative Medicine showed that wheatgrass increases oxygen levels when taken directly before exercise.

\*M Handzel, J Sibert, T Harvey, H Deshmukh, C Chambers. Monitoring the Oxygenation of Blood During Exercise After Ingesting Wheatgrass Juice. The Internet Journal of Alternative Medicine. 2008 Volume 8 Number 1.

#### **5. Improve Digestion**

Wheatgrass contains Vitamin C and B-complex vitamins, which aid in the digestive process, while vitamins B6 and B12 assist with protein and fat metabolism. These vitamins are essential for the function of close to 100 different enzymes involved in digestion.

Next time instead of reaching for an antacid to relieve heartburn or indigestion, try introducing wheatgrass into your diet!

#### **6. Reduce Fatigue**

A weakened immune system can leave you feeling tired, stressed and fatigued. Boosting the adrenal system is essential for sufferers of chronic fatigue.

Wheatgrass is loaded with chlorophyll which not only helps to increase the oxygen supply in your body's cells and tissues, but it boosts the immune system as well. This not only heals the body but also reduces symptoms of fatigue by naturally regenerating the adrenal glands.

#### **7. Cleanse the Liver**

Wheatgrass is well known for its positive effects on the liver. With its high chlorophyll content, this makes it especially beneficial when it comes to detoxifying the liver and reducing the absorption of several harmful carcinogens, as it strengthens cells and neutralizes pollutants present in the blood.

#### **8. Menstrual Pain**

Painful menstrual cycles can be attributed to vitamin and mineral deficiencies, particularly of magnesium and niacin, according to a 1981 study in the American Journal of Clinical nutrition.

Wheatgrass' abundance of vitamins helps to supplement your diet, helping you to make it through that time of the month with less pain and more easily.

#### **9. The Common Cold**

Make sure your body is getting all the vitamins it needs and avoid getting sick this cold and flu season by introducing wheatgrass year round.

#### **10. Bowel Inflammation**

Wheatgrass has anti-inflammatory qualities, and has also been proven to fight inflammation in the bowel linked to several diseases including Crohn's and IBS.

In fact, a 2002 study done in a randomized double-blind placebo-controlled trial, showed that wheat grass juice appeared safe and effective as a single or adjuvant treatment of active distal Ulcerative Colitis.\*

\*Scand J Gastroenterol. 2002 Apr;37(4):444-9.

## ANNOUNCING:

### Jeanne Martin's 2017 VITRATOX Cleansing Retreat!

ATTENTION DISTRIBUTORS, COLON HYDROTHERAPISTS, FAMILY AND FRIENDS!

THE FIRST OF MY 2 RETREATS ARE TO BE HELD IN **MAY 2017**, WITH A TOTAL OF FOUR THROUGHOUT THE YEAR in beautiful **STEAMBOAT SPRINGS, COLORADO!!**

#### INVESTMENT

Your investment includes 9 days and 8 nights of accommodations. With room for 16 people (2 people per room) spaces will fill up fast, so reserve yours today! I have lots of great things planned for your stay including: 8 colonics, daily health and stretching classes, fun games, health movies and plenty of organic juice for your cleanse.

#### OPTIONS

If you are a colon therapist, you can bring your own clients & give colonics to them during the retreat. There will be an amount per colonic you perform that will be deducted from your total retreat cost. Also, there will probably be people at the retreat from Steamboat Springs so if you want to do more colonics that will also be used towards your total cleanse cost.

\*Please note: Distributors are to bring their own product, but I will have extra in case anyone needs anything.

For more information and to reserve your spot please contact **Jeanne Martin** at: (714)472-5617

Or you may also email her at: **WatersOfLifeCleansing@gmail.com**

#### PRICING

I don't have the exact price or dates yet, but the retreat is scheduled for May. Cheapest rate for flight is Tues., Wed., & Thurs., so I may have everyone fly in on Tues afternoon and go home on Thursday. I want to get the cost to be about \$1,500. Hopefully less.

Also, there are 2 places nearby that have natural Hot Springs that cost \$15/day. This is extra and is not included in the cost of the retreat.

#### VALUE

Together we will learn from one another and share valuable information and experiences intended to equip us as we continue on our journey to well-being. My goal is to allow you to reap the rewards from this experience for the rest of your life!

*Jeanne will need half of the down payment by mid December and Balance will be due 90 days before the retreat.*

*If any other distributors have retreats like this, let us know and we would love to help you get the word out.*



The federal government's 2015-2020 Dietary Guidelines for Americans notes that "Nutritional needs should be met primarily from foods. ... Foods in nutrient-dense forms contain essential vitamins and minerals and also dietary fiber and other naturally occurring substances that may have positive health effects. In some cases, fortified foods and dietary supplements may be useful in providing one or more nutrients that otherwise may be consumed in less-than-recommended amounts."

*You heard it, folks! Our government is recommending what we've always known. So, spread the word about what V.E. Irons Products can do for you and let's make 2017 a year to remember!*

# 2017 VACATION RAFFLE

Only open to distributors of Vitratox products who are legal residents of the US & 21 years of age or older. Limit 1 entry per person per day



## HAWAII DREAM VACATION

ENTER TO WIN A 6 DAY, 7 NIGHT ROUND TRIP FOR TWO

Earn one raffle entry for orders placed from January 1st, 2017 to December 31st, 2017.  
Earn two entries with each new distributor signup that places an order.



### One Solitary Life

Here is a man who was born in an obscure village, the child of a peasant woman. He grew up in another village. He worked in a carpenter shop until He was thirty. Then for three years He was an itinerant preacher.

He never owned a home. He never wrote a book. He never held an office. He never had a family.

He never went to college. He never put His foot inside a big city. He never traveled two hundred miles from the place He was born. He never did one of the things that usually accompany greatness. He had no credentials but Himself...

While still a young man, the tide of popular opinion turned against him. His friends ran away. One of them denied Him. He was turned over to His enemies. He went through the mockery of a trial. He was nailed upon a cross between two thieves. While He was dying His executioners gambled for the only piece of property He had on earth – His coat. When He was dead, He was laid in a borrowed grave through the pity of a friend.

Nineteen long centuries have come and gone, and today He is a centerpiece of the human race and leader of the column of progress.

I am far within the mark when I say that all the armies that ever marched, all the navies that were ever built; all the parliaments that ever sat and all the kings that ever reigned, put together, have not affected the life of man upon this earth as powerfully as has that **ONE SOLITARY LIFE**.

- **COMING SOON** - The veirons.com website is getting a makeover! We are excited to bring you a new updated website that will include new tools, features, and options for our Vitratox Distributors. We hope to be live by the end of this year or early in January 2017.

- **REMINDER!** New Initial Distributor Sign up is \$275.00. Still includes the Product Kit and Sales Kit. We have had a great response to this new price. To all of our awesome Distributors - Keep up the good work on bringing more distributors into the fold.

- **Contact Customer Service within **THREE BUSINESS DAYS OF RECEIPT OF MERCHANDISE**** for any shipments with damaged or missing product. We need to be able to claim proper credit from the shipping company.

We would like to welcome a few new employees to our company. Felicia Irons, who is the wife of our late Robert Irons. She will be our new Marketing Director. Robin Stewart our new customer service representative and Jodee Westphal to our accounting department.

*We are very pleased to have them on staff with us.*



### *Holiday Office Schedule:*

**Christmas - Closing at Noon on Dec. 23, 2016**  
**Closed Dec. 26, 2016**

**New Years - Closing at noon on December 30, 2016**  
**Closed Jan. 2, 2017**

*We wish you and your families good health and success in 2017.*

**Merry Christmas and a  
Happy New Year!**

*The Staff:  
Julia, Sharla, Karen, Robin,  
Felicia & Jodee*



## GENTLE REMINDERS

**Any orders received after 10:30 am central standard time on December 30th, 2016 will be processed in January, 2017 and will not be eligible for a December Rebate. Please call your orders in prior to December 30th to ensure processing in December.**

Please remember that we will not ship orders containing liquid products if the temperature is below freezing (32 degrees).

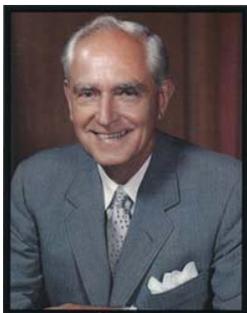
In order to be eligible to receive a Rebate on your Downline's purchases, you must have placed one or more orders in that calendar month and sent payment for all your orders to reach our office by the 10th of the following month. Distributors who do not place an order in a given month are not eligible to receive a Rebate on the Downline's purchases for that month. Please allow time for your payments to get to us through the USPS. Please check to make sure payment was received in time.

**IRS 1099** Forms will be issued to Distributors who have earned \$600 or more in Rebates during the 2016 calendar year. These will be mailed by January 31, 2017.

**Friendly Reminder** - All rebate checks not cashed within 180 days need to be sent back to V. E. Irons and will be reissued minus a \$35.00 service fee.



**V.E. Irons, Inc.  
P.O. Box 34710  
N. Kansas City, MO 64116**



**V.E. Irons, Sr. 1895-1993**