



TESTIMONIALS

Loss of Weight without Trying

I was taking the Gold for a couple of months, and I noticed my cravings had decreased on wanting junk food. People asked what was I doing, as I lost 27 lbs. I didn't know. Then I went off the Gold for a month. The cravings came back and I quickly went back to taking it again.

Caroline Wellings – Kapaskasing, Ontario

Growing Bones at 50

After I started taking the Barley Gold I immediately had a good bowel cleansing. Then my sinuses began to drain, which was wonderful. Next, I began to have bone pain where the cancer had been. When I feel the bone in my forearm the rough holes aren't as deep. It appears the bone is growing back!

Gwen P. Rimbey , AB, Canada

Kidney Stones and Joint Swelling do the Disappearing Act

Truthfully, I was somewhat skeptical, but decided to try Barley Gold. My arthritic pain was really starting to affect me, and I was worried that kidney stones could potentially be a problem for the rest of my life. Today, I am virtually pain-free. The swelling on the joints has disappeared and I've had no more problems with kidney stones. I take Barley Gold every day and feel just great!

Joseph W. Fort Saskatchewan, AB, Canada

Libido, Mobility and Energy

Since taking the Barley Gold Level 1 for 3 months I've gradually noticed my knees, hands and shoulder joints have reduced in pain and I have gained much more mobility. Even my energy level has increased and along with that the return of libido!

Wayne V. North Dakota, U.S.A.

Indigestion is Gone - Appetite is Back

I suffered depression, lack of appetite and indigestion. I started on Barley Gold and felt much better. My appetite is good and I do not have indigestion. I credit the Barley Gold in playing a good part in the changes I've made to better my well being. I plan to continue on Barley Gold.

Laurie M. Vancouver, BC, Canada

Golden Facial

About a month after I began taking Barley Gold, I noticed that I was not craving sweets. I have a life long sweet tooth and my body does not tolerate or wear off sugar as I get older. The second thing that I noticed was that I was sleeping all night without waking up. The third thing I noticed was how clear my skin was. I have also found this summer that I do not get the dark liver spots on my lower arms when I tan.

Jo-Anne E. Brantford, Ontario, Canada

Cleansing and Immunity

After I was up to two tablespoons of the Barley Gold, the mucus started cleansing out of my head and cleaning out of my lungs for two weeks. An intestinal cleansing began and lasted about ten days. I have great energy now and haven't experienced so much as a cold. Barley Gold is the Super Food for a lifetime.

Walter S. Sylvan Lake, AB, Canada

Sleeping Better with No Allergies

I had such bad allergies I couldn't even eat fruits and vegetables. Within ten days of taking the Barley Gold it had already helped. No more sneezing! I'm more energetic and sleep better at night. When I went off the Barley Gold for a few days my allergies started coming. I haven't gone off it since.

Anna P. Nanaimo, BC, Canada

Retiring Healthy

I started taking the Barley Gold about four years ago because I am a firm believer in good nutrition. Also, being in the retirement stage of life, I felt my nutritional needs would be larger. I get almost daily exercise at the pool/gym. When I don't take the Barley Gold for a few days I do notice lethargy. My commitment to the product is soon renewed. I relish those good cholesterol levels and good blood pressure results.

Edward T. Medicine Hat, AB, Canada

Fibrous Healing

After my triple by-pass and valve surgery, I became constipated from all the medication. My daughter picked me up from the hospital and gave me Barley Gold; I started at 2 tablespoons because of my discomfort. Within a few days I was having regular bowel movements, and at my six-week check up, the Doctor was very pleased with my healing! Major surgery at my age (79); comes with its own set of complications. I was so relieved and pleased I decided to stay on the Barley Gold. My wife and I just celebrated our 56th wedding anniversary. We vowed to start each day with a toast of Barley Gold.

Ivan O. Elmvale, Ontario, Canada

Hot Diggidy Dog

I stopped buying arthritis/joint medications for Colonel (my 11 ½ year old Rhodesian Ridgeback). I have him on a higher dosage of Ester-C and my mom suggested I put some Barley Gold on his food—so I did and continue to do so. As soon Colonel hears me fixing his food he now jumps up, stands there waiting for me to finish and if I am not fast enough he barks at me, runs over to his dish and devours his food. Here is the best part. I was standing guard at the back door about a week ago watching him go down the steps and my mouth fell open. Instead of his little back paws sliding out from under him as he went down the stairs he planted each paw firmly on the step and walked all the way to the down without falling or slipping one time! Then when he finished going to the bathroom on the far corner of our yard he RAN back to the house and walked up the steps into the house! My sweetie pie weighs 118lbs, he is awake and is alert much more during the day.

I want to keep my precious boy around as long as I possibly can, as long as he is not suffering of course. Colonel has had the series of Adequan shots and has been on the strongest medication you can get. None helped him like the Barley Gold. I can personally swear by it!

Terri M. Texas, U.S.A.

Attack of the Asthma

I was diagnosed with Asthma and did not want to use the drugs the doctors prescribed, so I use various supplements to keep my condition in check. I have been using Barley Gold for close to 4 years. I had a regular routine every morning where I would take my 2-3 tablespoons of Barley Gold and other supplements. Somehow I got off my routine and stopped taking the Barely Gold for probably close to 2 months. My asthma flared up and I couldn't figure out why. I even went on the 10 lemonade fast (it definitely helped) but once I quit the fast my mucous starting building up again quickly. I started taking my Barley Gold again and the difference is wonderful. I feel almost back to normal – within one week of resuming use! Sometimes we need to go off a supplement to realize how good it is for us!

Susan G. Alberta, Canada

Osteoporosis? Diverticulitis?

Two years ago I was diagnosed with osteoporosis in my right hip and lower back with a high percentage. I have been using Barley Gold for about 2 1/2 years. Two years later my bone density tests have reversed 100%! The technician thought I was on special medication but all I use is the Barley Gold. My doctor told me to keep using whatever it is that has changed this for me.

I also have diverticulitis, bowel blocks on all 4 corners of my intestine. I was at the point where pockets were forming which made me go the hospital for shots to relax my bowel completely to unplug these blocks. Initially I used Green Alive (5 years) but now I use Barley Gold. I have not been to the hospital for 8 years. It works!

Doris K. Alberta, Canada

Volley Ball, here we come!

Three days into taking the Barley Gold Level 1 at only ½ teaspoon I was laying in bed at night and all of a sudden a sharp pain went shooting across my knee cap. Then I remembered 3 years ago that I had popped my kneecap out of joint playing volleyball in Cancun. Ever since that time there has been no pain and the strength to the knee has increased! Overall at 54 years of age I feel as good as I did at 40. Thank-you for a complete food! I'll be taking it the Barley Gold for the rest of my life. By the way, my grocery bill has decreased along with my waist size. I can hardly wait to go on the Barley Flush.

Tom B. North Dakota, USA

Turn-Around Skeptic

To be truthful, I was a bit skeptical when I first started Barley Gold, but to give it a true try-out, I decided to give up all my prescription meds. After about 4 weeks, I said to my husband "My pain is gone!" It also helped with my bowels. I now take Barley Gold everyday and feeling great.

Thank-you Barley Gold!

Aclis T. South Dakota, USA

Crystal Clear

After years of research for the highest quality nutritional foods, I have discovered some very good products. During this time I found "Barley Gold". After taking the Barley Gold for 3 weeks, I noticed an improvement in my vision, and an increased energy level! Since I have already received positive change taking the Barley Gold, I will continue to take this product.

Mel C. Pennsylvania, USA

Reversal of Age

I began taking Barley Gold after 7 years of severe illness with my digestible track and a lump in my liver. I was in extreme pain, with little or no energy and often near death. After the 2nd jar of Barley Gold I began to notice more energy, but into the 4th and 5th month my energy was at the level of a healthy child whom you cannot keep down! I reduced my servings to 1 – 2 tablespoons every second or third day. I feel as good now as I have ever, in my life and I believe it was due mostly to the Barley Gold. I have never taken a product that gave such dramatic results!

David P. Cambridge, Ontario

Super Combo

After 5 months of taking the Barley Gold with flaxseed; we feel great! We feel stronger and younger and have more energy. We lost craving for just about all junk food. It seems we do not have to eat as much food through out the day. The Barley Gold seems to metabolize the system. It has helped with weight loss in the tune of 15 pounds so far. Also having the energy to work out 30 minutes a day. My joints are getting better. There is so much more the Barley Gold and flax is doing for us that we make it a way of life. We are very regular every day now. We start our day with Barley Gold and flax and we like the way we feel. My husband says not bad for 63 and 56!

Stan and Jan N. Joshua Tree, California

Ontario Customers

Teacher with more Energy and Clearness

Since I have been taking Barley Gold I have more energy, my head and my vision is clearer. I know the toxins are coming out and I know I getting the very best nutrition. Thanks to Barley Gold I have been able to do my work which is very demanding.

Rita G. – Kapuskasing, Ontario

Insomnia and Fibromyalgia

For years now my 19 year old daughter was always tired and slept approximately 3 to 4 hours a night. She simply could not fall asleep, but there was school the next day. It seemed she could never catch up. I have seen the doctor many times and he kept saying there was nothing wrong with her, but I knew there was. I was desperate; something had to be done. I finally went to see Rita G. and she put her on the Barley Gold amongst a new health regime

This is a little over a week and I can see changes already. She is now actually going to bed at around 11:00p.m. Needless to say, she is not as tired in the morning.

I decided to go on Barley Gold myself, at the same time as her. I had to take a snooze every afternoon, but now it seems I don't have to anymore. My hips used to hurt a great deal (because of Fibromyalgia). The pain is slowly subsiding. I had not had a normal bowel movement for at least 6 months, now I'm back to normal.

I cannot thank you enough. You really made a difference in both our lives.

Gloria – Kapuskasing

Arthritis

My mother swears by it. Can't take that away from her. Her arthritis in her neck has completely disappeared.

Paul B- Sudbury, Ontario

Amazing healing Effects

-I have experimented with Barley Gold and discovered that if natural foods are only eaten, the healing effects of 97% pure barley can enhance the amount you can take into the body. It seems "the Gold" does not have to work as hard to heal when the body has been supplied with nature's natural foods. It is worth the effort to give this a try as you may be pleasantly surprised at the amazing results you may encounter.

Marilyn - Kapuskasing

Less knee pain and Improvement with Glaucoma

-I have terrible knees which it makes it very hard to walk and I have 4 flights of steps to go up to my apt. Not long on the Barley Gold, I had less pain in my knees and able to walk better up the

steps. I also have Glaucoma. I went to the Dr. for my checkup and said that my Glaucoma had improved, and asked me what I was doing. I said nothing, and then I came home and realized that the only thing that I was doing different was adding the Gold to my diet. The Dr. was very surprised.

John – Peterborough

Lupus and Knee Pain

I've been taking Barley Gold since January. I have Lupus, so I didn't have much energy. This gave me back some energy and clearer thinking.

My husband has also been taking it and it has helped him with the pain in his knees, he can do his job better now.

Dan and Nicole Credger

Cravings Reduced and Stronger Physically and Emotionally

I started to take Barley Gold at the end of Dec. 2005, using dosage as directed, but as a slow pace. Within week, I released a lot of water. Then I started to feel physically and emotionally stronger, and my eating habits changed as I no longer craved sweets or junk food or dairy and I gave up red meat. It took me 2 ½ months to get to the full dosage. After using NG for 3 months, I experienced water in my left ear and pain in different parts of my body (kidneys cleaning out and healing reactions). I lowered the dosage and the frequency until that part was complete. At the moment my body will only tolerate 1 tablespoon about every 2-3 days and each time I take it I feel so much stronger at all levels. My body actually craves it. I have lost 20 lbs since I started it and it has helped me with depression and over all good feeling.

Marie-Paule Brumm – Welland, Ont

Can now exercise and Reduced Cravings

I started taking Barley Gold and noticed the pain in my knees less to the point I can now kneel on them which I couldn't do before. I can now exercise and do an exercise video which is truly amazing as I wasn't able to even get up off the ground before. I have increased energy, and when I don't take it, I have cravings and now I am not stuffing things into me.

Kandy H. – Lively, Ontario

IRRITABLE BOWELS

I have found that within 2 weeks of using Barley Gold, I have experienced a significantly less pain and bowel movements are more regular. Bowels don't seem to be as hypersensitive to foods.

B Y- Toronto

Chronic Constipation

I have found that my bowel movements have increased from 3 x a week to 3 x a day in only one month of using the Barley Gold. I have had many compliments that my skin looks really good and "you look different I don't know why, you just look different".

N. P. – Hamilton

Osteoarthritis

I was diagnosed as having acute Osteoarthritis. I was scheduled with the specialist to have fragments removed in my knee. I began taking Barley Gold on my daughter's advice and began experiencing less pain as the days went by. Within 6 weeks, I was 90% pain free and could walk again.

Anna Mirra – Ancaster

Toe Numbness, Migraines and Acid Reflux

I have had an Irritable Bowel for years to the point of 8 x a day, along with migraines for years on a daily basis. I have also had numbness in the toes for the last 10 years. Since I have been on Barley Gold, the Bowel Movements have decreased to 3 times. My migraines are less than half and my toe numbness is gone. I will not go off the Barley Gold.

I have noticed that my burping and Acid Reflux is gone when I take the Gold. It is wonderful.

E & J - Kapuskasing

EATING LESS

I have been on the Gold now for 6 months, and I have noticed a huge difference in the amount of food that my body requires in order to be satisfied. I am putting the same amount of food on my plate but being able to finish it. This is a great incentive for those who want to lose weight as you need fewer calories through out the day as the Gold is flooding your body with so much nutrition.

Roberta Vilely – Hamilton

Arthritis Sufferer

I began taking the Gold 5 months ago. Before that I had an extremely difficult time even getting up in the morning. I was on medication every day for the pain. I was hardly able to walk, and not able to touch my toes and had to get someone else to tie my shoes. Now I am walking with a bounce in my step. I get up in the morning with a lot more ease. I rarely take pain medication throughout the day and I am able to tie my shoelaces again which is awesome for me

Maria F- Hamilton

ARTHRITIS WITH DAMAGED NECK

After the first week of taking Barley Gold, my arthritis had ultimately changed. The fall and winter months are the most unbearable. I have been taking Barley Gold for a couple of months now and have not experienced any arthritis pain. I have tried all forms of treatment with no success until the Gold. I am very amazed as are so many others.

Marcella M. Ancaster

PAINFUL BONES

I have been working with Cleo D for a few years trying to help him with relief from arthritis. Even though he was feeling better in other areas of his health, the pain was always there. After the Gold was out, I asked Cleo to try it for his arthritis. He took one jar and said he finally had relief from his poor bones. He is very pleased with the Gold and is still using it.

Collette Delfrate – Sudbury

For the Dog and the Entire Family

Spike has been taking Barley Gold, for a 9 year old dog. He is more energetic. He used to sleep a lot. Now he is more playful and very energetic when walking. His appetite is better and sometimes will not eat his food unless the Gold is on it.

As for myself, I am feeling a lot better, more energetic, and less sick with cold and flues. My arthritis and bones is less painful and I eat less when I take it 2 x a day. My colon therapist is amazed at my wife and me with our colon treatments. She says it is not like any colonic treatment she has seen, it is totally different with deep cleansing. This product is totally amazing.

D. and L. Contant – Hearst

We hope this inspires you to stay diligent in taking your Barley Gold and letting others know about the benefits they can also experience in taking it too,

We wish you a happy, healthy day!

For more information, call your Barley Gold distributor.

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