



The Trilogy Tribune

DEDICATED TO THE HEALTH AND WELL BEING OF PEOPLE, PETS AND THE PLANET

Issue 5

Dr. Sears and The Zone ... *An Inside Look at Healthy Living*

Inside this Issue:

Dr. Sears and The Zone	1-2
Healthy Products for People Product List	3
Healthy Products for the Planet	4
Healthy Products for the Planet Product List	5
Healthy Products for Pets	6
Healthy Products for Pets Product List	7
Autoship Info	8

Dr. Sears' Zone Diet is not just a diet. It is an entire philosophy based on what the body needs for a healthier and longer shelf life on this earth. It is his belief that food has the propensity to either balance the body's hormones or send them completely out of whack, thus affecting the entire body including the appearance of our skin.

You may be familiar with the hormones called estrogen, testosterone and progesterone. There are others you may not be familiar with called eicosanoids. These hormones have a tremendous impact on the body's overall health. If we don't take control of our hormones, they will take control of us!

Dr. Sears' Zone Diet is based on balancing our hormones through food. He has demonstrated that eating meals that contain a ratio of 30% protein, 30% fat and 40% carbohydrates will allow you to stay in The Zone ... the correct hormone zone. This dietary ratio controls insulin and thus hormones. The Zone can also be reached by incorporating the

proper ratio of the different fats into our diet. The important fats that we need to add to our diets include fish oil, olive oil and borage oil.

It's all about optimal health. Dr. Sears' books explain what you can do to live a healthy life. His products give you the tools to do so. This issue of The Trilogy Tribune will focus on Dr. Sears' Zone philosophy and the nutritional products he formulated to support optimal health.

OmegaRx™ Fish Oil

The long chain fatty acids found in fish oil play an important role in the production of healthy eicosanoids. While we should all eat fish so that we can be sure to get these important fats into our diets, the oil from fish is a more concentrated source. Dr. Sears was so convinced about the health benefits of fish oil and its ability to help keep hormones in The Zone that he developed OmegaRx™ Pharmaceutical Grade Fish Oil supplements. His pharmaceutical grade fish oil is a concentrated source of long chain omega



3 fatty acids and it is truly unique opposed to others on the market today. It is highly concentrated containing twice the EPA and DHA potency found in health-food grade fish oils. It is highly refined and ultra pure. Due to the toxins found in fish and their oils, Dr. Sears refines the oil so that it contains less than 1 parts per trillion of PCB's, less than 0.1 parts per trillion of Dioxins and less than 1 parts per billion of mercury. In fact, it takes 100 gallons of health food grade fish oil just to make one gallon of OmegaRx™ Pharmaceutical Grade Fish Oil. Dr. Sears recommends that you eat in The Zone and take OmegaRx™ Pharmaceutical Grade Fish Oil for optimal hormone balance.



Olive Oil

Olive oil contains a fatty acid composition, which also helps control our hormones. Dr. Sears' Extra Virgin Olive Oil is made from olives grown without chemical fertilizers and herbicides in select regions of Umbria and Sicily, Italy.

Olive oil also contains powerful antioxidants, which are important to good health. Dr. Sears' Extra Virgin Olive Oil is specially processed to preserve its antioxidants. In fact, each batch is tested to ensure the levels of squalene and polyphenol antioxidants.

According to Dr. Sears, just one teaspoon of this incredible tasting oil will work in conjunction with the fish oil to promote optimal health.



Zone Bars

Dr. Sears' OmegaZone™ Nutrition Bars are patented to control insulin.

He formulated these bars because he understands that we can't always realistically eat in The Zone, especially when we're on the go. It is because of our demanding lifestyles that snacks and power bars have become such a big industry. However, most snacks are not based on the 30-30-40 ratio.

When you eat Dr. Sears' OmegaZone™ bars, you won't have to worry about leaving The Zone.



Skin Care System

Dr. Sears says, "What is the good of a successful anti-aging program if no one can tell the difference?" The condition of our skin, which is said to be a mere manifestation of the body's internal health, determines how people view us and how we view ourselves...literally! As we age, our skin ages. As with the rest of the body, the skin is also influenced by its balance of eicosanoids. Healthy eicosanoid production in the skin requires a specific nutrient called Gamma Linolenic Acid (GLA), which lessens as we grow older. Dr. Sears has formulated a serum containing a concentrated source of hydrophobic GLA. Used as part of a three step ZoneFx™ Anti-Aging System, the skin is transformed from tired skin into more youthful looking skin. It's all about keeping the skin in The Zone.

Dr. Sears has given you the tools you need to stay in The Zone and control your hormones. He recommends exercise and meditation as other means to help control your body's hormones. When you read any of his books, you will better understand the one common thread that ties his life long work together. Control our hormones and we will control our health. And it can be done naturally.

Healthy Products for People

Product	Size	Retail	Autoship	Item #	Description
OmegaRx™ Pharmaceutical Grade Fish Oil	8 fl. Oz. Bottle = 45 teaspoons	\$78.15	\$62.50	600000	Pharmaceutical Grade Fish Oil Can Change Your Life! OmegaRx™ Pharmaceutical-Grade Fish Oil has a high concentration of long-chain Omega-3 fatty acids and it is highly refined and pure. It contains 100s times less PCB's than most health food grade fish oil; less than 1 part per trillion.
OmegaRx™ Pharmaceutical Grade Fish Oil	120 capsules in a bottle = 30 servings of 4 caps/day	\$50.00	\$40.00	600010	
OmegaZone™ Nutrition Bars Peanut Butter	14 bars to a box.	\$35.00	\$28.00	602000	OmegaZone™ Nutritional Bars are the only nutritional bars that have a U.S. Patent because of their ability to control blood sugar. Bars sold in the mass market or in health food stores may have a 40/30/30 carbohydrate, protein and fat composition, but the ingredients do not stabilize either insulin or blood sugar.
OmegaZone™ Nutrition Bars Chocolate	14 bars to a box.	\$35.00	\$28.00	602010	
OmegaZone™ Nutrition Bars Lemon Chiffon	14 bars to a box.	\$35.00	\$28.00	602020	
ZoneFx™ Facial Moisturizer	1.7 oz. bottle	\$60.00	\$40.00	605100	Helps protect the epidermal Zone of your skin. Strengthens the structure and stability of the hydrophobic barrier and helps maintain moisture balance to protect the hydrophobic barrier from the external environment and prevent dry skin.
ZoneFx™ Facial Repair	1.7 oz. bottle	\$60.00	\$40.00	605110	Helps target the epidermal Zone of your skin. It gently penetrates the skin's natural hydrophobic barrier and exfoliates dead skin cells within the epidermis. Start each day with Facial Repair to immediately restore the skin's paper-thin hydrophobic barrier.
ZoneFx™ Cellular Serum	30 gel caps	\$75.00	\$48.00	605120	Helps replenish the dermal Zone of your skin. Fill the natural reservoirs of the skin with Cellular Serum, the world's most concentrated source of Hydrophobic GLA. Transforms tired skin into more youthful looking skin.
ZoneFx™ Skin Care Kit	All Three ZoneFx Skin Care Products	\$195.00	\$97.00	605200	The Zone Skin Care Kit contains three products: the Facial Repair (your first line of defense in the war on aging), the Cellular Serum (your most powerful anti-aging weapon) and Facial Moisturizer (your daily defense against a hostile world). THE RETAIL PRICE IS \$195.00. SPECIAL OFFER PRICE IS JUST \$97.00. SAVE AN INCREDIBLE 50% OFF.
Dr. Sears' Extra Virgin Olive Oil	16.9 fl. Oz.	\$21.95	\$16.95	602040	Extra Virgin Oil Olive imported from Italy.



But What About Grout?

An Inside Look at Microbest Floorwash™ System

Once again, you're cleaning your kitchen tile, soiled with pet prints and residue from this week's accidents. As you're mopping the floor, some of the dirt gets into the cracks. The pores of the grout seem to inhale the dirt and now no matter what you do you can't get it out. This has been happening for years and it shows. While your tile remains white, your grout gets grayer and grayer.

Microbest Floorwash™ System is the best way to solve this very common household foible while protecting the environment of our homes. The way it works is miraculous: you put an ample amount down, leave it for a few minutes and rinse or just mop dry.

Our Microbest Floorwash™ is a specially formulated system that contains non-harmful enzymes that break up grime and digest it. You will find no dirt in the cracks and no dull residue. Your floor will emerge shiny and it will thank you with your reflection.

Microbest Floorwash™ is non-toxic, so unlike many other cleaners you don't have to worry about your pets and kids crawling on the floor right after cleaning.



Questions and Answers

Question:

Do I have to rinse after using the Floorwash solution?

Answer:

That's one of its amazing benefits. You don't have to rinse for the floors to sparkle. You can just mop dry. Plus, you don't have to worry about your children or pets walking on the newly cleaned floor.

Question:

I am allergic to most cleansers. You see, I found that the fragrances sting my eyes and nasal passages. I can't tolerate orange, pine or lemon odors. What do the Microbest products smell like?

Answer:

Good news. There is no odor. No fragrance is added to them.

Question:

Since the Floorwash removes grease on my floor, I was wondering if I could use it elsewhere?

Answer:

You can pour the used mop bucket water down troubled drains to keep them free running and grease free.

Healthy Products for the Planet

Product	Size	Retail	Autoship	Item #	Description
Home Cleaning Kit	Makes a total of six 32 oz. bottles	\$47.95	\$39.95	510000	Glass & Surface Cleaner System (<i>makes two 32 oz. bottles</i>), Degreaser System (<i>makes two 32 oz. Bottles</i>), BioDeodorizer with Sprayer (32 oz.) & Floorwash System (<i>makes 32 gallons of Floorwash</i>).
Glass & Surface Cleaner System	Make three 32 oz. bottles	\$11.95	\$9.90	510005	Three Glass & Surface Concentrate Foil Packs (<i>makes three 32 fl. oz. bottles</i>) plus Bottle & Sprayer
Glass & Surface Cleaner Refill Pack	Make three 32 oz. bottles	\$8.25	\$6.95	510010	Three Glass & Surface Concentrate Foil Packs (<i>makes three 32 fl. oz. bottles</i>)
Glass & Surface Cleaner Bottle with Sprayer	Bottle & sprayer	\$3.50	\$2.95	510015	One Glass & Surface Bottle (empty) with Sprayer
Degreaser System	Make three 32 oz. bottles	\$12.95	\$10.90	510020	Three Degreaser Concentrate Foil Packs (<i>makes three 32 fl. oz. bottles</i>) plus Bottle & Sprayer
Degreaser System Refill Pack	Make three 32 oz. bottles	\$9.50	\$7.95	510025	Three Degreaser Concentrate Foil Packs (<i>makes three 32 fl. oz. bottles</i>)
Degreaser System Bottle with Sprayer	Bottle & sprayer	\$3.50	\$2.95	510030	One Degreaser Bottle (empty) with Sprayer
BioDeodorizer with Sprayer	One 32 oz. bottle	\$14.25	\$11.95	510035	One 32 Fl. Oz. Bottle with Sprayer
BioDeodorizer Refill	Makes one 32 oz. bottle	\$11.95	\$9.95	510040	One 32 Fl. Oz. Bottle No Sprayer
Floorwash System	Makes two 32 oz. bottles	\$25.95	\$21.95	510045	Part A - One 32 fl. oz. Bottle of Cleanser Part B - One 32 fl. oz. Bottle of Bio-Digester (<i>makes 32 gallons of Floorwash</i>)
Floorwash System Refills	Makes two 32 oz. bottles	\$19.95	\$16.95	510050	Part A - One 12 fl. oz. Bottle of Cleanser Concentrate Part B - One 12 fl. oz. Bottle of Bio-Digester Concentrate (<i>makes 32 gallons of Floorwash</i>).



Life's Abundance Premium Foods

... What Our Labels Might Not Tell You

Dr. Jane Bicks formulated Life's Abundance® Premium Health Foods for Dogs and Cats. They are natural, wholesome and packed with nutrients. Here are some things that our labels might not say.

High Quality Proteins ... Life's Abundance® uses only the highest sources of protein. We use absolutely no protein byproducts. Also, we use only hormone and steroid free chicken meal as opposed to whole chicken, which tends to contain a lot of water and fat. In addition, Life's Abundance® uses only the best turkey meal and liver meal. We use farmed catfish, so they are free of ocean pollutants. The fish meal and fish oils contain omega 3 fatty acids. These nutrients are the subject of tremendous scientific interest. They have been scientifically proven to promote a healthier body, supporting all areas of the body including the nervous system, immune system, circulatory system and skin and coat.

Natural Preservatives and Freshness ...

While you can read the label to know that we add no artificial colors or chemical preservatives to our foods, they won't be found in any of the ingredients we use. Our food is preserved with natural mixed tocopherols (vitamin E). Freshness is insured by using the ingredients as they arrive rather than stocking up on them so we can buy

greater quantities at a savings. Our food is made in small batches to further insure freshness. Chances are if you buy any given bag of Life's Abundance®, it was made no more than four weeks ago.

Antioxidants ... One of the current theories of aging is the "free radical" theory. We know that free radicals are formed every second of our lives. These dangerous active molecules attack the cells all over the body, eventually killing them. Antioxidants help eliminate free radicals. They are so important to our health that they are now included in most daily supplements, for us! Life's Abundance® food is packed powerful antioxidants.

Other health essential nutrients ...

No matter how good the formula and quality of ingredients, if the intestines are not healthy the nutrients can't be absorbed. Probiotics, otherwise known as friendly bacteria are added to Life's Abundance®. We all know the virtues of yogurt with the live bacterial culture (probiotic) called Acidophillus. We use acidophillus as well and we combine it with four other types of friendly bacteria. That's because the intestines require a healthy balance of bacteria. If unhealthy bacteria flourish, it can compromise your pets immune system and the ability to use the nutrients in the food. Probiotics support a healthy intestinal system. Minerals are absorbed through the intestines and into the body. If minerals are tied to protein, they become even better absorbed, and that's why we use chelated minerals.



Manufacturing facilities ...

Although you may have the best pet food formula in the world, if it is not made by a trusted manufacturer, all of that sound formulating can go to waste! Manufacturers ultimately determine the wholesomeness and the freshness of the food depending on the way ingredients are selected, how they are cooked and the quality control behind it all. Our manufacturer is a third generation father son business and has very high standards of operation. Their expertise with their low temperature, fast cooking method ensures maximum nutritional value in the food. They have a special certification, which allows the sale of food to the European markets. Since Europe has higher standards of food safety than we do in the United States, the manufacturing plant and ingredients undergo rigid inspection under the APHIS program.

Healthy Solutions & Nutritional Supplements

Product	Size	Retail Price	Autoship Price	Item #	Description
Agility for Dogs & Cats	60 chewable tablets	\$39.95	\$31.95	#101011	Vitamin, mineral & herbal formula -supports bones & joints
Skin & Coat Formula for Dogs & Cats	60 chewable tablets	\$29.95	\$22.95	#102001	Optimal skin & coat health with microencapsulated Omega 3 Fatty Acids
Advanced Daily Supplement for Dogs	60 chewable tablets	\$23.95	17.95	#102012	Advanced Daily Supplements - cutting-edge formulas with unique health-promoting ingredients. Contains a broad spectrum of vitamins, minerals and plant nutrients. An array of proteins and high levels of antioxidants.
Advanced Daily Supplement for Dogs	30 chewable tablets	\$12.95	\$9.95	#102017	
Advanced Daily Supplement for Cats	360 chewable tablets	\$17.95	\$13.95	#103012	

Healthy Treats for Dogs and Cats

Gourmet Dental Treats for Dogs	14 oz. Bag	\$10.95	\$8.95	#410014	Triple action formula promotes, healthy teeth, gums & fresh breath – delicious!
Gourmet Dental Treats for Dogs	28 oz. bag	\$19.95	\$16.50	#410028	
Antioxidant Health Bars for Dogs	14 oz. Bag	\$10.95	\$8.95	#410114	Treat your dog to better health naturally with 70+ antioxidants – delicious
Antioxidant Health Bars for Dogs	24 oz. bag	\$16.95	\$13.95	#410124	
Gourmet Porky Puffs	5 in a bag	\$8.95	\$7.29	#420006	All natural, pork snout dog chews - fully digestible chews – hickory smoked
Edible Dog Bones – Sm to Med Dogs	4 in a bag	\$11.25	\$8.95	#420024	Delicious, all natural, fully digestible chew treats – bacon flavor
Edible Dog Bones – Med to Lg Dogs	4 in a bag	\$12.49	\$9.95	#420032	
Purr-fectly Natural™ Gourmet Cat Treats	4 oz. bag	\$8.95	\$6.95	#405404	Improves coat health & supports digestion
Oven Baked Cookies for Horses	24 oz. cont.	\$21.95	\$17.95	#500024	Delicious & nutritious – great for a glowing coat and overall health

Premium Health Food for Dogs and Cats

Life's Abundance Premium Health Food for Dogs	8 lb. bag	\$13.95	\$11.59	#401008	Life's Abundance Premium Health Foods for Dogs & Cats contain all natural, premium ingredients with powerful antioxidants, probiotics, Omega 3 fatty acids & more. NO by-products, NO corn, wheat, dairy, NO artificial flavors or chemical preservatives
Life's Abundance Premium Health Food for Dogs	20 lb. bag	\$27.95	\$24.49	#401020	
Life's Abundance Premium Health Food for Dogs	40 lb. bag	\$52.95	\$46.95	#401041	
Life's Abundance Premium Health Food for Cats	6.6 lb. bag	\$14.95	\$12.69	#405006	
Life's Abundance Premium Health Food for Cats	16.5 lb. bag	\$34.95	\$29.49	#405016	
Canine Zone Weight Loss Food for Dogs	6.6 lb. bag	\$15.50	\$12.95	#401106	Revolutionary new food based on Dr. Barry Sears' Zone Diet. Helps dogs lose weight - nutrient rich formula
Canine Zone Weight Loss Food for Dogs	17.6 lb. Bag	\$34.50	\$29.95	#401117	
Canine Zone Weight Loss Food for Dogs	35.3 lb. bag	\$64.95	\$56.95	#401135	

Daily Nutritional Systems

Life's Abundance Daily Nutritional System for Dogs – Small	8 lb. bag & 1 sm bottle	\$26.90	\$20.90	#410408	Life's Abundance® Premium Health Foods for Dogs & Cats and Canine Zone™ Weight Loss Food for Dogs both provide a solid daily nutritional foundation. Once a good foundation is established, a daily supplement is required because every pet has unique nutritional needs . For example, huskies often need more zinc than other breeds and long hair cats often need more biotin than other cats. Advanced Daily Supplement with Phytonutrient Power provides the additional nutrient to support the optimum health of your precious dog or cat.
Life's Abundance Daily Nutritional System for Dogs – Large	20 lb. bag & 1 lg bottle	\$51.90	\$40.90	#401420	
Life's Abundance Daily Nutritional System for Dogs – Extra Large	40 lb. bag & 2 lg bottles	\$99.95	\$79.95	#401440	
Life's Abundance Daily Nutritional System for Cats – Small	6.6 lb. bag & 1 bottle	\$32.90	\$25.90	#405306	
Life's Abundance Daily Nutritional System for Cats – Large	16.5 lb. bag & 2 bottles	\$70.85	\$55.85	#405316	
Canine Zone Daily Nutritional System for Dogs – Small	6.6 lb. bag & 1 sm Bottle	\$28.45	\$22.25	#401406	
Canine Zone Daily Nutritional System for Dogs – Large	17.6 lb. bag & 1 lg Bottle	\$58.45	\$45.95	#401417	
Canine Zone Daily Nutritional System for Dogs – Extra Large	35.3 lb. bag & 2 lg bottles	\$112.85	\$89.50	#401435	

The Trilogy Autoship Program

What is Autoship?

Autoship is our **FREE** Automatic Shipment Program ... we ship products right to your door automatically! On Autoship, you can get shipments from every 14 days to every 90 days or anywhere in between. Or you can get shipments on the same day of each month (between the 1st and 28th). Autoship is absolutely risk free and it can be cancelled at any time. But that's not all ... customers that are on Autoship can get **ALL their products for wholesale prices!** Contact your Field Representative to go on Autoship and you'll never have to worry about running out of Trilogy products again!

When will my Autoship order arrive?

If you give us your e-mail address, a notification will be sent to you with your tracking information. This will enable you to track your shipment through the UPS web site. The number of days required to ship your order from the Trilogy warehouse to your home depends on your individual location.

If I change my Autoship order for the next month, will it revert back to my original order on the following shipment?

No. Once an Autoship order has been changed, that order becomes your standard Autoship shipment.

How do I change my Autoship?

To change your autoship, you can call customer service toll free at 1-877-387-4564 from Monday through Friday from 8:00 AM to 7:00 PM Eastern Time or you can email your Autoship changes to support@healthypetnet.com -- please type "Autoship" in the subject line.

Trilogy ... people, planet and pets, where Mother Nature and modern science come together to provide safe and effective products for the health and well being of people, our pets and the planet in which we live.

For more information about this newsletter or Trilogy products, contact:

Kirk & Faithe Thomas
Independent Field Representative ID#: 10087333
Phone: 270-838-7060
Email: pets@caring4yourpet.com
<http://www.trilogyonline.com/caring4yourpet>