

omega3s

INTRODUCING THE

Mila

REVOLUTION



The Miracle Seed is the highest and safest natural source of omega threes in the world. Mila has the fiber, protein, omega three fatty acids, anti-oxidants and phytochemicals to deliver the missing ingredients to the diets of millions around the world.



fiber protein
antioxidants
phytochemicals

By Dr. Bob Arnot

I recently attended a dinner with some wonderful new friends from the Middle East at Fahrenheit in the fabulous Ritz-Carlton, Georgetown. The topic quickly turned to diabetes which is reaching epidemic proportions in the Middle East and elsewhere in the world. Why? The traditional diet was high in fiber and low in fat and cholesterol. That shifted radically to a more Western diet, high in fat, sugar, sodium and cholesterol in recent years. Fat intake increased from as little as 13.6 % in Sudan to 143.3 % in Saudi Arabia, while whole grains, vegetables and fruit consumption plummeted. The rates of diabetes and obesity soared. Why? The most intriguing theory is that peoples survived tens of thousands of years in the harshest of environments like the deserts of the Middle East because they had a “thrifty gene,” which processed the few foods it could find with incredible efficiency. However, in modern times, faced with plenty, especially diets high in sugar and fat, these populations gained enormous amounts of weight because that gene helped to store those extra calories with terrifying efficiency. The solution? A return to the diets of their ancestors. This worked incredibly well in Hawaii where native Hawaiians lost over 100 pounds embracing the foods of their forbearers. The same approach is likely to reap enormous rewards in the Middle East as more and more people take pride in their past and return to the foods of their forbearers.

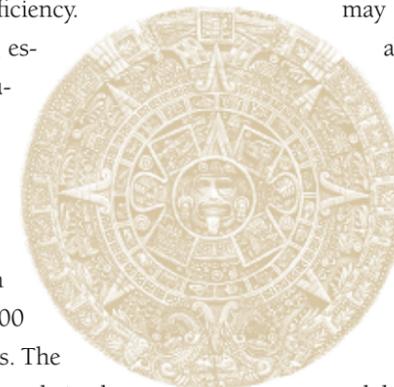
The topic then turned to super foods which could help people around the world regain their health. The most powerful of them is the prized food of the ancient Aztecs. The Aztec warriors were some of the bravest and boldest in history. They were blessed with amazing foods which gave them the strength, energy and determination to build one of civilization’s most famous empires. The greatest of these foods was a super seed named Chia. Also called “the running food,” Aztec warriors often survived on Chia alone during their many battles. I have personally used it for the last four months and lost 18 pounds. Chia was so fundamental to the Aztec’s success and beliefs, that the Spanish burned the large Chia production fields to destroy their civilization, after which Chia largely disappeared from large scale production for the last 500 years, which is why you may not have heard of it. Chia has the fiber, protein, omega three fatty acids, anti oxidants and phytochemicals to deliver the missing

ingredients to the diets of millions around the world, including populations in the Middle East.

As good as the seed was, even five hundred years ago, the Aztec realized they had to grind their Chia to get its maximum nutritional value. Today, the Chia with the highest bio-availability is called MILA, which is also ground with a high-tech micro slicing technique which cuts Chia into the precise size and shape required to deliver the highest nutritional value possible to our bodies.

The benefits are amazing. For patients trying to lose weight, Mila forms a gel in the stomach which cuts hunger and gives tremendous control over appetite. Since it is loaded with protein, fiber, minerals, vitamins and omega 3s, it satisfies much of the bodies cravings for nutrients. Beyond weight loss, Mila may help patients with diabetes because it slows the absorption of sugars from the stomach, blunting the rise in blood sugar after a meal. But more than anything, I’m a huge Mila fan because it starts patients, friends and family on the road to hugely improved nutrition. Once they start to eat Mila, they regain control of their appetite and embrace other amazing foods rich in fiber and nutrients.

With over 100 different strains of Chia grown around the world, the fundamental question is: What makes Mila the best? The best way to understand why the proprietary blend in Mila is so good, is to look at the production of Mila right from the farm to the table. Chia grows in a diverse group of countries. It’s native to Mexico, Guatemala, Ecuador, Bolivia and Argentina. Australia now has the greatest production capacity. Mila is a careful and scientific blend of the world’s finest strains of Chia, which gives Mila the highest in all five nutritional categories: Protein, fiber, antioxidants,





phytonutrients and Omega 3s of any Chia product currently on the market. For instance Mila's anti oxidant score is 1157 Orcs versus 750 for some other Chia products

Mila's seeds are carefully selected for this high nutrient value and then planted in fields with the best possible combination of sun, cloud, rainfall, elevation and soil quality. A

major independent laboratory concluded tests comparing the very best USDA grade Chia with Mila. They found that Mila had substantially more Omega 3 fatty acids, 41% more protein and 41% more fiber.

Before shipping from the field, Mila's Chia is cleaned twice, using air and then a mechanical cleaning techniques to maximize the cleanliness. ... 99% or better. Jim Wear oversees the engineering behind the production of Mila. The five step cleaning process continues at its facility in Orlando, Florida with further mechanical, ozone and ultraviolet techniques. Up to two years worth of Chia, worth tens of millions is stored in a climate controlled warehouse to meet the demands of rapidly expanding distribution.

Mila is processed in this \$400,000 food grade room, specially constructed for Chia with a specialized ventilation system and HEPA filters. Every precaution is taken. A proprietary micro slicer, built after months of tests that precisely cuts the Chia seeds into the size and shape that makes the greatest amount of nutrients available to the human body by creating the greatest surface area, thus preserving the omega 3 content. Larger sizes fail to grind the hard shell, smaller sizes squeeze out the omega 3s.

Traditional milling creates heat and presses the precious Omega 3s out and to prevent the product from becoming rancid, specially cooled water is used to keep the proper temperature during the slicing process. Finally Mila is packed by carefully pouring it into these special bags so that no damage is done to the final product. A food safety specialist even oversees the production of Mila.

Lifemax who produce Mila, also employs and adheres to the same GMPs (good manufacturing practices) required of pharmaceutical products and medical devices. Mila production is already into the tens of millions of dollars ...right down to the final packing process. That means you can count on the quality, safety and nutritional benefits of Mila, bag after bag.

As our lovely dinner ended, I pledged to help fight the scourge of obesity and diabetes that the Western diet has played such a large part in.



Please e-mail: MILAREVOLUTION@gmail.com if you are interested in knowing more about MILA or purchasing MILA.

Nutrition Comparison

8x more Omega-3 than Atlantic farmed or wild salmon



6x more Calcium than milk



3x more Iron than spinach



2x more Potassium than bananas



15x more Magnesium than broccoli



2x more Fiber than bran flakes



6x more Protein than kidney beans



4x more Selenium than flax seed



9x more Phosphorus than whole milk



More Antioxidants than blueberries



Mila™ is not intended to treat, cure, or prevent any disease. The information provided is intended for educational purposes. It is not to be construed as providing medical advice or substitution for professional services. All information provided is general and not specific to individuals. We endeavor to state the case properly and educate our associates appropriately. Lifemax does not, in any way, represent treatment, cure or mitigation of disease. Persons experiencing health problems should consult a medical professional.

About the author

Dr. Bob Arnot is a TV Emmy award winning medical correspondent who was a hit on CBS This Morning, the CBS Evening News, The NBC Nightly News, Dateline NBC, the Today Show; he is now a regular mainstay on the Discovery Channel as Dr. Danger. As a medical correspondent, Dr. Bob has covered groundbreaking epidemics around the world, including Ebola in Central Africa; AIDS in Zimbabwe, Botswana, and Malawi; and cholera in Bangladesh, Somalia, and Turkey. Dr. Bob is also a bestselling author for titles on today's most pressing health issues, including his most recent, Seven Steps to Stop a Heart Attack, The Breast Cancer Prevention Diet, The Prostate Cancer Protection Plan, and the



Healthy Breast Cook Book. As a wellness enthusiast and world-class fitness expert, Dr. Bob is a former Olympic physician who is now an ardent skier and Iron Man competitor. His bestselling wellness and fitness titles include Sports Selection, Dr. Bob Arnot's Revolutionary Weight Control Program, and Wear and Tear: Stop the Pain and Put the

Spring Back in Your Body. Now as the Chief Executive Officer of Bob Arnot Productions, Dr. Bob Arnot produces and distributes premium online medical content across America's top-watched channels, offering breakthrough scientific insight into disease prevention, health awareness, and nutrition education.

The Miracle Seed is gluten-free, trans-fat free, sugar-free, high in fiber and protein, has no taste or smell and can be deliciously combined with many foods! Its supreme biological properties are not diminished by heat in the baking process, therefore making it easy to incorporate into your favorite recipes. Mila™ is a mixture of Salvia hispanica L. seed which has been carefully selected to maximize its nutritional value. The mixture is mechanically processed using a proprietary system that optimizes the bioavailability and increases its nutritional value. Nothing is added to the product – it is a pure form of Salvia hispanica L. and is simply the best available today.

