



OPTIMUM CHOICES, LLC
Healthy choices for people and pets

Endocrine System (Hormones) and BAC (Bio-Algae Concentrates) (excerpted from www.themagicisbac.com)

Algae are a film that covers the Earth. They are in every natural body of water, in the soil and on plants. Since algae are at the bottom of the ***food chain***, they are native to all plants' and animals' (2-legged and 4-legged) diet. Therefore, the holistic principles discussed below apply equally to both people and pets.

The Endocrine System

Dr. Michael Kiriac says "***BAC Helps Restore The Inner Genius of The Body***". BAC is an extremely efficient food that easily reaches the hypothalamic/pituitary cortex of the brain. The hypothalamus is the regulator of the endocrine system and its glands. In turn, the glands of the endocrine system and the hormones they secrete influence every cell, organ, and function of our bodies. As the body's chemical messengers, these hormones transfer information and instructions from one set of cells to another.

Gamma linolenic acid (GLA) in BAC stimulates master hormones

Gamma linolenic acid (GLA), an essential fatty acid, is a precursor for the body's prostaglandins, master hormones that control many body functions. The prostaglandin PGE1 is involved in many tasks including regulation of blood pressure, cholesterol synthesis, inflammation and cell proliferation. PGE1 is usually formed from dietary linolenic acid and the GLA progresses to PGE1. Dietary saturated fats and alcohol and other factors may inhibit this process, resulting in GLA deficiency and suppressed PGE1 formation.

Numerous studies have shown GLA deficiency may figure in degenerative diseases and other health problems. Clinical studies show dietary intake of GLA can help arthritis, heart disease, obesity, and zinc deficiency. Alcoholism, manic-depression, aging symptoms and schizophrenia also have been ascribed partially to GLA deficiency. A source of dietary GLA may help conditions of heart disease, premenstrual stress, obesity, arthritis and alcoholism. In Spain, the GLA in spirulina and evening primrose oil is prescribed for treatment of various chronic health problems.

The few known sources of GLA include the plant seed oils of evening primrose plant, black currant and borage seeds, fungal oils, certain algae and human milk.

But you can also get it from BAC every day of your life! A few grams of BAC contains at least

100mg of EFA. This is well documented. That is about 5% essential fatty acids with 20% of it as GLA.

BAC for appetite suppression and reducing cravings

Vitamins: Some part of the cravings experienced by people consuming a modern “Western” diet are due, I believe, to deficiencies in the B vitamins. Without adequate supplies of these vitamins in their natural form, the **body’s hormonal signals get distorted**, and the body orders the person to keep eating. What the body really craves, most likely, is adequate nutrition, not empty calories. Once this nutrition is supplied by the micro-algae, the body's hunger signals quiet down.

If you begin to supplement with these micro-algae, the appetite suppressing effects of Bio-Algae Concentrates will take very little time to be noticed. You can sometime expect to take Bio-Algae Concentrates for one day and suddenly notice a **reduction of your cravings**. Now that is not a permanent and stable situation. It is a taste for what is to come. It may take weeks or months for your body to adapt and adjust to your new nutritional habits. **Hormonal changes, especially, take considerable time**, since your body is probably in “the habit” of releasing excess insulin in response to the refined foods you has been consuming.

And that brings up another point: a few grams of Bio-Algae Concentrates (BAC) can not counteract hundreds of grams of white flour, corn syrup, soft drinks, cookies and breads. While micro-algae can certainly help, the fact is that you probably will not eliminate your intense carbohydrate cravings until you manage to remove those carbohydrates from your diet in the first place. Bio-Algae Concentrates will help you in that decision, but they can not override a tidal wave of poor nutritional choices.

Stay in Power with BAC

Best of all, the **BAC is not a hormone, a steroid** or a chemical and has been proven to be 100% safe. It has **no known side-effects**, and has produced a variety of positive effects in large number of scientific studies. Some benefits related to sports and athletic performance are listed next:

- Natural steroids stimulant
- Reduced oxidative damage
- Reduced pain and perception of pain
- Faster recovery from exertion
- Increased endurance, strength and stamina
- Prevention of exertion related injuries
- Increased oxygenation and performance
- Maintained muscle mass gains
- No toxicity
- Prevention of arthritis due to injuries
- Stabilizes blood sugar levels, allowing greater access to stored body fat.
- Significantly raises Lactic Acid Threshold
- High antioxidant levels increase endurance and delay fatigue
- High assimilation rate of absorption means reduced intake of other "Bulk" foods , resultng in weight stabilization.

- Balanced EFA (Essential Fatty Acids) content normalises hormones, resulting in strength gains and shortened recovery periods.
- Protein content is the most assimilable ever measured, which means less total protein intake needed.
- Brain chemistry normalizing Nervousness, irritability or fear before an event or competition is replaced with calm power.
- 100% Natural and Organic
- Sports and Athletics legal

BAC people testimonials

Great Adjunct to Chiropractic — *"Personally, I have more endurance, I look and feel younger and my hair is not falling out anymore. I used to see a great deal of hair in the drain prior to taking BAC, but now there is none. At a recent gathering I was told by a woman I have not seen in 5 years that I look so much younger than when we last met. She asked what I was doing and I explained that I started taking BAC a year ago and she was so impressed that she is now a BAC user as well."*

Clinically, BAC is a great adjunct to my chiropractic that I never had before. BAC supplies the necessary minerals and proteins to repair the ligaments and as a result, the adjustments hold better.

*I also use **BAC for women that are looking for hormone replacements** as it balances the bodies chemistry and nourishes the nervous system, As a result, hormones become more balanced, hot flashes either diminish or are eliminated and moods become more balanced. The nervous system requires a high-quality protein as the nerves contain mostly protein. Biologically, vegetable protein is more effective than animal protein. The word protein - means first.*

Every tissue and fluid in the body has protein in it except bile; we need protein to make enzymes. Protein is sloughed off in the skin and nails (those that have weak nails are low on protein). Vegetable protein of which BAC contains a lot is complete protein and maintains healthy tissue, feeds the red and white blood cells. Beans and rice are a complete protein. If you eat too much protein and you do not digest it, it becomes toxic in the system and putrefies.

Acids break down protein. BAC helps the body rebuild the villi in the small intestine for better assimilation. It covers so many things: repairs the intestinal lining, helps the body make enzymes, is a complete regenerative source of food."

—Dr. William Johnson, DC, 74 years old - Illinois, USA

A significant change in my body, mind and soul! — *I am writing this letter to you marking one year that I have been using the Bio-Algae Concentrates products. I began using them last fall because I had been on birth control since college using Depo-Provera, and I had not gotten my period for over seven years. At the time it was a wonderful thing (not getting my period and all of the female things associated with it) but after going off the birth control, six months had passed and my cycle had not returned. After starting with the combination of BAC Formula F2 and Formula F3, within a few days I felt a difference in my energy, my regularity and my overall health. With the continued tweeking of the BAC and my other lifestyle discipline, my cycle became regular in May.*

*I have been thrilled with the progress my body has made over the past year. My cycle is regular to the day, my **female hormones have adjusted and are now secreting properly** and I truly feel as if my body's core is stronger and healthy. Not to mention the fact that I am a teacher around many, many children who carry hundreds of germs that I now continually fight off avoiding those awful sicknesses I used to get prior to BAC.*

Thank you for introducing me to Bio-Algae Concentrates products. They have made a significant change in my body, mind and soul that will continue through out my lifetime. Gratefully yours,"

—Kate B., Denver, CO - January 2005.

UPDATE - January 2006

Kate became pregnant soon after this testimonial and gave birth to a beautiful daughter in October 2005.

Bio-algae concentrates have no advertised ingredients that specifically address adrenal, thyroid and other hormonal imbalances. Bio-algae concentrates are not a hormonal replacement and contain no steroids. And yet look at the results customers are reporting regarding hormone replacement, adrenal fatigue, thyroid malfunctions, etc. How did bio-algae concentrates do all this? It did not. Bio-algae concentrates simply supplied the body with the super nutrients of Vitamin A, B-complex, C, D, E and K, Omega 3, 6, 9, GLAs (Gamma-Linolenic Acids), ALAs (Alpha-Linolenic Acids), DGLA (Dihomogamma-Linolenic Acid), DHA (Docosahexaenoic acid) and more fatty acids, antioxidants, over 4,000 enzymes, 10 essential amino acids plus 10 non-essential ones, over 15,000 total nutrients, so the body could resume near normal endocrine function. Bio-algae concentrates do not treat symptoms but holistically balance the whole body. When the endocrine and immune systems are holistically balanced, everything will work like it should. Bio-algae concentrates are such a revolutionary concept they are 100 years ahead of their time. Now that is true holistic wellness!

These results are individual testimonies. We cannot guarantee your results will be the same. Since each individual body responds differently to the super nutrition in bio-algae concentrates? bio-algae concentrates your results will be different. These statements have not been evaluated by the FDA. This information is not intended to diagnose, treat, prevent or cure any disease.