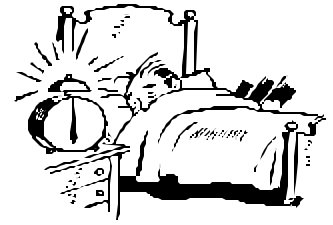




IMPax Your World



Special Update: EnerPrime & Sleep

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IMPax was created out of a growing dream for a principle-driven company based on vision, vitality and contribution to others. We emphasize balanced living. May each of us know abundance spiritually, physically and financially.



EnerPrime: Sleeping Soundly, Thinking Clearly

By Lester Rose, MD, MPH

EnerPrime plays a beneficial role in the sleep cycle due to the synergy of its key ingredients. Plant phytonutrients, micronutrients, superfoods, herbs and enzymes combine to address three important functions necessary for good sleep and good health: 1) Feeding the cells 2) Cleansing the cells 3) Rebuilding the cells. Let us address these three functions.



Feeding: Although our bodies require many nutrients, oxygen tops the list in importance. Oxygen is the substance of life. Every cell must be properly oxygenated. Without oxygen the vital functions are depleted, we experience a loss in energy and vitality, and more stress is placed upon our body. EnerPrime is rich in nutrients such as Spirulina, Lycopene, N-Acetyl-L-Cysteine, High Allicin Garlic, and Reishi and Shitake mushrooms. They promote increased oxygenation and provide important nutrients to the cells.

In terms of health, this translates into increased vitality, improved immune system function and a host of other benefits. Increased oxygenation means the ability to handle stress better, to relax, and move easily into a deep and restful sleep. It means waking up in the morning feeling refreshed and able to think clearly.

Cleansing: Every day our cells are exposed to toxins. This exposure produces a level of neurotoxic substances in the cells. It stresses the body significantly, and decreases our ability to get a good night's sleep. Nutrients in EnerPrime such as N-Acetyl-L-Cysteine (NAC), Dandelion, Inulin, and Milk Thistle support the body in the process of detoxification. These nutrients help cleanse the liver, which filters out toxins in the body. If the liver isn't filtering properly you won't sleep properly.



Rebuilding: The body enjoys a state of deeper rest when its cells are fed and cleansed as described above. This leads to a healthier body because when it is well-nourished and cleansed it can enter the anabolic phase and rebuild new, healthy cells. EnerPrime contains Hawaiian Spirulina, Green Barley Grass and Green Kamut. These superfoods are packed with nutrients including amino acids, vitamins, minerals and antioxidants which contribute significantly to building healthy cells. This, in turn, builds a healthy body, which enters a state of rest more easily.

Does EnerPrime help you sleep better? From a scientific point of view one would answer, "It should." From a subjective point of view many answer, "It does." From a physician's point of view, I say "Take a tablespoon of EnerPrime and call me in the morning!"

Visit us on the web at www.impaxhealthprime.com

Baby boomers face age-old problem of aging: Lack of sleep

As reported by Marilyn Elias
of USA Today *

A good night's sleep? Apparently it's a pipe dream for many baby boomers. As the youngest of 76 million boomers move through their 40's, they'll discover what many older Americans already know: The chances of enjoying restful sleep slowly but steadily decrease. **"The older the adult, the more likely he'll have chronic insomnia"**, says Andrew Monjan, Chief of neurology at the National Institute on Aging.

Among 20-somethings, only about 1 out of 8 are insomniacs. By ages 50 to 64, it's 1 out of 5. It rises to 1 in 4 over age 65....

Middle-age and older adults are flocking to sleep disorder centers. About 85 percent of patients at many centers are over 45, says Meir Kryger, a sleep expert at University of Manitoba Medical School and the author of "A Woman's Guide to Sleep Disorders" (Mc Graw-Hill \$14.95 paperback, 316 pages).

And as baby boomers hit the prime ages for sleep trouble, specialty sleep clinics are mushrooming. Almost 850 have been accredited in the U.S., more than double the number seven years ago, according to the American Academy of Sleep Medicine. "The sleep field is heating up," Monjan says.

Aging per se doesn't cause most of the insomnia: it's the health problems and medications that can come with it, says psychologist Sonia Ancoli-Israel, a sleep expert at the University of California, San Diego, School of Medicine. Arthritis, angina and prostate enlargement are among many conditions that can make it hard to sleep through the night. Blood pressure medications, decongestants, cancer drugs and antidepressants also can keep adults awake. Often the problem develops over many years....

There's growing evidence that poor sleep can foster diseases that shorten life, says Fred Turek, director of the Center for Sleep and Circadian Biology at Northwestern University School of Medicine. **Sleep problems can lead to biological changes that cause weight gain, increase diabetes risk, promote heart disease and worsen depression.**

Memory and mental performance also suffer with poor sleep. That's worrisome in older people because **sleep-related problems can mimic dementia and**

might lead to misdiagnosis, Ancoli-Israel says. **"Most doctors would never think of sleep as a cause here because so many are unaware."**

Driving Safety of the sleep-deprived is another key concern, adds Frisca Yan-Go, medical director of the UCLA Sleep Disorders Center.

There's also pioneering research suggesting that sleep loss could impair immune function, possibly hindering older adults' ability to fight off illness.

Not surprisingly, the sleep drug business is booming. Americans spent \$2.1 billion on prescription pills last year and bought 600 million over-the-counter sleep tablets, according to IMS Health and AC Nielsen, firms that track sales.

But many medicines widely used for chronic insomnia, including antihistamines and antidepressants, haven't been proved safe and effective for the problem, said a scientific panel convened last month by the National Institutes of Health...

"Millions of people are being treated with medicines not approved for chronic insomnia. We don't normally treat people with unproven medicines," says panel chairman Alan Leshner, CEO of the American Association for the Advancement of Science.

Pills can be helpful in the short term, "but you develop...dependence and side effects," Yan-Go says.

"The main thing is, if you have trouble sleeping, don't accept a doctor saying, 'What do you expect? You're older,'" Monjan says.

"Getting older does not have to mean that you sleep poorly."

- Article excerpts from Sacramento Bee- August 8, 2005

"I was greatly hindered by acute insomnia... After starting on only one teaspoon of EnerPrime a day for a week, I was sleeping through the night, every night!"

A. Eubanks, Computer Consultant
Fresno, CA

Sleep is sublime with EnerPrime!

EnerPrime Makes a Difference

“Within five days of starting on EnerPrime I began to sleep soundly...”

When I was introduced to **EnerPrime** a month ago, I hadn't slept well in four years. I would wake up every couple of hours, then would toss and turn for what seemed forever until dozing off again. I tried several health products and even prescriptions, but nothing helped me sleep.

Within five days of starting on **EnerPrime** I began to sleep soundly. Now I fall asleep easily and sleep all night long without awakening. I have a lot more energy in the morning and feel better generally. **EnerPrime** relaxes me, and has evened out my moods. I don't get depressed like I used to.

Another benefit I've received from **EnerPrime** is the relief it's give me from osteoarthritis. My knees used to hurt all the time, even when I took those famous brand-name medications (which also gave me bad side effects). I lived with this condition for ten years. Since taking **EnerPrime** I've had no pain in my knees. **EnerPrime** has worked like a miracle for me!

D. Cardoso, Florist Santa Clara, CA

“I now enjoy unbroken and restful sleep...”

For years I woke up in the middle of the night and had great difficulty falling asleep again. Then a friend suggested I try **EnerPrime**. It worked quickly and effectively. I now enjoy unbroken and restful sleep.

L. Haimovitch, Medical Technology Consultant Mill Valley, CA

“Sleep like a baby...”

EnerPrime truly does seem to absorb the stresses of the day and lets one relax and sleep like a baby at night

B. “Earthquake” Enyart — Oregon State, Buffalo Bills and Oakland Raiders football

Sleeping pills, not lullabies, send kids to dreamland

The number of children being given drugs for insomnia skyrockets.

As reported by Gardiner Harris
New York Times

The use of sleeping pills among children and very young adults rose 85 percent between 2000 and 2004, in yet another sign that parent and physicians are increasingly turning to prescription medications to solve childhood health and behavioral problems.

More than 181,000 children in the United State between the ages 10 and 19 were given sleeping pills in 2004, out of the more than 41 million people in that age range,

according to the study by Medco Health Solutions, a managed-care company.

Few of these prescriptions have the approval of the Food and Drug Administration, because no sleep medication has been approved for use in children younger than 18. Still, doctors commonly use medications for patients and disorders for which the drugs have never received formal approval, particularly when those patients are children.

About 15 percent of those younger than 20 who received sleeping pills were also being given drugs to treat attention deficit and hyperactivity disorder,

Medco found. Drugs that treat the disorder can cause insomnia...

“Although the elderly are still the most frequent users of sleeping aids, the evidence found in this study shows that younger adults and children are starting to use these medications with even greater frequency,” Epstein said...

Gregg Jacobs, an assistant professor of psychiatry at Harvard Medical School, said that the trends uncovered by Medco are unfortunate because “too many prescriptions are being written for people who don't need a prescription...”



IMPax Corporate Office
5151 Golden Foothill Pkwy., Suite 150
El Dorado Hills, CA 95762
Call: (916)939-9800/800-784-6729
Website: www.impaxhealthprime.com

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"I now enjoy unbroken and restful sleep..."

See inside!

"The very first benefit I noticed from EnerPrime was how deeply I slept..."

After giving birth to my children I became a light sleeper and awoke frequently during the night. I kept a big glass of water beside my bed because I was thirsty whenever I woke up. By morning my glass would be empty.

The very first benefit I noticed from **EnerPrime** was how deeply I slept. When I woke up that first morning after taking **EnerPrime** my glass was still full! I've slept that way ever since.

D. Halley, Teacher, N. Highlands, CA

"I began to sleep like a log..."

I started taking **EnerPrime** in 1996 after observing how it helped my wife Mary deal with chemotherapy. All her side effects went away—the nosebleeds, the nausea, the exhaustion. She's been on chemo for seven years with active tumors and **EnerPrime** has been a tremendous source of energy and support for her.

I, on the other hand, had problems sleeping. I'd wake up frequently every night. It felt some nights like I didn't sleep at all. The smallest sound would wake me up. Within three weeks after starting on **EnerPrime** I began to sleep like a log. Now I sleep so deeply that I don't hear a thing all night. Mary tells me that I actually snore! I'm a huge fan of **EnerPrime**.

*D. Vogel, Real Estate Broker
El Dorado Hills, CA*

Please note: Individual experiences with IMPax products may vary. IMPax HealthPrime makes no therapeutic claims on any of its products. Information contained in this newsletter or on our website should not be used as a substitute for personal medical attention, diagnosis or hands-on treatment. If you are concerned about your health or that of a loved one, please consult your family's health provider immediately.