

A new employee, Joy, walked into my office and asked me if I had ever heard of John O'Neill, an Australian body builder, athlete and Co-Enzyme Q10 researcher who recently died. He has spent his life solving the question of why some athletes tend to win and some lose. He was curious regarding what it was that created stamina in one person and not in another.

John O'Neill's Accomplishments:

- Two-time Australian Decathlon Champion.
- World Record for the most prone push-ups.
- World Record for the most weight lifted dead lifts.
- Training Advisor to Australia's top athletes and tri-athletes
- World Record for most sit-ups.
- Eight-time Australian Arm Wrestling Champion
- Averages 2 hours sleep with resting heart rate of 10-20 bpm
- Work rates defy description due to efficiently accessing hydrogen for fuel

I responded with "Co-Enzyme Q10 is old news. It is available everywhere, at a decent cost, and I don't see how we could do any more with the product than the Ubiquinol that is already in the Healthy Habits® product line."

Joy said, "Oh, I can see that you don't know the story. You need to figure out how to make this product available to your customers because it will turn their life around. And, if you can make the product available, I will be your first customer." I said, "Why?"

She replied, "First, let me tell you my experience with the product. A few years ago I worked in a health food store in New Mexico. A gentleman, Harry, an obvious athlete and one of the top 5 power lifters in the world, came in to shop and asked me what we had for Co-Enzyme Q10. Being a body builder, athlete and power lifter he personally knew John O'Neill and was aware of his accomplishments and Co-Enzyme Q10 research.

He said, "I take John's formula faithfully every day and without I would not come close to having the energy and stamina that I do to compete and win like I do. It is a Co-Enzyme Q10 unlike any other. You only hear about it by word of mouth because John is a researcher not a marketer and he is too busy confirming and reconfirming the efficacy of his product to spend time marketing it. He lets the results speak for themselves and knows that athletes will tell other athletes and eventually there will be thousands of people using his Co-Enzyme Q10 formula."

Joy went on to say, "I told the gentleman that his story sounded interesting and asked him to get me a couple dozen to place on our health food store shelf so I could see if our customers would respond as positively as he was about the product. The rest is history."

She stated, "The Advanced Q10 product from Australia was a big hit and quickly became one of the best sellers in the store. Co-Enzyme Q10 is so important to life that everyone should be taking it. The problem is that so much of it is diluted, or cut, with this and that, or mixed with oxidizing substances or poor quality raw material to begin with, that people are not getting the results for which they are paying. We continued to hear one story after another about how Advanced Q10 had turned their life around."

Then Joy stated the surprising news, "Then one night the store partly burned down and we were unable to continue business. To my surprise, the next day, outside the protective barrier that had been placed around the property due to the fire, there were people standing asking if the Advanced Q10 had survived the fire and, if so, could they purchase all of the remaining inventory so they wouldn't run out!

Joy continued, "After that I was working in a health food store in Oregon. I helped them get the Advanced Q10 from Australia and the same results happened. People raved about the product and it became one of our best sellers.

After this discussion with Joy, I ordered some Advanced Q10 to test among staff and customers whom we could trust to give us their honest assessment. The response was universal. "Can I get more of this stuff?" "I have never felt better." " ! I have never had this much energy." "My outlook is different." "I am making things happen in my life that used to be a struggle." "This stuff is fantastic!" On and on.

So, if your Co-Enzyme Q10 knowledge is fuzzy, books and literature abounds on the Internet regarding why Co-Enzyme Q10 is the Spark of Life. Without it, there would be no life. Nutritionists world-wide acknowledge that it is as important for life as are air and water.

Advanced Q10 is perhaps the most tested Co-Enzyme Q10 formula in the world. John O'Neill spent his life testing thousands of athletes, before and after, using his Advanced Q10, with amazing results outstanding results. Not just a few percentage points increase in performance and stamina but in some cases doubling it! You can download his testing protocol

www.healthyhabits.com so you can see for yourself the increase in energy, performance and stamina that you will have by taking Advanced Q10.

Of course, there are immense health benefits to having your mitochondria producing maximum energy and oxygen for your cells to uptake, but Big Pharma, excuse me -- I meant to say the FDA, won't let us talk about that so you will have to see for yourself how it helps you regain the wellness you seek.

We are so happy with this product that we have asked to become the Exclusive Distributor for the USA and have also inquired about being able to be a licensed manufacturer to help them get better distribution of Advanced Q10 in the USA, but they are fearful that their proprietary methods of naturally producing the Co-Enzyme Q10 from fermented ocean algae will be compromised. We hope to be able to convince them in the future that they can entrust their secret to us. Meanwhile, when you order, if we are backordered due to difficulty maintaining adequate stock because we have to get it from Australia, please be patient. We are doing our best to keep up with the enormous demand and will get it to you at the earliest possible moment.

I urge you to order multiple bottles so you will never be without it in case we do go into backorder. You can always return what you don't use. Healthy Habits® has a wonderful 90-day no-hassle guarantee on everything it sells. We are not happy unless you are happy. Simple as that, we are a family-owned company struggling to provide the best possible products for the lowest possible cost. We appreciate your support in this endeavor. The big companies simply cannot provide the Healthy Habits® personal touch and it is questionable regarding how many quality corners they cut to remain competitive because they are an "on the shelf" product where everything is based on price. We thank you for your patronage. You can always count on us to be looking out for you.

Below is a brief outline of why you should be taking at least 150 mg of Co-Enzyme Q10 daily, for certain, make sure it is, Advanced Q10.

### **Co Enzyme Q10 ... is as essential to life as air and water**

Without it there is no energy ...and therefore there is no life.

Coenzyme Q10 = Spark of Life Energy = Life

Vital to every living cell ... if cellular levels of Co Enzyme Q10 are low the aging process accelerates.

This incredible nutrient may be the missing link to many health problems.

- Aging
- Cardiovascular Health
- Chemotherapy
- Hypertension
- Dental Health
- Eye Health
- Fatigue
- Genetic CoQ10 deficiencies
- Male and Female Fertility
- Migraine
- Neural and Brain Health
- Renal Health
- Statin Therapy

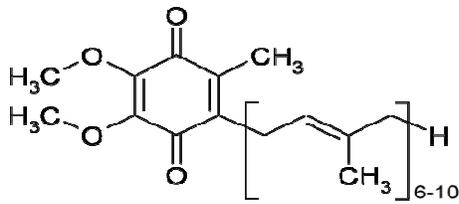
- CoQ10 strengthens the heart, boosts the immune system and helps extend life.
- The immune system is a constant cellular battleground and it is here that CoQ10 plays a crucial support role by strengthening and boosting immune defense.
- CoQ10's antioxidant ability fights free radicals and strengthens cell membranes.
- CoQ10 is a powerful cardio tonic that supports heart health.

Read what Stephen Sinatra M.D. F.A.C.C. author of *The Coenzyme Phenomenon* ©1998 has to say about coenzyme Q10 and heart health

“If I’ve learned anything as a cardiologist, it’s that whenever you improve the health of your heart, you improve the health of your entire body. I might be treating a patient’s heart problem and all of a sudden other health dilemmas like arthritis memory disturbances, gum disease and even cancer would seem to improve. This should not be a mystery. The heart is, after all, the core of our being.” ... “You may be asking yourself, Why is a heart specialist talking to me about cancer? My answer is: If your CoQ10 levels are deficient from excessive exercise, air pollution, eating nutrient-depleted foods or taking drugs that interfere with Q10 dependent enzymes, you, too are vulnerable to every one of the free radical-based degenerative diseases of the 20th century, including cancer.”

### **CoQ10 Sparks Cellular Energy Production**

- Constant CoQ10 supplementation slowly increases the numbers of mitochondria in the body..
- Q10 is the major fuel needed for mitochondria to survive.
- Increased numbers of mitochondria, in any of our body cells, automatically increases our survival.



- Mitochondria live symbiotically in cells. They are our entire aerobic system. We give them fuel -- they give us aerobic energy.
- Mitochondria are present in every cell of our body that has a nucleus.
- We have an average of approximately 1500 mitochondria in each of our 80 trillion cells.
- If we had no mitochondria in our cells could only live a few minutes.
- If mitochondria die in any part of your body, it means death for that body part.
- Mitochondria produce toxic-free energy (low free radicals) and act with a pumping motion as they pulsate around the cells, removing toxins into the bloodstream for useful energy conversion or removal from the body.
- Free radicals are unpaired electrons that are produced from about 70 different universal elements our bodies use during creation of energy. These free radicals attack and deplete our DNA and RNA chromatic material, which shortens our lifespan.
- Latest DNA testing indicates humans are born 25% defective in terms of both DNA damage and CoQ10 shortages which occur simultaneously. This is the fault of our parents but we believe this can be covered with adequate CoQ10.
- Premature aging and diseases are influenced by cellular deficiencies of CoQ10, during energy production, which causes more free radicals and increased DNA chromatic damage.
- CoQ10 supplementation helps cellular energy production to be more efficient by maximizing conversion of food into energy. This relates directly to less free radicals (incompletely burnt fuel is high in free radicals). This simple fact increases human lifespan. Human cellular mitochondria aerobic energy efficiency is enhanced greatly by CoQ10 supplementation.
- Aerobic energy efficiency automatically means low free radical toxicity.
- Where cellular environments are less toxic, mitochondria in cells can replicate. More mitochondria means increased aerobic energy production output.
- Mitochondria need other vitamins, minerals and enzymes but CoQ10 is absolutely critical to the function of the mitochondria.
- CoQ10 presence in mitochondria maximizes the use and efficiency of oxygen, minerals and vitamins.
- Constant CoQ10 supplementation means cleaner, less toxic and longer living cells.

## **What Coenzyme Q10 should I buy?**

A word of caution before you buy CoEnzyme Q10. Labels or milligram numbers do not relate to Q10 quality. 10 milligrams of high quality CoQ10 is more beneficial and economical than 100 milligrams, or more, of low life-force CoQ10. The manufacturing protocol used for John O'Neill's Advanced Q10 is far superior because the CoQ10 is absorbed within seconds into surrounding arteries and muscles. It doesn't keep circulating in the blood and into the kidneys – which would recognize the CoQ10 levels being above normal and then automatically excrete the Co Q10 in the urine.

The CoQ10 delivery system used for Advanced Q10 (phosphate-based) does not show high levels of CoQ10 excretion in urine even after massive doses are administered. This is extremely important!

The usual soft gel, oil-based delivery of CoQ10 is not how CoQ10 should be administered. Adding oil oxidizes CoQ10 so it's missing the massive molecular structure of active hydrogen that's found in quality CoQ10.

So, if you're wondering where to buy coenzyme Q10, consider John O'Neill's CoQ10 which is made from the highest quality raw material using a 12 stage ocean algae fermentation process.

The proprietary fermentation process allows the power of the sun to increase negative hydrogen electrons within the enzyme structure of CoQ10 – thus it retains the 'LIFE-FORCE' of the negatively charged electrons. This is something not found in any other CoQ10.

Co-enzyme Q10 150 mg

Contains: 60 Capsules (not a soft gel)

Co-enzyme Q10 (Ubidecarenone) 150 mg

Magnesium Phosphate 150 mg (equivalent Magnesium 41 mg)

(Do not take while taking blood thinners without medical advice)

<http://www.HealthyHabits.com> -- Advanced Q10

The biggest problem we have is keeping it in stock because it takes so long to get it due to being imported from Australia. This also increases the cost due to expensive shipping, insurance and custom fees, not to mention the bureaucratic delays.

Adults and children - 12 years and over: Take one capsule daily or as directed by a health care professional. Heart patients should be introduced with low levels. (50 mg daily) After 2 weeks the dosage can be gradually increased. Detoxification effects can occur when starting CoQ10 supplementation. These detoxification effects may include headaches, heart palpitations, nausea, rashes and tiredness. These symptoms are all positives and will disappear as you become less toxic.