



DANDY BLEND™

Instant Dandelion Beverage

All the goodness of dandelion root in an instant

A Product of *Goosefoot Acres Inc.*, 3283 E. Fairfax Rd, Cleveland OH 44118

Customer Service: 216-932-2145 • www.dandyblend.com

PRESS RELEASE

FOR IMMEDIATE RELEASE

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IS THERE A HEALTHY COFFEE IN YOUR FUTURE?

H healthy coffee? Impossible. Imagine the headline:

**COFFEE MAY HELP PURIFY THE BLOOD, HEAL THE LIVER,
LOWER CHOLESTEROL AND BLOOD PRESSURE,
ELIMINATE ACID INDIGESTION AND HELP KEEP YOU REGULAR**

Frankly, Charlie, this ain't gonna happen in YOUR lifetime!

But all this, and more, IS true about a beverage that most people say is so much like coffee in flavor, richness, and texture that they can't tell the difference. The best part? It has no caffeine, acidity or bitterness, but, because it is so rich in minerals, gives you a boost similar to the one you get from coffee.

And, instead of jitters and nervousness, you experience a sense of peace and well-being.

This is **Dandy Blend™** a delightful and versatile instant beverage for the whole family. It can be made hot or cold, in water or milk (including soy, rice or other milk substitutes). It can be flavored and sweetened to taste, and makes excellent coffee- or mocha-flavored ice dessert or frosting.

Dandy Blend™ is made from completely soluble extracts of roasted roots of chicory, dandelion and beets and roasted grains of barley and rye— all herbs and grains with significant health-promoting and curative reputations. (See sidebar).

Dandy Blend™ comes in single serving pouches, 7.05 and 14.1 oz. tins, and in a 2 lb. Ziplock pouch. For more information, visit www.dandyblend.com.

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Sidebar # 1

Some Facts About Caffeine and Coffee

The health problems which coffee, even without caffeine, can cause fill entire books, and probably enough popular and medical journal articles to paper the White House, inside and out! Included are such problems as:

- accelerating aging, weakening the immune system, impairing digestion, and causing blood sugar fluctuations which contribute to weight gain and mood disorders.
- The more than 208 acids in coffee contribute to indigestion and acid imbalance. This results in buildup of toxic waste, cardiovascular diseases, auto immune disorders, arthritis and rheumatism.
- Uric acid produced by the breakdown of caffeine can cause kidney stones and gout, and can aggravate prostate conditions.
- Caffeine and the acids in coffee also inhibit absorption of B vitamins and cause the urinary excretion of calcium, magnesium, potassium, iron and trace minerals— all of which are essential for good health.
- Women who drink coffee are more subject to osteoporosis and anemia, leading to fatigue and illness. And this is just the beginning!

That's CAFFEINE, folks! Whether it be in coffee, cola, or any other beverage. Hardly something you would want to be pouring into your body by the multiple cup or bottlesfuls each day, is it?

Sidebar #2

Why is *Dandy Blend*TM so good and so good for you?

The ingredients in *Dandy Blend* are what make it so healthy. They contain so many health-promoting properties that whatever the body needs seems to be there when it is needed.

● ***Dandelion is loaded with trace minerals and is rich in potassium, iron and calcium.*** Dandelion is reputed historically to be an excellent liver tonic and blood purifier, and one of the best diuretics, complete with its own potassium source. It is reported also to regulate the gastro-intestinal system, and is a good cure for anemia and acne. It also has the reputation for lowering serum cholesterol and blood pressure, eliminating gas and acid indigestion, aiding in weight loss, and counteracting certain cancerous tumors.

● ***Roasted Chicory promotes healthy digestion.*** It is food for the beneficial bacteria in the intestinal tract, and is reported to increase both digestion and nutrient absorption into the blood stream. Chicory also is rich in potassium, provides support to the immune system and promotes synthesis of B vitamins.

● ***Roasted beetroot detoxifies and builds blood. It also renews old blood with minerals and natural sugars.*** Beetroot contains betaine, which stimulates liver cells and protects the liver and bile ducts. It also is reputed to build red corpuscles and add tone to the blood. It is rich in phosphorus, sodium, magnesium, calcium, iron, potassium, vitamin A and C and other nutrients. Beetroot also has a significant tumor-inhibiting effect. According to an article in the Feb 27 1996 issue of *Cancer Letters*. "The combined findings suggest that beetroot ingestion can be one of the useful means for preventing cancer."

● ***Barley and rye are very nutritious grains and a rich source of protein and B complex vitamins.*** Barley is good for urinary tract disorders as well, and is very useful in fevers and all inflammatory conditions because of its soothing properties. It helps heal the digestive system and digest starchy foods, and is also good for treating urinary disorders like nephritis and cystitis. Possibly most important, because the ingredient is the water soluble extracts free from gluten, and not the whole grains of barley and rye, those who normally couldn't benefit from the nutrients in barley and rye can by drinking *Dandy Blend*.