



THE AVINI *Advantage*

DECEMBER 2023 EDITION



AVINI HEALTH™
ADVANCES IN NATURAL HEALING

Message from
Neil Roth, CEO



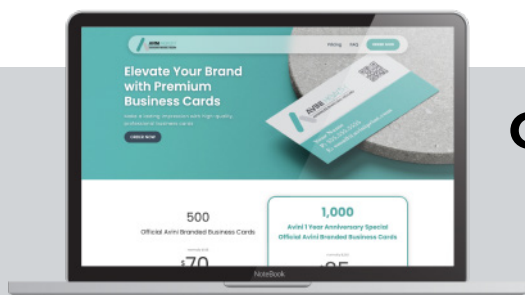
"On behalf of Avini Health Corporate, I would like to wish everyone a Happy Holiday, Happy New Year" and continued success in 2024!"



As we wind down 2023, I think we should all reflect on the great job you have done as Avini Health Distributors in spreading the word of Hope. When Rik, Doug and I decided to move forward with Avini Health, it was all about the products – those amazing formulations of Rik that enhance and help people. That emphasis on products is still our main focus, but another amazing occurrence arrived. We are changing people's lives with products and a business that helps people prosper in these uncertain times. We have happily given around \$5 million dollars in commissions for doing the correct thing: helping people find these life changing products.

On behalf of Avini Health Corporate, I would like to wish everyone a Happy Holiday, Happy New Year and continued success in 2024!

Neil Roth

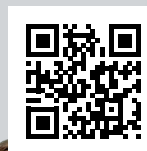


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Immune Support & Avini Health



Rik J. Deitsch, MS Biochemistry
Chief Scientific Officer, Avini Health

According to the Centers for Disease Control and Prevention (CDC), up to 5.4 million people in the United States already have been sick with the flu this fall. They also estimate that flu has caused as many as 55,000 hospitalizations and 4,600 deaths from Oct. 1 through Dec 2. The flu, like colds and other respiratory illnesses, is more common in cold weather as people tend to spend more time indoors, where viruses can pass more easily from person to person. Also, health experts believe the flu virus survives better in cold weather and cold, dry air weakens people's resistance.

The immune system exists in a delicate balance. It needs to recognize foreign invaders to be able to protect the body, but the reaction needs to be measured. If the immune system over-reacts to a





stimulus, it may cause much more damage than the original foreign body may have caused. As an example, an overactive immune system creates damaging free radicals that may increase risk for cancer or heart disease. It may also create inflammation that can cause tissue damage. Lastly, a hyper-immune response may create autoimmunity, where the immune system attacks normal, healthy tissue. Because of these risks, it is vital to create a viable check and balance system to maintain proper immune system health. This may be possible with natural immuno-modulating agents.

ZMUNITY Mushroom Blend:

Mushrooms have been used for health, wellness and medicines for thousands of years. It has been known for a long time that fungi produce potent bioactive compounds with medicinal properties. Classic examples of this fungal-derived class of medicines are antibiotics, such as Penicillin. It is therapeutically best to utilize a blend of several mushroom species, because "the whole is greater than the sum of its parts." For one thing, it is easier for pathogens in the body to adapt and become resistant to one mushroom than to several. Secondly, each mushroom species has a unique arsenal of anti-infective and immunomodulating agents.

These special agents include Polysaccharides, Glycoproteins, Ergosterols and Triterpenoids. These agents are precursors to the more complex compounds, beta glucans. It is the synergy between ALL of these elements that makes mushrooms so medicinally powerful when consumed as a whole food. The mushroom blend utilized in Avini's Zmunity are grown in a controlled environment in competition with each other. This allows the fungus to create incredibly high levels of

beneficial biomolecules that include antioxidants, fibers and signaling molecules. To get the full benefit of these mushrooms, we only use a full spectrum extract of all seven mushrooms in the IAS blend. The IAS Full Spectrum Mushroom Complex in Avini's Zmunity is considered to be the most technologically advanced immune blend for use in dietary supplements on the market today. Featuring a combination of more than 200 highly purified, immune-active high molecular heteropolysaccharides and Beta 1,3-1,6 triple right hand helix beta glucans, IAS is derived from seven closely related organisms – 100% USDA certified organic, certified kosher, biotech lab cultivated, full spectrum, non-GMO:

Agaricus blazei (Sun), Lentinula edodes (Shiitake), Grifola frondose (Maitake), Trametes versicolor (Turkey Tail), Ganoderma lucidum (Reishi), Cordyceps militaris and Cordyceps sinensis (Caterpillar).



Full Spectrum mycoproducts are the complete fungal material consisting of all the biologically active components, including the mycelium, primordia, fruitbodies and, most importantly, the extracellular compounds produced throughout the entire life cycle of the organism. It is these extracellular compounds (compounds that are excreted outside of the cell and into the surrounding environment) that are responsible for the main medicinal properties known from the fungal kingdom. This includes all the antibiotic properties, antiviral properties, antifungal properties and all the other 'survival' compounds that the fungus produces to give itself an advantage over the competing bacteria and microbes in the highly competitive environment in which it lives. These secondary metabolites have opened up the frontiers of medicine, with such breakthroughs as antibiotics and cholesterol lowering drugs.



The Synergistic Benefits of Adding Detoxolite™

The concept of synergistic benefits takes into account that two or more substances work together so that their total effect is greater than the sum of their individual benefits. In biochemistry, this is usually a result of substances having similar benefits that are created through different mechanisms of action. Because the mechanisms are isolated from each other, their benefits can be maximized and usually results in synergy. Avini Health's proprietary activated and micronized zeolite (Detoxolite™) is a potent detoxifying agent that also functions as an immunodulator, an antioxidant and a pH stabilizer. When examining the synergies between the IAS Mushrooms and the activated zeolite, it is simple to note several distinct claims with differing mechanism to support those claims.

Both products act as immuno-modulators.

The zeolite does not stimulate the immune system, but allows it to function optimally by removing toxins, viruses, yeasts, bacteria and fungi, which can depress immune function and interfere with hormones. Additionally, heavy metals have been indicated in the inhibition or down-regulation of zinc finger proteins. These proteins are necessary for proper cell division and immune system response. The zeolite has been indicated in stabilizing zinc finger protein activation through the removal of inhibitory toxic heavy metals. As noted previously, the IAS Mushrooms modulate the immune system by cellular signaling. This increases T-Cell activation without creating a hyper-immune response. These provide several different mechanisms to activate and stabilize immune system function.

Both products provide superior antioxidant protection. Clinoptilolite zeolite is considered to act as an antioxidant through a simple mechanism of the capture and removal of small, oxidative compounds. The IAS Mushrooms function as an antioxidant because of its constituent antioxidant compounds, which include co-factors and

polysaccharides. These quench free radicals through electron donation or electron acceptance. Again, there are two completely different mechanisms that provide the same benefit – creating a synergistic effect.

Anti-Mutagenesis.

Several studies have shown the effects of clinoptilolite on cancer cell lines and in tumors both in vivo and in vitro. This is primarily considered to be caused by the induction of apoptosis and the zeolite's activation of the p21 tumor suppression gene. Additionally, the zeolite acts to balance the body's pH and may create an inhospitable environment for cancer cell growth as systemic alkalinity is maintained. Agaricus extracts have been studied almost exclusively for their effects against cancer cell growth. The mechanism involved in this case is through immune system activation and immuno-modulation. The expected synergies result in a powerful immuno-modulating agent that reduces the risk of mutagenesis.

As Ben Franklin taught us, “An ounce of prevention is worth of pound of cure.” We have all of the information that we need to maintain optimal health and prevent or minimize disease. So, take the time this cold and flu season to get educated on all of Avini Health's products to optimize your wellness, because a cleaner, healthier body fixes itself.



Remember to register for the National Summit in Las Vegas, NV



Are you ready to rock
and roll in Las Vegas?
We sure are!

DATE:

FRIDAY, APRIL 26TH-
SATURDAY, APRIL 27TH

PLACE:

HORSESHOE LAS VEGAS



We're thrilled to announce that the Avini Health National Summit is coming to the Horseshoe Las Vegas, on April 26th and April 27th and you won't want to miss it.

Join us for two days of education, motivation, and inspiration to take your business and health to new heights. This year's Summit is going to be extra special as we've secured the Horseshoe Las Vegas! It's the perfect backdrop for our event, as we gather to connect, learn, and grow together.

You'll have the opportunity to meet and network with Avini Health leaders and other professionals who share your passions and vision. Learn from the best in the industry, gain insights, and build relationships that will last a lifetime.

Don't wait – get your tickets now for the Avini Health National Spring Summit at the Horseshoe Las Vegas. We can't wait to see you there, ready to rock and roll!

DISTRIBUTOR *Success*



Top 18 Enrollers of November

- | | |
|------------------------------------|---|
| 1. Patti Patterson - Enrolled 15 | 10. Cameron Conley - Enrolled 4 |
| 2. Terry Flom - Enrolled 9 | 11. Margie Lassmann - Enrolled 4 |
| 3. Tatyana Vlachos - Enrolled 8 | 12. Samantha Notari - Enrolled 4 |
| 4. Ammie Bowman - Enrolled 5 | 13. Udana Power - Enrolled 4 |
| 5. Diane Rossow - Enrolled 5 | 14. Dorothy Carter - Enrolled 4 |
| 6. Donna Bach - Enrolled 5 | 15. Martha and Hank Kenyon - Enrolled 4 |
| 7. Path to Health LLP - Enrolled 5 | 16. Stephanie Cook - Enrolled 4 |
| 8. Lauri Brown - Enrolled 5 | 17. Johnella May - Enrolled 4 |
| 9. Steve Failla - Enrolled 4 | 18. David W Chan - Enrolled 4 |



Distributors who were promoted in DIAMOND

DIAMOND APPRENTICE

Barbara Ostrem, MT



Distributors who were promoted in EMERALD

EMERALD EXECUTIVE

Bev Ellis, PE
David W. Chan, WA
Thayne Shively, ID



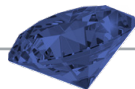
Distributors who were promoted to Ruby

RUBY EXECUTIVE

Anne Wehling, CO
Albert & Sandra Thornton, VA
Mary Ann Holda, VA

RUBY DIRECTOR

Sharon Buller, OR
Legacy Builder LLC, UT



Distributors who were promoted in Sapphire

Karri Tidwell, MN - Sapphire Executive
DuRae Reece, WA - Sapphire Executive
Stephanie Cook, UT - Sapphire Executive
Janette Loudon, CA - Sapphire Executive
Larry Proffit, UT - Sapphire Executive
Theresa Wing, TN - Sapphire Executive
Margie Lassmann, TX - Sapphire Director

Shelley D'Aoust, ON - Sapphire Director
Geraldine Bell, WA - Sapphire Director
Udana Power, CA - Sapphire Apprentice
Joy of Living Inc, CA - Sapphire Apprentice
Dell Jensen, WA - Sapphire Apprentice
Kathy Machado, CO - Sapphire Apprentice





Distributors who were promoted in Gold

Terry Flom, MN - Gold Executive
Patti Patterson, TX - Gold Executive
Pam McLellan, WV - Gold Executive
Teresa Dutra, CA - Gold Executive
Jennifer Allen, PA - Gold Executive
Denise & Kevin Murri, UT - Gold Executive
Nick L ooper, CO - Gold Executive
Chrissy Calhoun, TN - Gold Executive
Ann Pena, OR - Gold Executive
Rosonna Taylor, KY - Gold Executive
Ruby Mansfield, WA - Gold Executive
Deborah Davis, FL - Gold Executive

Star Studonivic, OR - Gold Executive
Jacqueline Andre, SK - Gold Director
Karen Louise, WA - Gold Director
Robin Philllips, WA - Gold Director
Gregory Crofoot, UT - Gold Director
John MacNaught, AB - Gold Apprentice
Cameron Conley, CA - Gold Apprentice
Martha and Hank Kenyon, PA - Gold Apprentice
Roseanne Ray, CA - Gold Apprentice
Judy Strouse, CO - Gold Apprentice



Distributors who were promoted in Silver

Kari-Lynn Hastman, FL - Silver Executive
Garwin Yau, AB - Silver Executive
Deborah Russell-Swiridoff, GA - Silver Executive
Dr. Calvin Beaugez, UT - Silver Executive
Bruce Smith, TN - Silver Executive
Pete Davis, OR - Silver Executive
Kathy May, MD - Silver Executive
Nancy Young, CA - Silver Executive
Ammie Bowman, ID - Silver Executive
William Huber, MI - Silver Executive
Gail Burton, MN - Silver Executive
Kim Shunkwiler, MI - Silver Executive
Kim Butcher, MI - Silver Executive
Rick Goltz, TX - Silver Executive
Debe Sullivan, KY - Silver Executive
Lucille Ben Marzoug, SK - Silver Executive
Robin Jacobson, MN - Silver Executive
Jaylyn Giotto, MI - Silver Executive
Nadirah Muhammad, CA - Silver Executive
Laura Morrison, WA - Silver Executive
Brian & Julie Murri, ID - Silver Executive
Detra Clark, MN - Silver Executive
CJ Niederstadt, VA - Silver Executive
Deanna Uldall, ME - Silver Executive
Jacquelyn Sene, WY - Silver Executive

Marshall Haley, MT - Silver Executive
Tomoko Shaffer, WA - Silver Executive
Kayla Gartrell, MT - Silver Executive
Taffeny Hicks, KY - Silver Executive
Marilyn Winters, OR - Silver Executive
Beryl Simmons, PE - Silver Executive
Billie Vieira, HI - Silver Executive
Suet Fong Yau, AB - Silver Director
Steve Failla, AZ - Silver Director
Jodi Bartels, GA - Silver Director
Julianna Snell, UT - Silver Director
Kayleen Davies, ID - Silver Director
Taylor Mallos, CO - Silver Director
Angela Shull, VA - Silver Director
anne alsaker, MT - Silver Director
Charles Stidd, UT - Silver Apprentice
Eric Gerson, MD - Silver Apprentice
Lynn E, MA - Silver Apprentice
Tamara Hanscom, CA - Silver Apprentice
Richard Millard, CA - Silver Apprentice
Johanna Chase-Weinrich, NY - Silver Apprentice
Kim Martin, SK - Silver Apprentice
Adam Pedone, MT - Silver Apprentice
Karilee Valeriano, MT - Silver Apprentice



Why Relevate?



It seems like in the MLM industry, the only thing harder than designing a Compensation Plan is figuring out how to pay it to the Distributors.

Historically, most companies have aligned themselves with an E Wallet company. This company will set up with a Distributor the ability to put the commission into their bank account and send them a 1099 at the end of the year. The pitfall comes with the need for the Distributor to go in and ask for the money. And even worse, they are charged at least \$2 every time they ask for money AND they are limited in how much they can ask for! Then, you are also asked to pay a monthly E Wallet fee. As a Distributor, I hated this system, finding it onerous and wrong. As a company CEO, I was forced to continue this way of getting paid.

Then, a friend of mine in my Rotary Club introduced me to Relevate – great name, as this bank is a revelation to the industry. So, what are the pros and cons of Relevate? The only “cons” I can think of is having to set up a checking account in an individual’s name and not a business entity and there are no brick-and-mortar banks to go into. Yet, even this is

also a “pro.” Do you realize you are getting a full-blown checking account for \$0? This means you can pay bills with a free bill pay system, get a debit card and take money out of ATMs, basically everything a regular checking account does without the costs. Plus, you can move money to your personal account if you want to for free. You can do it 2x per month instantly and free as many times as you want with one-day ACH. In fact, you can ACH anyone for free, something my bank charges me \$5 for. Lastly, using this method, you are saving Avini (who under the old system paid also) enough money that we are paying your \$1 monthly E Wallet fees each month. And the best pro? Once you set up your account, your weekly and monthly commissions will instantly show up in your Relevate account, ready to use.

For those who are in Canada, Relevate is not available, but I can assure you, we are working on a better solution for paying you as you read this!

Here at Avini we will always strive to be ahead of the pack and make life easier for our key asset, the Distributors.

Neil Roth

Message from
Douglas Dickey, VP of Sales

Another amazing month with amazing results.

As I travel around the country sharing the Avini message and my own personal testimony of what Cell Defender has done for me, I am asked by many distributors about the business side of Avini Health. Being a distributor provides financial opportunity. I often share what's necessary to do well, like sharing your story with others of how you learned about Avini, and why you chose to join and use the products. And many distributors have found success with entirely different approaches with different talents and personalities. But one thing is common among every one of them who have developed an organization and gained success. It reminds me of one of my favorite Johan Wolfgang Goethe quotes which years ago helped unlock the door for me. It reads...

"Until one is committed, there is hesitancy. The chance to draw back. Concerning all acts of initiative and creation, there is one elementary truth, the ignorance of which kills countless ideas and splendid plans. That the moment one definitely commits oneself, then providence moves, too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one's favor all manner of unforeseen incidents and meetings and material assistance, which no man could have dreamed would have come his way. Whatever you can do, or dream you can do, begin it. Boldness has genius and power, and magic in it. Begin it now."

I love this quote because it invites the idea that the world bends to your will, and will give you what you want and expect. If the commitment is strong enough, what we commit to will bring it closer to us.

When we first decided to start Avini Health and had our first meeting, the question was asked: "What is the mission of this company"? And the answer was given: "We want people to have access to Rik Deitsch's products and then get them out quickly to all of those who need them. And our company will maintain integrity as we support our distributors and their word of mouth testimonies of the products to all of their influence." This statement was clear and concise, and we were committed to making it happen no matter what it would take from us. We had started with the commitment not knowing where everything

we needed would come from, but knowing it was going to work. Add 500+ distributors who believed in the same thing we did and were motivated to make it happen, and you have a movement, NO...a crusade. A crusade to change the lives of so many in need of our products. One person at a time having their own experience and then knowing immediately that they should share with others. Avini was an idea that with clear intentions and a commitment has grown to make an incredible difference for so many. And we are just getting started. If you are a distributor and want to share with others, we created the booklet Avini Advantage Accelerator kit just for you. It comes with every new distributor pack and can also be bought for \$20 in the back office. This kit is meant to help a new person who discovers Avini products or the opportunity, a step-by-step process to walk through

and receive the information necessary to build clear intentions and make that commitment. Our Avini Advantage app also has wonderful tools to help a distributor communicate with their influence. Download the app and get started. Work through the kit and, above all, make a commitment to help at least 10 others to hear about toxins and how Avini products can help them. With millions suffering, it may just be you who makes all the difference.

Douglas Dickey
VP of Sales



AVINI HEALTH®
ADVANCES IN NATURAL HEALING

