



E. EXCEL Orchestra™ Questions & Answers

Q What is the average life span of a human being?

A In 2009, at birth the average life expectancy of the global population was 68 years. However, some people live to more than 120 years of age!

Q What affects the limits of a person's age?

A One-third of the aging process is attributed genes, and two-thirds can be chalked up to lifestyle, behaviour and environmental factors. A combination of factors such as diet, exercise, smoking, weight and hormone replacement therapy could change life expectancy by as long as 10 years.

Q How can I add more years to my life?

A The two most important factors are 1) strengthen your immune system, and 2) prevent toxic buildup within your body. In addition, eat a balanced diet, get sufficient exercise and maintain a positive attitude.

Q Are there any plant foods I can eat that will help me live longer?

A Yes, including

- Kumazasa
- Ashitaba
- Platycodon Root

Q What is Kumazasa?

A Kumazasa is a plant originally from Japan, but widely grown as a garden perennial. Common names for kumazasa include dwarf bamboo, cleansing bamboo and bear leaf. In Japan, it has been used to wrap food because of its antibacterial, antiseptic properties, and it is also widely available as a health promoting tea.

Q Why is Kumazasa good for healthy aging?

A Polysaccharides in kumazasa help reduce excess cholesterol in blood vessels, and helps blood vessels regain their vitality and elasticity, thus helping to support cardiovascular health. Kumazasa also contains about 80% chlorophyll, which cleanses the body naturally and triggers healthy cell activity. Kumazasa has also demonstrated anti-bacterial and antiviral activity in studies.

Q What is Ashitaba?

A Ashitaba is native to Japan. The name comes from 'ashita,' which means tomorrow in Japanese, and 'ba,' leaf. The plant received the name from the fact that if you pluck a leaf from it, it will start growing back as early as tomorrow. Ashitaba is native to Japan's Hachijo Island, which was used to exile convicts during the Edo period. The convicts foraged for ashitaba leaves to supplement their meager diet, and their unlikely longevity was attributed to the continual consumption of ashitaba.

Q What makes Ashitaba so healthful?

A Ashitaba has high levels of antioxidants, chlorophyll, coumarins and chalcones providing very strong antioxidant effects and powerful anti-allergic effects

Q What do studies on Ashitaba show?

A

- Helps lower total cholesterol levels
- Helps lower liver fat contents
- Helps restore balance to the digestive trace
- Shows powerful infection-fighting abilities
- Shows anti-viral properties
- Stimulates product of Nerve Growth Factor, which supports a healthy nervous system.
- Enhances fat metabolism
- Promotes wound healing

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A Platycodon root is the root of *Platycodon grandiflorus*, commonly known as Chinese bellflower. Chinese herbalists have used it for over 2,000 years for excess gas, stomach ulcers, intestinal worms, dysentery, respiratory problems, urinary retention and other conditions. Koreans use platycodon root for hypertension and diabetes.

Q What are some of the benefits of platycodon root?

A Studies show Platycodon root helps lower blood glucose levels and supports healthy weight management. It also boosts immunity by enhancing immune cell activity. Unlike most polysaccharides, which affect mostly T cells and macrophages, polysaccharides from platycodon root also active B cells.

Q What is Orchestra™?

A *Orchestra* brings together healthy, wholesome plant foods with exceptional benefits for healthy aging, with delicious fruits and herbs for eight exquisite flavors—strawberry, peach, lime, mixed fruit, cinnamon, jasmine, peppermint and kumquat—that can be mixed with water or your favorite beverage to give your body a healthy outlook on long life! The eight flavors are packaged, preservative-free, in one variety pack containing two of each flavor. Try them all and find your favorite!

Q How should I take Orchestra™?

A *Orchestra* comes in individual 10ml cups. Mix with 100-150ml of warm water, and savor the aroma and flavor of these delicious beverages.

Q Is Orchestra™ suitable for people on low-sugar diets?

A Yes. *Orchestra* has a very small amount of fructose. It uses stevia, a natural, herbal sweetener with no calories, and has a very low glycemic index.

Q What about Orchestra's packaging materials?

A *Orchestra's* packaging is entirely food grade materials. It is made from Polypropylene (PP), which is entirely recyclable! It is completely safe and hygienic.

Q Who should take Orchestra™?

A Anyone who wants to keep their body fit and active as you age can take *Orchestra*. It is especially helpful for those in middle age to help maintain those functions that may be beginning to slow down, such as the immune system. Older people should take it also to support their immune system and flush toxins from their bodies.