



● September is here, and the lingering summer heat can be especially intense. Have you been feeling tired easily, craving sweets, or finding yourself eating an unbalanced diet? During times like these, Magnus's "Royal Green Silk" is highly recommended. Upgraded last year with **inulin, Kerokko, and moringa**, the new "Royal Green Silk" has been very well received. It has received particularly high praise not only from those who are mindful of their blood sugar levels, but also from those looking to support their **gut health**.

● This month, everyone who purchases "Royal Green Silk" will receive a 5-day supply of "Magnus Probiotics" free of charge! The probiotics are an excellent complement to Royal Green Silk. Please take advantage of this special offer while it lasts. (Gifts are limited to one per customer)

MAGNUS PROBIOTICS

SRP\$45 /30 pkts **Member price \$31.50**

Magnus Probiotics contains **four types of beneficial bacteria**—lactic acid bacteria, bifidobacteria, spore-forming bacteria, and nano-sized lactic acid bacteria—along with **dietary fiber** that serves as nourishment for these beneficial bacteria.

It has a **delicious yogurt flavor**, making it easy to enjoy regularly regardless of age. Since it comes in a **granular form**, it is convenient for everyone from young children to older adults and can help support **healthy intestinal function and overall gut health**.



The Four Types of Beneficial Bacteria in "Magnus Probiotics"

Spore-forming bacteria that are resistant to stomach acid and heat
Lactic acid bacteria that help support a healthy immune balance
Bifidobacteria, beneficial bacteria that naturally reside in the large intestine

Nano-sized lactic acid bacteria with high absorption and stability
 These **four types of beneficial bacteria** help support regular bowel movements, inhibit harmful bacteria, and promote a **healthy intestinal environment**.

Extended August Promotion! SRP\$90 /Member price \$63

Due to the **overwhelming success** of our August Promotion and numerous requests from our members, we're excited to extend our **Joint+ Promotion only for ONE MORE MONTH!** Don't miss this opportunity! Take advantage of this special offer while it lasts!



SEPTEMBER SPECIAL

SRP\$52 /140g **Member price \$36.40**

① Get 5 packets of **Magnus Probiotics FREE** with every order of Royal Green Silk!



Gift



② Buy 5 Royal Green Silk and receive 1 additional FREE, plus 5 packets of Magnus Probiotics FREE!



Gift



Why these 2 products work so well together?

The dietary fiber and plant-derived ingredients contained in Royal Green Silk help support the activity of beneficial intestinal bacteria, making it an **excellent combination with Probiotics**.

In particular, **inulin**, one of the ingredients in Royal Green Silk, is a soluble dietary fiber known as a **prebiotic** that is fermented by beneficial intestinal bacteria.

In other words, Royal Green Silk and Probiotics provide the ideal combination of:

"Taking beneficial bacteria" + "Taking ingredients that nourish and support beneficial bacteria."

This makes them an **excellent pairing for supporting a healthy intestinal environment**.



腸には
免疫細胞の
約6割が集中!

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Choose **ROYAL GREEN SILK** to balance your diet!

Harness the Power of Greens !



● **Mulberry Leaf:**

The unique compound **DNJ (1-deoxynojirimycin)** found in mulberry leaves may help reduce the absorption of sugars. Mulberry leaves are also rich in **dietary fiber**, which helps support **healthy digestion and gut health**.



● **Young Barley Grass:**

Widely known as a popular ingredient in green juice, young barley grass is rich in **vitamins, minerals, chlorophyll, and enzymes**.



● **Ashitaba (Angelica keiskei):**

Known for its remarkable vitality, ashitaba is rich in a variety of nutrients. It contains unique compounds called **chalcones**, which have been studied for their potential role in **supporting healthy blood sugar levels and weight management**.



● **Inulin:**

A type of dietary fiber that may help **slow the absorption of sugars**, reducing rapid spikes in blood sugar after meals. Inulin also absorbs water in the intestines, helping to **soften stools and promote regular bowel movements**, which may help relieve constipation.



● **Kerococo:**

An **organically grown vegetable** developed by crossing **kale and broccoli**. It is rich in nutrients such as **beta-carotene, vitamin C, folate, and soluble dietary fiber**.



● **Moringa:**

A true **superfood**, moringa contains a well-balanced variety of **more than 90 nutrients**, including vitamins, minerals, amino acids, and dietary fiber.



● **Green Tea Extract:**

Rich in **catechins and vitamins**, green tea extract is known for its **antioxidant properties** and is traditionally valued for its **antimicrobial and skin-brightening benefits**.



● **Lactic Acid Bacteria:**

Help **suppress harmful bacteria in the intestines** and support **healthy, normal intestinal function**.

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Recommended for people who:

Take care of **Healthy blood sugar levels**
Don't eat enough **vegetables**
Want to support a **healthy intestinal environment**
Have a **sweet tooth**
Have an **unbalanced or limited diet** and more...



For a Healthy Life!

Managing sugar levels requires taking a comprehensive approach to your lifestyle.

Eat foods high in dietary fiber first, before other foods

Engage in moderate, regular exercise

Get good-quality, adequate sleep

Consider using dietary supplements as part of a healthy lifestyle

= Mulberry Leaf =

Mulberry leaves are rich in **soluble dietary fiber**. They also contain a unique compound called **1-deoxynojirimycin (DNJ)**, which may help reduce the rise in blood sugar levels after meals. For this reason, consuming mulberry leaf products with meals is recommended.

Mulberry leaves also contain beneficial compounds such as **rutin and quercetin**, which may help support healthy blood vessels and cardiovascular health.

= Inulin =

Inulin is a type of dietary fiber found in **Jerusalem artichokes**. Because it is not easily digested or absorbed in the intestine, it may help reduce rapid increases in blood sugar levels after meals.

Despite having a naturally mild sweetness, inulin can help support healthy blood sugar management, making it a beneficial ingredient for people concerned about blood sugar levels. It also serves as a **prebiotic**, providing nourishment for beneficial intestinal bacteria and helping support a healthy gut microbiome.

Inulin may also help with the absorption of **calcium and magnesium**, making it a promising ingredient for maintaining healthy bones.

= Moringa =

Moringa is a superfood sometimes called the **"Miracle Tree."** It contains a wide variety of nutrients—reportedly as many as 90 different nutrients—and is being studied for its potential role in supporting healthy blood sugar levels and overall health.

A delicious **green juice** with a **green tea flavor**, carefully formulated with a balanced blend of **mulberry leaves, young barley grass, inulin, ashitaba, moringa, Kerococo and lactic acid bacteria** along with the exceptional nutritional value and dietary fiber of mulberry leaves.



【Directions for Use】

Mix **one teaspoon (approximately 5 g)** with water or your favorite beverage and enjoy.

If you prefer it warm, dissolve it in water at approximately **60–70°C (140–158°F)** rather than boiling water.

It also pairs well with **salad dressings and yogurt**.



MESSAGE FROM MR. TORII

Going to bed early and getting up early is actually how our biological rhythms are designed to work. Every morning, as soon as I wake up, I first drink some water and then eat one teaspoon of honey to provide nutrition to my brain. The brain is the organ in the body that requires the most nutrients, so I continue this practice to start the day with energy and to help prevent dementia.

Next, when the weather is nice, I take a walk for a while in the morning sunshine. Then comes the main event of my day: **breakfast**. Of the three meals a day, I place the greatest importance on breakfast, and I take my time enjoying it in a relaxed state of mind. Eggs, which are an excellent source of protein, are absolutely essential. Since older adults tend to become deficient in protein, I also drink milk or soy milk with **[Royal Green Silk]** and **[Collagen]** added.

Please be sure to try the **“German Pancake”** featured in the recipe section of this issue. I recommend using gluten-free rice flour for the batter. Squeeze plenty of lemon over it and it becomes truly delicious. Adding seasonal fruits also increases its nutritional value. (It is a popular menu item at the Magnus Wellness House Café in Japan.)

Even when you start the morning energetically with a strong **“MIND,”** you may sometimes feel a little sleepy in the afternoon. When that happens, taking a nap for about 30 minutes can be very effective.

“YOU ARE WHAT YOU EAT” — We are made from what we eat.

The foods we consume create our bodies and affect our health. **Food is important.** Do not neglect lunch or dinner either. Think carefully about what you eat and make smart choices.

I like **one-pot meals**, because they allow me to eat many different ingredients at once. My recipes are my own creations. I put in whatever I like—meat, seafood, tofu, seaweed, mushrooms, Chinese cabbage, broccoli, onions, carrots, potatoes, and more.

The source of our vitality begins with **food**. Then, make it a habit to keep your body moving regularly. Otherwise, your body will gradually become stiffer and stiffer.

I have seen an increasing number of friends in their 80s whose legs and lower backs have become significantly weaker, making walking painful and causing them to avoid going out. I myself feel that I need to work harder on maintaining my flexibility.

Simple **squats** are a good exercise. I will keep working at it with the **Torii-style “Three-Day Habit” Health Method**. (Even if you are a person who gives up after three days, repeating those three days over and over eventually becomes a continuing habit!)

As for sleep, ever since I started sleeping with a **nebulizer (air inhalation device)**, I now wake up only once during the night instead of many times. The quality of my sleep has certainly improved. At first, I thought using it was troublesome, but now I cannot fall asleep without it.

To all the seniors reading this: **above all, your health comes first.** Please take just a little more interest in your health than you do now. Your life continues until the moment you embark on your eternal journey. So let us stay healthy and enjoy life to the fullest.

The key to living a long, healthy, and fulfilling life is having the right **“MINDSET”**—never forget that!



www.youtube.com/@mr.torii.channel

This summer, not only Japan but also various parts of Europe experienced record-breaking heat waves. Even Los Angeles, which is relatively comfortable during the summer, had many days last month when it felt as hot as Las Vegas.

When you are in Japan during the summer and winter seasons, you often hear the Japanese expression, **“The heat and cold last only until the equinox.”** “Higan” is a Buddhist term referring to the world of enlightenment (the Pure Land), free from worldly confusion and desires. In Japan, it is also used to refer to the traditional period of honoring ancestors around the spring and autumn equinoxes.

This year, the autumn Higan period begins on **September 20**, the middle day (the Autumnal Equinox) is **September 23**, and the final day is **September 26**. Although the lingering summer heat continues relentlessly even into September, by the time the autumn equinox arrives, the intensity of the heat does indeed begin to ease. I eagerly look forward to the days when we can truly feel, not only according to the calendar but also in our bodies, that **“autumn has arrived.”** During a hot and uncomfortable summer, lack of sleep can easily lead to poor health. How did everyone manage their health this summer?

It is said that people who take good care of their health during the summer are less likely to catch colds in the winter. A cold is said to be the source of many illnesses. If you catch colds frequently, it may be a sign that your body’s resistance is declining, so please take good care of yourself. Let’s prepare for winter by making sure to take plenty of **[Fukken]**. I am convinced that my health at the age of 90 is supported by **[Fukken]**.

These are Japanese statistics, but about half of women live to age 90, while the percentage for men is about half of that. Less than 1% of people remain healthy throughout their 90s and live to be 100.

Recently, a Japanese female author published a book saying, **“By the time you reach your 80s, most people either become senile or die. Your 70s are a special period of time given to you by God.”** The book has become a huge bestseller.

Of course, it is best to take proper care of your health from a young age, but from age 65 onward, it becomes especially important. The key is to remain constantly conscious of your own health. Sadly, after age 75, the number of people who can no longer live independently increases. So rather than assuming, “I’ll be fine,” try adding just **one more healthy habit** to your daily life. Doing so may increase your chances of enjoying a comfortable and fulfilling life even after age 75.

The key to extending your healthy life expectancy is **“MINDSET”**—having a strong and sincere determination to remain independent and take care of yourself without relying on others.

Check out Mr. Torii’s YouTube channel and share with your Japanese speaking friends!





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FIRST CLASS MAIL



September Recipe

Easy German Pancakes (Dutch Baby)

Ingredients

4 large eggs
1 cup milk
1 cup all-purpose flour
2 tbsp sugar
1 tsp vanilla extract
¼ tsp salt
3 tbsp butter
Powdered sugar and fresh berries
for serving



Preheat oven to 425°F (220°C).

Place a 10-inch oven-safe skillet or baking dish in the oven while it heats.

1. **Make the batter:** Blend or whisk the eggs, milk, flour, sugar, vanilla, and salt until smooth.
2. Carefully remove the hot skillet and add the butter. Swirl until melted.
3. Pour the batter into the skillet.
4. **Bake for 18–22 minutes**, until the pancake is puffed and golden around the edges.
5. Dust with powdered sugar and serve immediately with berries, maple syrup, or lemon juice.

《From our Friends》

■ “Healthy blood sugar levels!”

Both of my parents have diabetes, so I was always careful because I knew I had a family history. Having seen my parents use insulin, I decided to purchase Royal Green Silk and try to keep as healthy as possible. My blood sugar levels are healthy and stable. I will make sure to take it with every meal.

K. Shiraiwa, 51, Japan



■ “I recently started hearing the term ‘gut immunity’...”

I started hearing the term “gut immunity” more and more and learned that the intestines play an important role in immunity. I wasn't sure which supplement to take, but I found Magnus products and decided to give them a try right away. They taste good enough to eat on their own, so I've been able to continue taking them. My constipation has improved, and I feel that my skin looks better too. I usually have yogurt every morning, but Probiotics are much easier and more convenient, which has been very helpful.

M. Kashiwada, 31



■ “Goodbye constipation, and my skin looks better too!”

Perhaps because I wasn't getting enough vegetables, I was always prone to constipation and had gotten used to it. But after I started taking Royal Green Silk, I've been regular every day and feel much lighter and more comfortable. The skin problems that had been bothering me also improved. I am truly grateful.

M. Yamada, 32, LA

