

WHEN I SAY I'LL CLIMB THE
HIGHEST MOUNTAIN TO MAKE
A NUTRITION BREAKTHROUGH,
I'M NOT KIDDING.

shakeology®



Adventures in gathering
the gifts of the earth
that make Shakeology® the
Healthiest Meal of the Day®.

By Darin Olien
As told to Jim Allyn

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BEACHBODY

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to Make a Nutrition Breakthrough, I'm Not Kidding.

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To learn more about Shakeology, visit **www.shakeology.com**

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..... *

I dedicate this book to my whole family:
mom and dad, brothers, sisters, nieces,
nephews, God-kids, and to my entire
tribe of friends that I am strengthened
and supported by. I am truly blessed
and gifted by your presence in my life!

..... *



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The statements in this book have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.



[Available separately; see below]

CHAPTER 5: **GOJI BERRIES**

CHAPTER 6: **MACA ROOT**

CHAPTER 7: **QUINOA SEED**

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CHAPTER 9: **CHIA**

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To get Books Two and Three:

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2. Visit Shakeology.com

FOREWORD



A CHANCE MEETING IN MALIBU: HOW SHAKEOLOGY® GOT ITS START.



One day my wife Isabelle looked down at the burger I was eating and remarked that I ate like a second grader. It was that comment that led me to ask if she would finally relent, after months of turning me down, to use her decades of nutrition and wellness experience designing supplements and shakes for some of the top VIPs in the world to help Beachbody create something special. **What I wanted was a shake that I—a self-proclaimed “anything-but-vegetarian”—could eat. She said yes, and immediately began to brainstorm what the ultimate shake could be.**

“Whole food based, with prebiotics, digestive enzymes, and phytonutrients,” she would say.

“Please just make it taste good enough that I can get it down.”

A few months into the process, Isabelle told me she'd had a chance meeting with a guy named Darin. She told me about this guy who climbs remote mountains, criss-crosses oceans, and crawls through dense, soggy jungles in search of the best sources of nutrition on the planet. She seemed a little mesmerized by it all, but assured me the attraction was purely nutraceutical. (Whatever that means.)

That chance meeting, though, led to the creation of a real nutrition breakthrough that's transforming the health of literally thousands of people a day thanks to the combination of Isabelle's demanding standards and Darin's resources and passion for hunting out the most nutritional food on Earth.

What started as a dream to create something that would help people who don't eat their veggies (like me) turned into an amazing symphony of benefits, including increased energy, regularity, weight loss, lower cholesterol, and so many more I won't bother to list them here.

And that dream became a reality, thanks to this dream team.

Darin is not your stereotypical scientist, that's for sure.

Darin searches the world over with an intuitive awareness that something's out there, unspoiled, available to help us all live a little bit healthier. He lives it as a mission, but to the outsider, it looks like an adventure.

We created this series of books so you could get a glimpse inside just how exciting the creation of this shake has been, and live a bit of adventure vicariously through Darin's hard-to-believe (but all 100 percent real) exotic journeys.

One thing I know; When you're done reading, you'll wish it were next month already so you could have the next edition and read about where he traveled next. You'll also feel quite privileged, because if not for his courage, along with Isabelle's commitment to excellence, none of us would get to enjoy the amazing product called Shakeology.

Cheers,



Carl Daikeler

Chairman and CEO, Beachbody, LLC

INTRODUCTION

.....



My name is Darin Olien. Right now, I'm writing on my little laptop from a Camu Camu grove in the Peruvian Amazon. We're guests at a local orchard, staying at the wooden farmhouse, and I'm sitting on the big wrap-around porch. It's nighttime. The crickets are chirping in a language I'm not accustomed to back home, and a little green lizard with large round eyes is checking me out from the railing.

No, this is not an exotic eco-vacation. This is my work. Camu Camu is one of several dozen remarkable ingredients in Shakeology—one that can strengthen your immune system (thanks to the insane amount of Vitamin C it contains, about 50 times as concentrated as an orange). It packs plenty of other health benefits, too (like its reputation as a good mood enhancer), and we're here to check out this season's crop.

Multiply this journey by 70 or so, and you start to get the idea. We climb perilous cliff-edge paths in the Himalayas, paddle wooden canoes down Amazon tributaries, and descend deep valleys in places whose names cannot be pronounced in English. We encounter wild boar, flesh-eating fish, deadly snakes and bugs that are just too big, crocodiles lounging nearby, oppressive humidity, bitter cold, and some of the most gracious, friendly, fascinating people on Earth.

You may have already noticed Sacha Inchi, Astragalus Root, Papain, and four Wild Grasses on the Shakeology ingredient list. In this book, you'll find out how they got there and where they came from. You'll see what we did to bring the extract of a tiny seed that grows half a world away to your kitchen. It's the first part of a series, so stay tuned for more interesting installments.

Meanwhile, **enjoy the ride.**

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Entries
Entrées / Entradas



Entries
Entrées / Entradas



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CHAPTER 1

Field Journal Entry: 37

TARAPOTO

* PERU *

Trekking upward into the Andes isn't quite like a trip to your local grocery. We paddle hand-hewn wooden canoes past islands of wild monkeys to acquire the coveted . . .

SACHA INCHI

Sure, you've seen monkeys in the zoo. But it's a different experience interacting with them in the wild.

We're in the jungles of Peru, partway through our quest for Sacha Inchi, which contains more immunity-boosting vegetarian omega-3s than any other food on the planet. On this leg, near the ancient Inca capital Machu Picchu, we're rowing our massive carved wooden canoe up the Wilcamayu ("Sacred") River.





It's one of the headwaters of the Amazon in Peru. Along the way, water snakes occasionally pop up. I make it one of my jobs not to irritate them.

Off to the side, a school of fat, foot-long, silvery-green fish swim alongside the boat. As they turn, we can see an orange color on their bottom side. "What kind of fish are those?" we ask our stoic guide. He peers over the edge. "Piranha," he says nonchalantly. We look nervously at each other. He slowly nods and tells us, "Don't stand when you paddle."

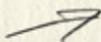
From the island ahead, we hear lots of chattering and a screeching noise. As we get closer, we see dozens of monkeys, leaping around the trees and on the ground. They stand up, posture, and thump, and as the front of the boat gently hits the slushy shore of the island, they run to the edge for a closer



look at us. They are not shy. So we watch the monkeys, they watch us, then we get back to paddling upstream. Sitting, of course, to avoid a similarly close encounter with the piranhas.

Up ahead, a strap-line bridge crosses above our heads. This is our stop. We unload the backpacks, walk over the wobbly, slippery bridge and begin the trek into the heights. Jungle humidity combined with high altitude make for a hard hike. After an hour or so, we're at the farm. ↪

DO THEY LIKE
SACHA INCHI TOO?





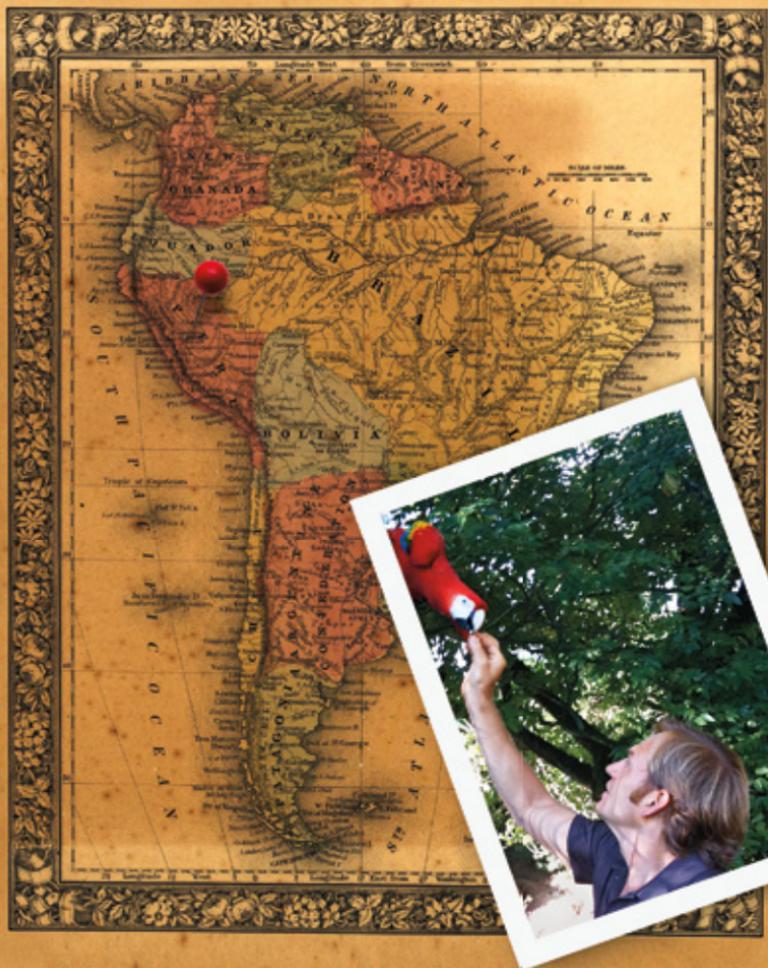
IN EVERY WAY IMAGINABLE OUR
SACHA INCHI WAS WORTH THE TRIP TO PERU.

Sacha Inchi was an ancient Incan staple, but was lost to time. The hardy perennial was only recently rediscovered (out here) around 2005, and its remarkable concentration of health-promoting components caught everyone's attention—including mine. I'm helping to pioneer its revitalized production by developing processes for extracting the oil and protein meal, as well as producing forms of Sacha Inchi that can be readily consumed. Plus I'm helping to tackle the logistics of importing it



to the USA. I'd met with Carl and Isabelle after the paperwork process had started to knot up, and they offered encouraging words: "It'll be worth it," Carl said. "For us to be able to include something that has so many benefits, which hasn't been included in a lot of products—we need to be patient."

"Absolutely," Isabelle agreed, "absolutely. Just try to keep in mind how much good Sacha Inchi will do for so many people—both our customers and the local farmers." →



It is a favorite ingredient of mine, because it offers so much: **Sacha Inchi contains all the essential fatty acids (don't worry, that's a good thing!), including a super-high concentration of omega-3s.** (Studies have shown that Omega-3s help promote heart and joint health, better memory, and mood health, while promoting a strong immune system.) And since we use its oil, it's a nice alternative to fish oil, because it doesn't have an unpleasantly strong smell or taste.

OUR SACHA INCHI DRAWS
ITS NUTRIENTS FROM THE
RICH SOILS OF PERU.



That's not all it does, though. Sacha Inchi is naturally rich in protein and fiber, so it's a strong appetite controller—*nature's* diet. Then it goes a step further by helping to speed your metabolism, so you burn those fewer calories you've consumed more efficiently and rapidly. Sacha Inchi is easy to digest, then fully absorbed by your body, so it all goes to work right away too. ➔

The **SACHI INCHI** here in Peru grows to be about six feet in height, with big green leaves, tiny white flowers, and, ultimately, small star-shaped fruit (about 2 inches across; they're brownish-black when fully ripe). But the oil we use comes from the seeds. Unlike some of our other farming areas, the "nuts" aren't processed here.





They're grown, picked, and packed up, then taken to where the next step is performed later on. (The rainforest is thick and the terrain mountainous, so it's not an ideal location for modern processing facilities.) We work with the farmers to make sure they're using the best indigenous agricultural methods possible, of course staying away from chemical fertilizers and pesticides—allowing for the soil's own effective microorganisms to be optimal, as nature intended. ☞

We're staying with Óscar Pachacla and his family up here; they've farmed this land for centuries. The great conversation makes the 3 days go by quickly. I've learned to always listen, ask questions, respect, break bread, become friends—because Shakeology is families and culture, not just ingredients. A fun side benefit of staying with the family: They insist we ride their mountain bikes while we're here, which creates an odd sensation of feeling back home in such a remote place. Óscar's son Óctavio, who's 12, likes to challenge me to race; I give it all I can with the altitude and not knowing the course as well as he does. He edges me by a mere centimeter, so I make him promise me a rematch next time out.

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🌱



But at last we've done our work, so it's time to pack up and leave. And as always, since our hearts have become connected with our hosts, it's tough. I guarantee to Óscar that we'll use all the Sacha Inchi his crew can produce, and he guarantees the level of quality we'll be able to expect. And down the mountain our team goes, for a long bumpy Jeep® ride across Peru. I believe it will be worth every rutted, muddy meter to get to our next potent indigenous ingredient for Shakeology.

EXPERIENCING THE PERUVIAN PEOPLE AND PLACES
THAT TOUCH OUR SACHA INCHI IS A REWARD IN ITSELF.





DARIN'S SCIENCE-SIDE NOTEBOOK: TECH TALK ABOUT SACHA INCHI

- Research at the University of Life Sciences in Prague, in the Czech Republic, reveals that Sacha Inchi is ideal for young and old alike—improving digestion in children and also helping to provide a wide range of benefits for the elderly.¹
- International relief agency Oxfam International recently awarded Sacha Inchi oil the Médaille d'Or at their annual AVPA Specialty Foods Commodities competition.²
- The American Journal of Clinical Nutrition published a study showing that individuals who consumed the highest levels of omega-3s—a key component of Sacha Inchi—had the strongest bones.³



Sacha Inchi



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CHAPTER 2

Field Journal Entry: 14

YANGSHUO REGION

* CHINA *

Battling swimming snakes
and big bugs in bogs in a diverse
region that seems almost
lost in time—all to acquire
highly potent . . .

ASTRAGALUS
ROOT

In the Yangshou Region, the mountains are pointy and their bugs are enormous.

Well, all right, *beyond* enormous. When you're knee-deep in murky, muddy reeds and one jumps at you, it's easy to forget you're the bigger species. The locals just laugh, because they're so used to them—like the world's largest insect, *Lethocerus* (which, appropriately, sounds more like a dinosaur's name to me). These guys are, like, 6 inches long!





But these pests won't keep us from our job: **We're in China to dig up some Astragalus Root.**

China, like its insects, is expansive. It's home to one of every five people on earth (with four times as many as the USA—a billion more than our mere 300 million people or so). There are massive urban centers, but that's a different world from the unspoiled countryside—where they grow our Astragalus. You can go for hours without seeing a soul. Plenty of those bugs, though.

Getting there from Hong Kong is a challenge

(imagine the United States without highways). When you're in a more developed area, it's nice to ride in a taxi, which probably won't have a meter, so negotiate the price before you get in. But once you're semi-close to your destination, there's no pavement, so you'll have to hoof it. And the ground is often muddy and wet. You're always in that situation, it seems: in boots in a bog. And when you're wading along (slowly, of course), that's when the massive bog bugs come along. ↪





*SOURCING ASTRAGALUS IN CHINA
PROVED TO BE A BREATHTAKING JOURNEY.*

Yet as soon as you're past the bugs, a venomous snake swims by. They swim faster than I can wade, and they've got the home-swamp advantage, so we're rather nervous about the whole thing.

The scenery is magnificent, and it looks the same as it has for centuries: pristine rice paddies planted by hand, plush plains head-high with indigenous vegetation, rolling fields of clearly marked, vibrant crops, with famously pointed peaks as a backdrop. At last, a sign of modernization: the processing facilities off in the distance, where the day's harvest will be dried and processed. There, workers wearing masks, gloves, and gowns trade tales as they cut, slice, and separate the Astragalus for our Shakeology under big broad canopies that flap lazily in the hot afternoon sun—on the other side of the Earth from American suburbia. ☞

Your mind has time to wander as you're trekking along, and my thoughts stray to a conversation I was once cornered into by Stu, this pesky exotic-ingredient/additive salesguy back home. He was telling me he loves pesticides because he detests bugs so much, so I wondered how he'd fare vs. *Lethocerus*. And I also got to thinking that if staying organic to ensure a much healthier product meant having to flick off some big ol' bugs . . . it sure was worth it.

I rub the sweat from my eyes under the hot China sun; just another half-kilometer to go, says the guide, and I try to "guesstimate" how many reeds there are to a kilometer (no metric converter for that). Yet finally we've survived the journey, and we stand in a remote province in a soggy field before an ancient farmer. He's smiling profusely, bowing and welcoming us with such grace and warmth. Zhao is his name, and he has the reputation of being the finest farmer of *Astragalus* in the region. ➔

ZHAO,
OUR ASTRAGALUS
FARMER





The Astragalus plant is actually a cousin of the pea family, with more than 2,000 varieties. In China, they've used it since before the time of Christ for therapeutic healing. They tell how it helps strengthen the immune system, increase energy and vitality, and helps keep you young for what seems like forever.

We sit cross-legged on the floor of Zhao's compact farmhouse, on a slight ridge overlooking his neatly laid out rows of plants, and sip tea from tiny porcelain cups. Of course, the tea contains the potent powder of his Astragalus root crop, and as Zhao laughs, I watch the lines on his face and wonder if he is perhaps the ultimate poster child for the anti-aging reputation of the roots. His housekeeper, whose name I cannot pronounce, is very attentive to me—she's always ready to refill my cup immediately.

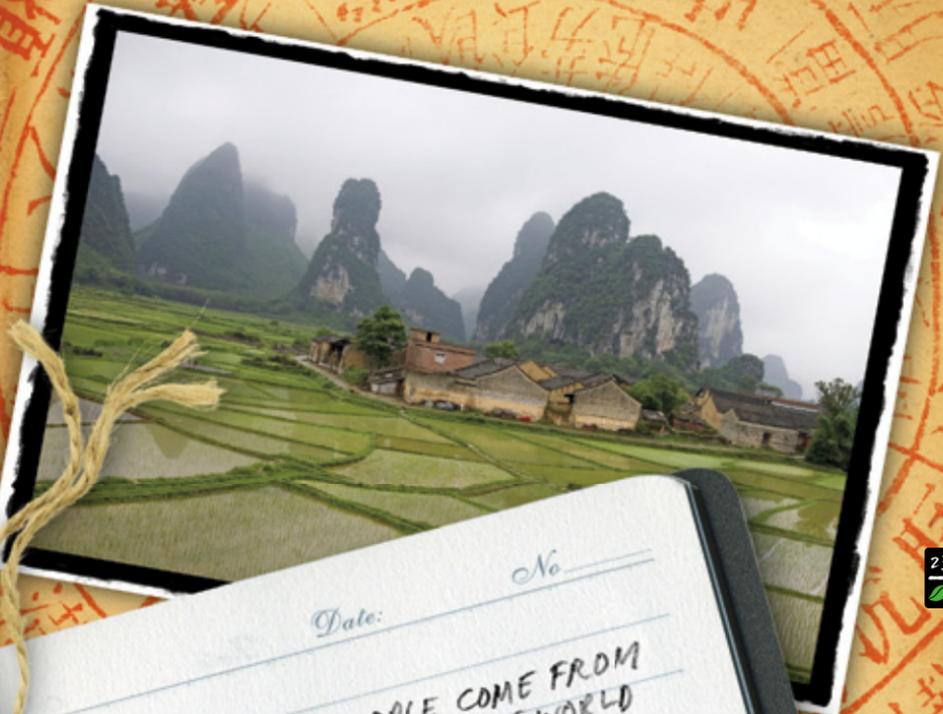
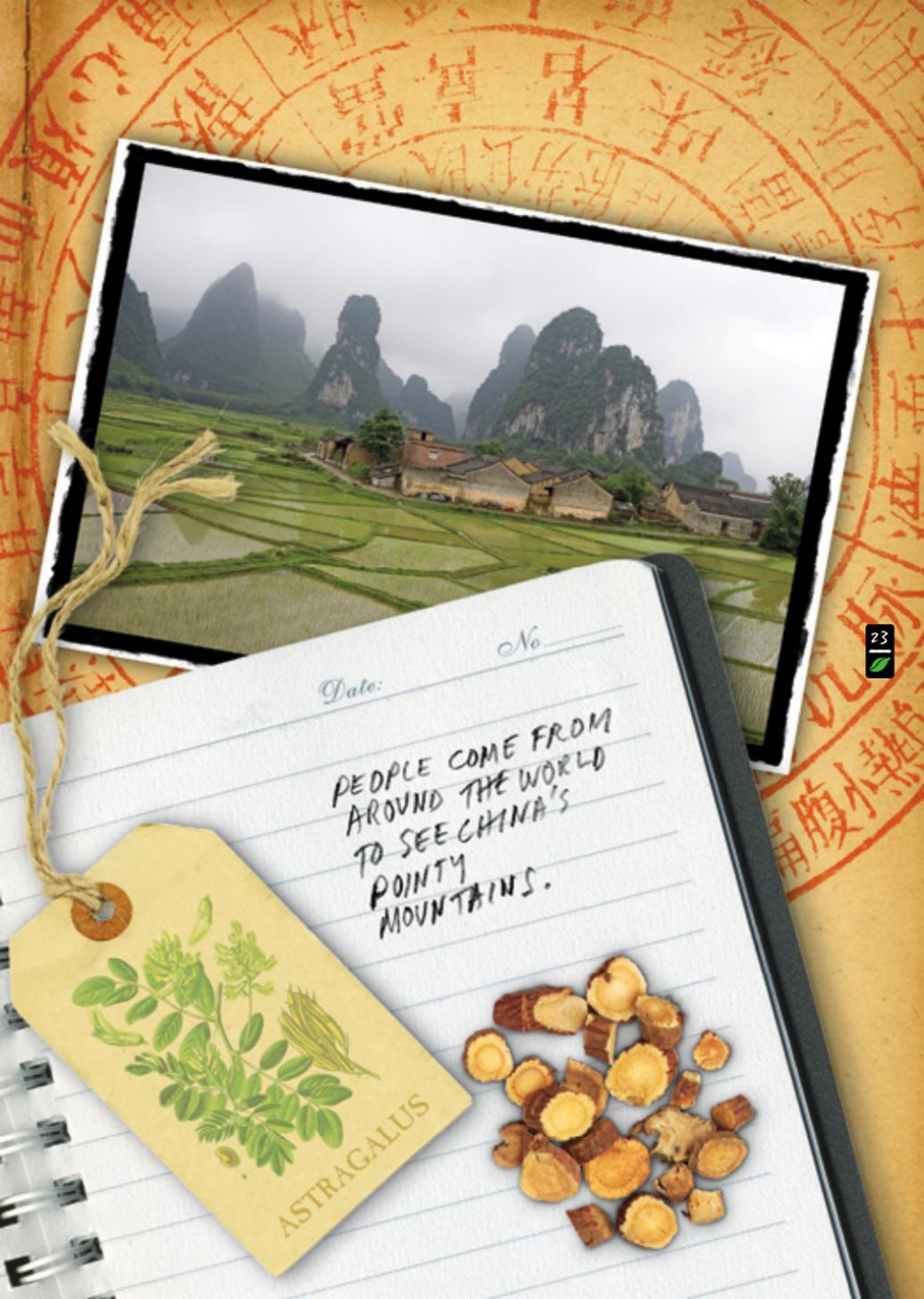
I like the taste. Even without anything added to it, the tea offers a gentle hint of sweetness and has a slight warming effect on my entire body, and not just as it goes down. I got to thinking about a conversation I'd had with Carl and Isabelle months earlier.

"It's got to taste good," she insisted. "No matter how good it is for someone, it's got to pass the Carl taste test. His picky palate is our best guarantee that everyone else will like it."

"That's right," Carl grinned. "Remember, I'm your barometer. If a guy who isn't naturally drawn to veggies won't eat it, we haven't done our job. Healthy, yes. But that's only half the battle; it's got to be tasty too." ☞

No
Date: _____
GREETINGS FROM YANG-SHAO





Date: _____ No _____

PEOPLE COME FROM
AROUND THE WORLD
TO SEE CHINA'S
POINTY
MOUNTAINS.





LOVE THAT
ASTRAGALUS
TEA -



14198366

FORTUNATELY, THIS **ASTRAGALUS** DELIVERS BOTH HEALTHFULNESS AND TASTINESS. **CLINICIANS IN THE BIG CITIES THERE (AND HERE) HAVE ALSO EXPANDED ON ASTRAGALUS'S BENEFITS**—HOW IT HELPS STRENGTHEN MUSCLE MASS AND HELPS IMPROVE YOUR METABOLISM, CIRCULATION, AND BREATHING, WHILE IT HELPS SPEED HEALING TOO. HOW IDEAL FOR A FARMER WHO NEEDS TO BE A LEAN, MEAN FARMING MACHINE, WHO CAN'T AFFORD TO MISS A DAY OF WORK OR SLOW DOWN DUE TO EXCESS FLAB OR JUST FEELING LISTLESS THE NEXT DAWN, WHEN HIS PRIZE ROOSTER'S MORNING WAKE-UP CROW RIPS THROUGH THE CRISP AIR.

We've finished our tea and he begins the tour; I turn to see the housekeeper standing at the door and looking as we walk away, and she beams me a big smile and a shy little wave. Out in the soggy field, Zhao bends down and explains that they use 4-year-old roots and harvest twice a year: spring and fall. "Qiutian de genyuán gèng qiángdà!" Zhao tells us: The autumn roots are more robust. But this is where my quality control radar kicks in. Are you going to send us spring root or autumn root? He laughs and assures us we'll receive only the finest autumn Astragalus.

The fibrous roots are sun-dried, then resoaked in water and cut into slices. At that stage, they can be redried and crushed into powder, which is what we want. We watch, delighted to see such levels of organization and quality consciousness in such a remote locale. **I smile to myself, knowing that Zhao's passion for excellence and our own rigorous standards of testing and quality control work hand in hand.**

We bid farewell to Zhao. The timing is good, as he has to attend to one of the yaks, his family's source of fresh milk. I'm pleased, knowing we have fully sourced a key ingredient. It tastes good and packs a potent wallop of benefits, and we have confidence that our partners here know what they're doing.

And we've made some new friends too. Can't wait to sit and sip Astragalus tea with Zhao (and his friendly housekeeper) again next year, as we secure his complete autumn harvest once again.



DARIN'S SCIENCE-SIDE NOTEBOOK: TECH TALK ABOUT ASTRAGALUS

- The Journal of Ethnopharmacology recently reported that Astragalus can activate immune cells like macrophages.⁴
- The journal Rejuvenation Research shows that Astragalus extract can help enhance telomere strength. (Telomere loss is a primary cause of aging.)⁵
- UCLA researchers are hopeful that using Astragalus extracts can help fight HIV and complications of chronic disease and aging.⁶

Astragalus





shaker
THE HEALTHIER

Departures
Sorties / Salidas

Entrées / Entradas

CHAPTER
3
SHAKEOLOGY

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TUCÁN

COSTA RICA



greenberry

CHAPTER 3

Field Journal Entry: 1

CENTRAL * COSTA RICA *

Swimming with the crocs, dodging active volcanoes, riding horses in the rainforest, an audience with one of the country's most powerful men—all in a day's work to harvest the world's finest . . .

PAPAIN

Costa Rica, you'll remember, is where Jurassic Park was set. Of course, that was just a movie, but when you're actually out there, in the thick of this muggy, plush, living, breathing rainforest, you do feel as if you've left modern civilization behind. *Way* behind.

Ironically, this jungle in Costa Rica is the same distance from L.A. as New York City is. We're here in search of world-class Papain, made from that most tropical of fruits: the enormous, plump, sweet, dangling papaya.



IN THIS STEAMY COSTA RICAN JUNGLE
THE PLANTS GROW EFFORTLESSLY.



PAPAIN IS AN ENZYME PRODUCED BY THE
PAPAYA. (ENZYMES SPEED UP GOOD CHEMICAL REACTIONS
IN YOUR BODY.) THE FRUIT ITSELF IS PACKED WITH
BENEFITS; IT'S LOADED WITH BETA-CAROTENE, FOLATE,
POTASSIUM, AND MAGNESIUM. ITS ANTIOXIDANTS TEAM
WITH ITS ABUNDANCE OF VITAMIN C TO HELP PROTECT YOUR
CELLS, WARDING OFF THE HARMFUL MOLECULES PRESENT IN
POLLUTION AND SECOND-HAND SMOKE. ☞

Yet Papain goes a step further, starting with its soothing effect on digestion. It's been used for centuries in Central America as a natural remedy for indigestion, ulcers, fevers, and swelling. Even for insect bites (wasps, bumblebees, mosquitoes) and sea stings (jellyfish and rays), since it breaks down toxins. That's why doctors use it here in the USA for some detox programs, and to help promote healthy wound healing. "We've got to include Papain," Carl told me early in the process, as we chatted in his office. "And we need to make sure it's the best we can get our hands on—no shortcuts."

Costa Rica is home to some of the world's richest papaya plantations, so that's why we're here. The flight to San José is smooth. It's a cosmopolitan capital, and the country is quite progressive (the government recently announced plans to become the world's first carbon-neutral nation by 2021, and the New Economics Foundation ranked it the Greenest Country in the World). But besides all that, it's a unique journey.

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THIS GUY MADE
A HUGE RACKET





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PAPAIN IS AN ENZYME PRODUCED BY THE PAPAYA.

The countryside is bursting with oversized fruit: fragrant pineapples, massive mangos, clusters of bananas, cacao beans, and those amazing football-sized papayas, dangling from 30-foot trees with great green leaves more than 2 feet across. I love being in rainforests. My body loves it: the humidity, the moisture, the otherworldly fragrances, the sounds you hear nowhere else. The truck creeps along winding roads, narrower and bumpier as we go up, then down, up again, down again—just like a roller coaster. The geography is volcanic, and all that volcanic activity isn't quite finished yet. We go past Volcán Arenal (which erupted earlier this year) and we can still see black smoke coming from the top. ☞



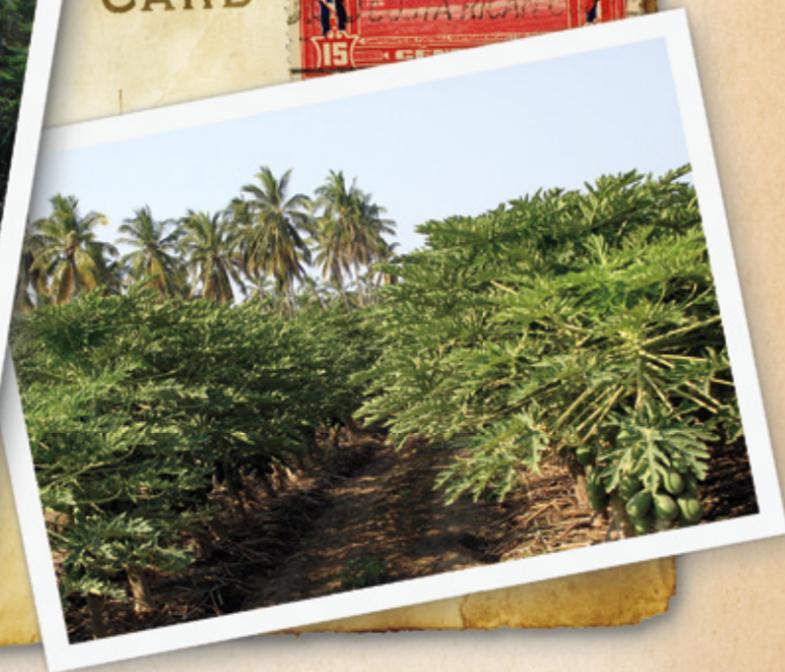
IT'S GOOD TO LOOK BEFORE YOU LEAP.
NOTICE THE CROC?

The road ends, the truck speeds off, and we follow our guide single file down a narrow path. After a couple of hours, we stop by a small, sparkling freshwater lake. One of our team members asks if it's safe to go in the water. Our guide, Julio, answers by leaping in with a joyous shout. We engage in an informal cannonball contest off the same rock and enjoy the coolness of the water.

However, it seems that Julio neglected to mention that the lake is home to a handful of crocodiles. We frantically splash back to shore. But Julio is floating in place, laughing at us. He explains that yes, you need to be aware of the crocodiles, but they don't have an interest in you. It's a respectful rainforest. We finally shrug and tiptoe back in, careful to splash very little this time, though we hope Julio doesn't notice our caution any more than the crocs notice our limbs.



CARD



35
🍌

Having survived the lake, we drop in on a few papaya plantations and chat with the farmers, and we're intrigued that these aren't all locals. Papaya farmers in Costa Rica include expats from Sweden, Switzerland, and other places all over the world. It's an inviting environment. Today we're visiting Stig Hansen, our Norwegian host, and his family. His 10-year old daughter Raya has made us some hot chocolate, thick and filled with seasonings that are somewhat familiar, somewhat not. We drink from those cool little homemade, hand-painted pottery cups. I smile across the wooden table at her; she is just tickled that I like the taste of her family's secret chocolaty recipe.

Stig leads us on the tour. One of the family's ranch hands, Filipe, shows us how they score the neck of the fruit—the sap comes out, and it drips into a container or dries right on the skin. I'm delighted at their commitment to organic procedures and quality control every step of the way. ➡



HAPPY TRAILS
IN COSTA RICA

I chuckle to myself, recalling how Stu (the exotic additives broker) pleaded with me to try so-called “papain extract” from plants that were genetically engineered in a pharmacological lab. Some people just don’t understand that the body doesn’t absorb lab-made substances the way it absorbs nature-made ones.

We wrapped our tour of the Papain processing plant and headed to our next stop: a unique ecoresort hidden in the jungle. It’s run by a former high-ranking Costa Rican government official, whose family business is farming, so he knows what’s what. In fact, he developed a drying process for pineapples and bananas, and has the only machine in the world that can do it. He once owned a large banana plantation and is very wealthy and very comfortable with wielding power—almost like a Central American member of the Bush or Kennedy family. (A couple of tall, well-dressed guys sporting Secret Service-style earpieces always hover nearby. We realize he not only knows several American presidents, but Fidel Castro as well.) He opens up doors, points us in the right direction, and ends up being instrumental in connecting us throughout Costa Rica. His experience with agriculture is especially helpful.

At his resort, he has stables, so we hop on horses to visit his plantations. **If you find a horse who’s familiar with the area, it’s like having a guide who keeps you away from the snakes and crocs and poisonous plants. I feel protected being on a horse in a rainforest.** →



VOLCÁN ARENAL, COSTA RICA

THIS ACTIVE VOLCANO IS A BIG REASON
THESE FARMS ARE SO FERTILE.

38

Finally, it's time to go. We bid farewell to our new friends, pledging to return soon. On the plane ride home from San José, I smile to myself. Our supply of Papain, with all its powerful healing abilities, is secure—we've pledged to buy all that Stig and his family can produce (and Raya made me promise another picnic next time, too. I gave her my word; when in another culture, guests should be polite to their hosts, right?). I relax into my seat. We survived all our hair-raising adventures, and Carl would be pleased with our findings in the field. So the only question remaining is, "When could we come back?" I gaze out the window and just before we bank left, I catch a glimpse of Volcán Arenal releasing a wisp of black sulfur soot into the deep blue sky. I smile again, and lean back to snooze my way to L.A.





DARIN'S SCIENCE-SIDE NOTEBOOK: TECH TALK ABOUT PAPAIN

- Clinical oncology trials at the University of Köln in Germany, blending Papain and other enzymes, reduced adverse effects caused by radiotherapy and chemotherapy.⁷
- Studies at the University of Nigeria revealed papaya extracts combat bacteria . . . and also helps protect against kidney failure (as reported in the journal *Biology and Medicine*).⁸
- In the *Journal of Ethnopharmacology*, a University of Florida team revealed that Papain helps slow the proliferation of liver cancer cells.⁹

Papain



50
CANADA • BANK OF CANADA
UNION BANK



42



A POST CARD
THIS SIDE



shakeology
THE HEALTHIEST MEAL



CHAPTER 4

Field Journal Entry: 42

WESTERN
* CANADA *

It's an easier trip than most—
just up to the Pacific Northwest,
and then nearby Canada—
to collect a variety of simple,
yet important . . .

WILD GRASSES



We're in Alberta, Canada—
right between Calgary
and Edmonton—but
it feels like we're a million
kilometers from civilization.
I love my journeys to exotic ports
around the globe, but it's nice to
be in a place that doesn't cause
jet lag . . . and where I don't need
a translator!

NO. ALBERTA, CANADA

DATE JUNE, 2010



44

Have you ever stood in a wheat field on a breezy, sun-drenched day? The way the grasses dance and reflect the light, you feel like you're in a sea of gold.

NO.

DATE



45
🌿

Here in our northern neighbor (and even closer to home, in our own Pacific Northwest), they grow an abundance of Wild Grasses that go into Shakeology: Wheatgrass, Barley, Oat Grass, and Kamut juice powders. ☞



They're similar in some respects, yet each one adds its own special boost to the party. Yet with all of 'em, the seemingly slight distinction between mere powder and juice powder is huge; with juice powder, there's a dramatic increase in nutrient quality and strength.

After decades of sustainable farming, crop rotation, and other natural methods of restoring the soil, we're getting highly potent and efficacious grasses. By understanding the plants, as well as the processes and care that go into their production . . . **we can make sure the grasses we use are simply the healthiest that can be found, not just from North America but everywhere grasses are harvested.**

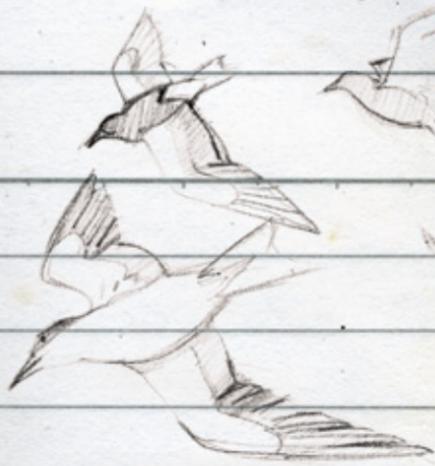
Early in the process, when we were developing the initial ingredient list, Isabelle insisted on taking a long, hard look at grasses. "It's easy to focus on herbs, fruits, roots—that type of ingredient," she'd pointed out, "yet I want to make sure we don't pass over the grasses, the cereal grains. Several of them provide amazing amounts of protein and amino acids, among other nutrients."

"That's right," Carl added. "The seeds and nuts are obvious protein sources, but we need to make sure we're not just making the 'obvious' choices here. We need to dig deeper."

They're right, of course. ➡

NO.

DATE



The four primary Wild Grasses in Shakeology deliver a lot:

WHEATGRASS juice powder is high in chlorophyll, calcium, magnesium, and potassium. We don't have a lot of ingredients that offer chlorophyll, which may help improve immune health and support detox in the body—starting with the bloodstream. Along with the other components, it helps cleanse your system of impurities, which is an important component of the healing process. A side benefit: It can deodorize the body while helping to promote a healthy metabolism and thyroid function for improved weight control and indigestion. Wheatgrass is loaded with numerous vitamins and other minerals, including 17 amino acids.

One of the most promising studies has suggested that **wheatgrass may help chemo patients need less medication.**

BARLEY GRASS juice powder has been used for centuries to help problems with the skin, liver, blood, and digestive tract. **In Asia, Barley tea is a well-known fever remedy.** And a recent study in Europe showed that barley may help regulate your blood sugar. Its 18 amino acids (including all eight essentials) complement significant amounts of vitamins and minerals: potassium, calcium, magnesium, iron, copper, phosphorous, manganese, zinc, beta carotene, and vitamins B-1, B-2, B-5, B-6, B-9, and C.



OAT GRASS juice powder has a calming effect on the nerves, helps promote healthy sleep, and can help relieve water retention. It's useful in numerous therapies for joints, muscles, and bones, and **eating oats is a well-known way to promote healthy cholesterol levels—which may reduce your risk of heart disease.** Oat grass is also a superb source of protein (as good as soy, in fact).

Oats are rich in vitamins, minerals, and all the essential amino acids . . . and if your kids have had the chicken pox, a bad rash, or sunburn, or gotten into some poison ivy, you know about putting them in a bathtub full of oatmeal-based relief.

Finally, **KAMUT** juice powder. Kamut is actually a branded, specialized type of certified organic Khorasan Wheat, discovered by an American in Egypt about 60 years ago.

He imported it to his family's farm in Montana, and they've been perfecting it—through natural means—ever since. It's high in selenium (crucial for cell activity in your body), as well as protein and other essentials for high energy: zinc, thiamin, phosphorous, magnesium, copper, riboflavin, pantothenic acid, vitamin E, and complex carbs.

Because it's an ancient grain (not modified by modern agricultural methods), its nutritional content is more robust than most other grains. Its low oxidation levels mean it doesn't lose much nutritional content when it's processed. ☞





While we're on our home soil to collect the Wild Grasses, we can't get lulled into thinking everything is top quality; just like the more exotic ingredients from far away, grasses can be potent or puny.

And our "quality radar" must also be up when it comes to grains. Wheatgrass, for instance, must be harvested at the jointing stage to offer its peak nutritional value; if it's harvested too late, it's less effective. So if a farm misses the magic mark, they have to sell their inferior crop for a lot less, because it's less potent. We have to make sure we have partners we can trust—rather than someone who will try to pass off the later Wheatgrass as the more robust crop. Although the corporate challenge to manage costs might make it seem tempting to cut a corner here and actually buy the less expensive, less potent crop . . . rest assured, we never will.



Of course, there are similar quality concerns for the other Wild Grasses: As I drink tea with Sara, a scientist with one of our Canadian hosts, **she explains how two-row barley doesn't have as much protein as six-row barley does.** Here in the USA, the FDA has high standards on exactly how oats can declare that they help lower LDLs (they must be whole grain and contain at least .75 grams of soluble fiber per serving). And the family that produces Kamut insists their wheat be 99 percent free of contaminating varieties of modern wheat. ➔

It's a nice, easy flight home from Seattle after we've completed our Northwest U.S./Southwest Canada jaunt. I'm watching the bright orange and purple sunset over the Pacific, writing an email summary to Carl and Isabelle. **They'll be delighted that all our partners have met (and, honestly, in most cases exceeded) our internal quality standards—everybody's on the same page.**

52
✓



AFTER ALL THE MOUNTAINS,
JUNGLES, AND AIRPORTS,
IT'S GOOD TO BE HOME.

Canada Customs
Douanes
1640

JUN 21 2010
P.I.A./A.I.P.
497

WILD GRASSES





DARIN'S SCIENCE-SIDE NOTEBOOK: TECH TALK ABOUT WILD GRASSES

- **WHEATGRASS:** Purdue University and Brown University joined forces to research how the chlorophyll in Wheatgrass acts as an antioxidant, antimutagen, mutagen trap, modulator of xenobiotic metabolism, and inducer of apoptosis . . . with positive results, which were reported in the journal Nutrition Research.¹⁰
- **BARLEY GRASS:** The U.S. Department of Agriculture researched Barley Grass and reported that adding it to the diet "may be effective in lowering total and LDL cholesterol."¹¹

- **OAT GRASS:** The effect of Oats on cholesterol is well-documented. One recent study showed that when patients at Rush University Medical Center were given a diet intensive in Oats, both their LDL and total cholesterol levels went down . . . as a response to B-glucan, the water-soluble fiber contained in the Oats.¹²
- **KAMUT:** Writing in Environmental Nutrition, a leading registered dietician revealed, "Many people with wheat sensitivities report tolerating Kamut better than other wheat."¹³

Wild Grasses



ACKNOWLEDGMENTS

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Finally, I'd like to give a tip
of the jungle hat to those
who helped turn this project
into reality: our heartiest
acknowledgments.



How wild is it that there's a multipart book about some of my adventures? I'm humbly in awe that my life's passions have taken me around this beautiful planet, connecting me with people who are dedicated to creating something greater than themselves with the plants they nurture, adding to the health and happiness of all.

As my mom always said, supporting the bright light she told me I could be in the world, it is forever my goal and hopefully my legacy to contribute as much as I can to life in all aspects. I am giving it a go, Mom! I love you!

Losing my father to alcoholism in 2005, and his not living the life he truly desired, was certainly one of the most potently visceral times in my life. He was not just my dad; he was a being I knew deeply, and I intimately saw the road he chose. When I was about 7 years old, I remember us driving around my home town of Waseca, Minnesota, and I asked him, "What do you really want to do in your life?" And he told me all these wonderful dreams he had. For the next 3 decades, I watched him barely even attempt to fulfill them. It was so evident that what he desired didn't match the life he was actually living.

Watching his struggles helped me decide that no matter what path I took, I was going to find out what I truly desired to do and be, and live it—thrive in it. Live an extraordinary life of my choosing. This is my goal, and my father's legacy and the gift he gave me. Thanks, Dad! I miss you every day. (By the way, I used all the money I inherited from my father to take my first trip and start Darin's Naturals—so he truly did leave a life-changing legacy for me.)

May you live fully and generate the life you truly desire . . .
I dare you!

Here's to Thriving in Life!



APPENDIX



SOME OTHER INFORMATION YOU CAN USE

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We've highlighted a few of the key ingredients in Shakeology here, but if you'd like a more comprehensive look at all its 70-plus ingredients and superfoods, or its complete nutritional information, everything you need to know is just a click away.

CHECK OUT THESE LINKS FOR THE FULL SHAKEOLOGY STORY:

- * Get a good overview of Shakeology at **Shakeology.com**.
- * Also check out Shakeology at **Facebook.com/Shakeology**.
- * Visit **Beachbody.com** for more information about the company behind Shakeology and its numerous fitness and nutrition products. (There's more at **Twitter.com/Beachbody** and at **Facebook.com/Beachbody**.)
- * Visit **DarinsNaturals.com** if you'd like to know more about Darin Olien. Or follow his latest, greatest adventures at **Twitter.com/ecoadventurer**.

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To get Books Two and Three:

1. Call your Team Beachbody Coach
2. Visit **Shakeology.com**

The statements in this book have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

ENDNOTES

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1. From "Sacha Inchi (*Plukenetia volubilis*, *Euphorbiaceae*): A Promising Oilseed Crop from Peruvian Amazon," presented at the annual TROPENTAG (a German acronym for *Conference on Tropical & Subtropical Agricultural & Natural Resource Management*) conference, Oct., 2007, by Blanka Krivankova, Zbynek Polesny, Bohdan Lojka, Jana Lojkova, Jan Banout, and Daniel Preiningner of the Czech University of Life Sciences Prague, Institute of Tropics and Subtropics, Czech Republic, in Witzenhausen, Germany.
2. As reported in "Looking to Sacha Inchi for their Future," in the *Oxfam Exchange*, published by Oxfam (condensed from the *Oxford Committee for Famine Relief*), Oxford, United Kingdom, Vol. 9, No. 1, Winter, 2009, written by Chris Hufstader, pgs. 2-3.
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4. Included in "The future of 'traditional' plant use," in *The Journal of Ethnopharmacology*, Vol. 92, Nos. 2-3, June, 2004, edited by Michael Heinrich, pgs. 341-342.
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8. Reported in "Preliminary hypoglycemic and hypolipidemic activities of the aqueous seed extract of *Carica papaya* Linn," published in the journal *Biology & Medicine*, Vol. 1, No. 1, Jan., 2009, by A.A. Adeneye and J.A. Olagunju, pgs. 1-10.
9. "Aqueous extract of *Carica papaya* leaves exhibits anti-tumor activity and immunomodulatory effects," published in the *Journal of Ethnopharmacology*, Vol. 127, No. 3, Feb. 17, 2010, by Noriko Otsuki, Nam H. Dang, Emi Kumagai, Akira Kondo, Satoshi Iwata, and Chikao Morimoto, pgs. 760-767.
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11. As reported in "Barley Consumption Lowers Cholesterol in Men and Overweight Women," posted on the USDA Agricultural Research Service web portal, April, 2003, citing research by K.M. Behall, J.G. Hallfrisch, and D.J. Scholfield, archived in the website's Research subsection.
12. Presented via a web subpage entitled, "Overview of Research in Clinical Nutrition," surveying ongoing studies presented by Rush University Medical Center, Chicago, IL, via their web portal.
13. "The Amazing Story of the Nearly Lost Grain, Kamut®," published in the January 2010 edition of *Environmental Nutrition*, by Sharon Palmer, pgs.1-3.

Studies cited involved in vitro, animal, or human clinical trials.

**WHY WE EMBARK ON HARROWING GLOBAL TRAVELS
TO FIND THE INGREDIENTS FOR SHAKEOLOGY.**

Shakeology was born from a simple principle: Carl and Isabelle Daikeler want to help people live healthier, more fulfilling lives.

To this end, they dispatched Darin Olien, an adventuring ecoexpert, to gather mega-healthy ingredients for Shakeology from the far corners of the globe. This book contains some of Darin's tales from his astonishing journey. In this first installment, you'll read about how Darin:

- * ENCOUNTERED WILD ISLAND MONKEYS IN SEARCH OF **SACHA INCHI**
- * WADED PAST THE LARGEST BUGS ON EARTH TO DIG UP **ASTRAGALUS ROOT**
- * SWAM WITH CROCODILES TO ACQUIRE **PAPAIN**
- * AND COVERED TWO COUNTRIES TO HARVEST **WILD GRASSES**

In the next installment, you'll see how Darin:

- * **FLEW TO A REGION HIGH IN THE HELAN MOUNTAINS TO HARVEST GOJI BERRIES**
- * **TREKKED INTO THE PERUVIAN ANDES TO BAG MACA ROOT**
- * **WENT DEEP INTO BOLIVIA TO SECURE QUINOA SEED**
- * **HELD A STRATEGY SESSION ABOUT WAYS WE CAN SUPPORT LOCAL FARMERS**