



BEAT With: Sandy Riedinger

Fall Issue

LOVE ME SOME BEVERLY!!!

Beverly International has collected thousands of prime testimonials, good to great feedback, self-improvement photos, life changing events, and much more over the past 47+ years. To just make it easy to get the gist...or to just sum it up for you, I am going to share the top 9 reasons why people love their Beverly.

#1: Variety

A solution for everybody. With nearly 30 different products to choose from, Beverly can help you achieve every one of your physique and performance goals faster. Muscle size, shape, definition, strength, power, stamina –the list goes on. Whether you’re a bodybuilder or a bikini competitor, a college athlete or a weekend warrior, a newbie or a seasoned pro, we’ve got a solution for everybody.

#2: Formulas

No-nonsense through & through. Like the latest fashions, trendy ingredients come and go. Only the time-tested ones that have been proven to work find their way into Beverly products. This is part of our no-nonsense approach. Our R&D team carefully evaluates each ingredient prior to putting it into the finished product to ensure that the quality remains high from batch to batch.

#3: History

Almost half a century of it. We may have more history than any other sports nutrition company in the world. Founded in California in 1967, Beverly has had almost half a century to figure out what works and what doesn’t, and prove itself with consumers.

Many people continue buying Beverly products year after year. They do so because it is an established brand that they can trust more than any other. Some of them have almost as much history with Beverly as we do!

#4. Education

We tell you how to succeed. No matter what the size of your purchase, when you buy a Beverly product, we provide you with all of the educational support that you require to get maximum results from it.

Our diet, training, and supplement programs, as well as our recipes, have been fine-tuned to perfection over decades of field testing. Simply stated, they work. You get access to all of this valuable information for free –no strings attached– via our e-newsletter, print magazine, online discussion forum, and more.

#5. Our Advisors

Live people, right here in the USA. You may have a tough time getting a hold of a live person when you call your cable or cellular phone service provider, but not when you call us. Within seconds, you’ll be speaking to an advisor operating out of Beverly’s Kentucky headquarters.

Our advisors are hired, trained, and managed solely by Beverly. Each one personally uses our products and has an emotional investment in your well-being. When you call, his or her primary objective is to help you get better results, not just take your order.

#6. Results

Almost a 100% response rate. When you consider reasons #1 through #5, above, it may come as no surprise to find out that the vast majority of our clients experience satisfying results while using Beverly products. The success rate is almost 100%!

Spend a few moments browsing through our print magazine, Facebook page, or online discussion forum, and you’ll see plenty of happy people sharing their success stories. Results like these is the chief reason why Beverly is the first brand some of our clients have ever purchased multiple products from!

#7. Innovation

Beverly is no stranger to innovation. Examples: Long before it was called “stacking”, we were pioneering the art of supplement combining. Few if any other companies are as knowledgeable about supplement dosing, training, or dieting. When it comes to preparation for physique competitions (“contest prep”), we’ve got that nailed down, too.

#8. Honesty

Again, no nonsense. We speak the truth and our actions are consistent with our words. We don’t make promises that we can’t live up to.

#9. Our Guarantee

Investments, not purchases. For all of the reasons outlined above, buying a Beverly product isn’t just a purchase; it’s a safe and secure investment. Our supplements are backed by a 60-day, 100%-money-back guarantee. This means that if the product you purchase doesn’t perform in a satisfying manner, simply return it with your receipt and we’ll return your money without any hassle.



YUMMY UMP CREPES!!

Try this Yummy UMP Crepe recipe anytime day or night! You can also make a chocolate version. You'll find the recipe on our Facebook page (facebook.com/BeverlyInternational).

Ingredients:

- ¾ cup of UMP Vanilla
- ¼ cup oat flour
- 2 tsp stevia
- 2 eggs
- ¼ tsp salt
- 1 ½ tbsp olive oil
- 1 tsp vanilla extract
- 1 tsp cinnamon- optional
- 1/8 cup water
- 1 cup unsweetened almond milk
- Blend all ingredients for 2-3 minutes
- Place in refrigerator for 1 hour

Directions: Use pan or crepe maker

- Heat pan to medium-low and spray pan or olive oil
- Spread thin layer of crepe mix onto pan
- Set timer for 1 min, flip crepe and add 15 seconds
- Remove from pan with thin spatula
- Yields: 7-8 medium size crepes



Brad Hunt's Powerhouse Gym, Aurora CO

HUNT'S POWERHOUSE GYM

Take a Look at the supplement section of Brad Hunt's Powerhouse Gym in Aurora, Co. Here he shares a little about why he has done business with us for the past 15 years! Here are 3 solid reasons why I continue to sell Beverly products in my gym.

- 1) Integrity. Their products and marketing aren't just hype. What they say is in the product is actually in there and what they say it will do for you, it actually will do. NO gimmicks. NO false claims!!
- 2) Taste. If a protein supplement tastes TOO GOOD, usually you'll find fillers, sugars and other ingredients that just aren't good for you or conducive to positive results. Beverly powders defy logic –they taste amazing, they're good for you, and they're super effective!!
- 3) Results. If you commit to the Beverly International product line, you will get results!!

What impressed me the most about Beverly International as a company was the personal touch they offer to all of their clients. They really want to help and have your best interest in mind. They constantly take the time to educate others on their products. It's a non-stop mission. For me, this has been something I have personally experienced for the past 15 years. I not only sell the line, but I use it myself. They take the time and energy to build relationships, not just consumers. Owning and operating a business comes with highs and lows. Beverly has stuck with me through both. Looking back through all the years... I can say that Beverly has surely exceeded my expectations.

Brad Hunt, Powerhouse Gym, Aurora, CO

OH WHAT A DIFFERENCE IT MAKES!!

 Greg Steiner writes... My journey started after a very poor showing at the 2013 Master Nationals. I told myself after that show I would be back the next year better than ever.

I had used Beverly products before, but never on a regular basis. I started using UMP and Muscle Provider from day one of my come back. I got my weight up 16 pounds and when it was time to cut for the show I added 3 Ultra 40 and 3 Mass Aminos to each of my meals. (I gradually increased my intake and at the 16 week out mark from my first contest, I was up to 6 Ultra 40 and 6 Mass Aminos with each meal). I won the Masters over 50 and placed 2nd in the open heavy weight at the Kentucky Open. I was happy with my look but now it was time to get ready for the North America Championships. I needed to be leaner but hold my size. That's a tricky thing, but to place well you need to have that perfect balance. I kept my steady regimen of UMP, Mass and Ultra 40 however, I needed a bit more muscle protection and fat loss support, so I added 7 Keto MuscLean and Lean Out to my supplement arsenal

With the help of my trainer, Travis Wallis, and Beverly supplements I achieved my best look ever!!! I took third place in the Masters over 50 at the North America Championships. Goal Achieved! What a great journey! Thank you Beverly International for making it that much sweeter.



Greg Steiner



Marcus Hatten

MARCUS HATTEN

 Most people hang it up after a 13 year contest layoff, but Marcus Hatten made a strong comeback. His last contest was the Mr. Atlanta in 2001. This year while training for his comeback he was turned on to Beverly by his trainer, Thurman Campbell, who has been using Beverly supplements for the past 20 years. (The Beverly Team loves Thurman!) Marcus says he has seen tremendous results using Beverly products and looks forward to using them in his off season training, as well as for contest prep. Here is a list of the supplements Marcus used for his Contest Comeback... Super Pak, Muscle Synergy, Lean Out, 7 Keto, Quadracarn and ZMA. The result? He took first place in Men's Open BB at the Atlanta SNBF on 10/11/2014!!! His next goal ... a natural Pro Card.

STUCK IN HER BODY?

Before Rachel Nadolsky started to train seriously, she believed she was stuck with her current body. She feared her genetics determined her outcome and having a saggy butt and fat thunder thighs was her destiny. One day she just decided to take control of her mind and body. By changing how she thought about herself, her Journey of Change began. She credits her change to Dave Uhlman!! (our feature spotlight in this issue!)

A little background:

Rachel is a 29 years old RN and Naval Officer, who has been training for 16 years. Her favorite supplement stack is Muscly Synergy, Lean Out, Mass, and 7-Keto Musclean.

Her diet and cardio plan looks like this...

Meal Plan

Meal 1: 4 egg whites, 1/4 cup oats or 1 piece of Ezekiel bread, 4 almonds

Meal 2: 1.5 scoops protein, 8 almonds

Meal 3: 4oz cooked protein (or 6oz fish), 2oz cooked sweet potato or 1/4 cup cooked brown rice

Meal 4: 1.5 scoops protein, celery, 1 tbsp almond butter

Meal 5: 4oz cooked very lean meat (or 6oz fish), 2 cups salad or veg, 2 tbsp low fat dressing

Meal 6: 4oz cooked very lean protein, 2 cups salad or veggies, vinegar only or calorie free dressing

Every 3rd or 4th day Rachel adds about 50% to her carb servings as a modified refeed day.

Supplement Schedule

Lean Out: 1-2 capsules with every meal containing carbs (usually Meals 1, 3, 5)

Mass Aminos: 4 with Meal 1

Muscle Synergy: 1-2 scoops pre-workout

7-Keto MuscLean: 2 capsules upon waking and 2 more mid-day.

Cardio Schedule

50 minutes, 6 days/week. I like to do many different things to avoid boredom! My favorites include Stairmill, CYBEX Elliptical and incline treadmill walk.



Rachel Nadolsky

HEALTHIER WHILE DRIVING?

A great tool to enhance your knowledge and or personal growth is to use your vehicle travel time as a learning center. I am addicted to it. I keep an extra audio selection in my car just in case I come to the end while driving and need to start a new CD. Great ones to check out:

Jim Rohn – any of them, I have them all! He is my all-time favorite.

Anthony Robbins—Unleash the Power Within

Stephen Covey- 7 Habits!

Start planning your New Year change now. Looking ahead and planning for a healthier you, working on effective communication, maybe a total career change or just an attitude overhaul is worth it. Thinking positive thoughts and acting on them is very powerful. Make your words and days count!! Train your heart out and maybe steer someone else towards the Beverly high road! Thanks for being a part of our community! I say this with a warm heart and a huge smile!! Thanks for bringing us into your home. If you have things to share, send them to sandyr@beverlyinternational.net Ta Ta for now!