

Healthy News

**** YOUR GUIDE TO HEALTHY LIVING ****

Your Natural Health Defense System

Criminals At Large

Pathogenic bacteria, chemical contaminants and free radicals are lurking everywhere. They enter and attack your body by devious methods, causing flues, viruses, infections and worse. Sneaky pathogens may slither in through a break in your skin or mucous membrane, stealthily hover in the air you breathe, or secretly hide out in the food you eat or the water you drink.

These enemies are war criminals at large waiting to destroy your health, cripple your body or ravage your skin and other precious organs. To protect yourself, to prevent disease and to live a long and healthy life, the most important thing you can do is to naturally strengthen and reinforce your immune system.

Your Department of Defense

Your immune system is an amazing natural defense department made up of your thymus gland, spleen, lymph network, bone marrow and about a trillion white blood cells regulated by dozens of enzymes and special proteins acting synergistically to protect your body.



A healthy defense system will correctly identify all foreign invaders and gather an army of cells, antibodies and reinforcements to destroy the enemy. Afterwards, the troops must be called off and memory cells installed to continuously patrol your bloodstream and ensure swift future conquest of that particular invader.

Although it's powerful, your immune system is also extremely delicate. Your thymus gland acts as the commanding general. If your commander in charge is weak and doesn't lead effectively, harmful substances will have free range to invade your cells and tissues.

As a matter of fact, all of your troops are interdependent on one another. If any link in the chain is weak, you become more susceptible to the invasion of flues, viruses, infections, premature aging and degenerative diseases.

Natural Protectors

Many research studies have proven that inadequate nutrition in the American diet sabotages our defense system. Research also shows a diet high in fiber, low in fat, with optimum levels of quality protein, fatty acids and micronutrients empower the system. Almost all vitamins and minerals, in amounts higher than the RDA's (Required Daily Allowance), have been found to improve immune functioning.

Alan Sheppard of the Food and Drug Administration says, "We are subjecting food to increasing processing and the more we fabricate food the greater the opportunity for oxidized fats to form." To strengthen immunity and help protect yourself against the ravages of free radicals and other foreign invaders, research has shown the safest, most effective solution is to increase your natural antioxidants.

Antioxidants, when combined with optimum levels of all other essential nutrients, take on free-radicals like Pac-Man and help to protect your body from oxidation.



Especially important and effective are the carotenoids (precursors of vitamin A), flavonoids, cruciferous agents, vitamins C and E and selenium. These nutrients are nature's natural protectors.

Make Peace Not War

The bottom line is to make peace not war. A strong, healthy immune system protects you from having to constantly fight colds, flues, arthritis, heart disease, cancer and other immune deficiency diseases. To improve immunity naturally, you'll find the following guidelines helpful:

Eat a diet low in fat. Research shows that it's best to keep fat at 25 to 30% of your total calories. This is nearly half of the American average of 47%. When you do eat added fats or fatty foods, stick with virgin olive oil and fish from clean waters.

Eat more complex carbohydrates particularly in the form of red, yellow, orange, blue, purple and green leafy carotenoid, flavonoid and cruciferous fruits and vegetables. And drink plenty of "clean" water.

Make sure you get optimum levels of all nutrients. With Formula IV Plus, Multi Fiber Blend and GR2 Control Meal Replacement Protein, you can be sure you're getting basic natural nutritional protection. Then, fill your dietary gaps with Carotenoid Complex, Flavonoid Complex, Cruciferous Plus, Vitamin E Plus and Super C for extra protection from these high powered antioxidants.

Studies clearly show that you can slow down aging and help prevent flues, viruses and degenerative diseases by strengthening your immune system - nature's natural guardian of health and longevity. You'll find, both now and in the future, it pays to keep yourself and your family healthy.

Protect Your Health With The Stinking Rose

For thousands of years, garlic has been known to be both a wonder food and miraculous healing herb. Lovingly christened "the stinking rose" by Romans around the first century, garlic comes from the allium family and is one of the oldest cultivated group of plants on earth. And, it's extremely easy to grow.

But why would you want to grow garlic? There are many good reasons. For example, planting garlic in your rose garden helps to protect roses from mildew and black spot. What's more, garlic can keep moles away (not to mention vampires).

There's also mounting evidence that garlic has potent medicinal properties. It was used by ancient Egyptians, Greeks, Romans, Indians and Chinese to treat tumors, fatigue, worms, headaches, wounds, parasites and infections. While athletes at the first Olympics used it for energy and endurance. And studies show that all of these benefits may actually be valid.

In more recent times, Louis Pasteur proved garlic had anti-bacterial properties, Albert Schweitzer used it to treat dysentery and, in both World Wars I and II, garlic was used as an antibiotic to prevent infections.



Last winter, thanks to your Garlic Allium Complex, our family never got a full blown illness - even our kids in school. We took it every day and a couple of extra whenever someone sneezed or coughed on us. Great stuff! I'm ordering it by the case this winter!

-Shirl

And to top it off, current scientific studies link a diet rich in garlic allium to a lower risk of heart disease and even cancer. Wow!

Allicin is what gives garlic its powerful effect AND its odor. So deodorized garlic products are of no value at all. You need the "stinking rose" in all of its odiferous glory in order to enjoy the many health benefits.

Eric Block, a professor at the State University of New York in Albany, has made garlic chemistry his life's work. Block discovered that many commercial garlic preparations are nearly worthless. "People are throwing their money down the garlic hole by buying things that aren't properly made," he said.

But that's certainly not the case with GNLD's Garlic Allium Complex. Compare and see the dramatic difference for yourself. GNLD's Garlic Allium Complex provides a whopping 4200 mcg of Allicin per serving while Kwai Odor Free Garlic has only 600 mcg and all of the odorless Kyolic brand products claim NO allicin whatsoever on any of their labels!

Don't miss out on the powerful health benefits of garlic. GNLD's Garlic Allium Complex can easily fill the garlic gap in your diet.

Why You Should Choose Garlic Allium Complex

• You need broad-spectrum, whole-food allium supplementation.

Garlic Allium Complex has extracts and concentrates from a variety of allium vegetables - garlic, onion, chives and leeks - guaranteeing you a daily intake of diverse, beneficial nutrients from the allium "family".

• GNLD's unique special process protects the natural enzymes.

The enzyme allinase is necessary for the formation of allicin, which is the critical sulfur compound responsible for many of garlic's health benefits. GNLD's special technology protects allinase from being destroyed by stomach acid.

• The Allicin content is guaranteed.

Two tablets of Garlic Allium provide 4.2 milligrams of active allicin from high-yield



When it comes to my prostate, I'm not taking any chances. So when the doctor said it was enlarged, I decided to do something about it.

I immediately started on Carotenoid Complex and Garlic Allium Complex. After six months my PSA was normal and my prostate returned to it's normal size.

-Brad

garlic extracts. Research has shown that this amount - equivalent to that found in one clove of fresh raw garlic - effectively promotes better health.

• GNLD includes the family of nutrients.

Garlic Allium not only has allicin, but also other bio-active nutrient compounds, such as oil-soluble substances from fresh garlic and onion. These exist naturally, as a family, in allium vegetables and work together in different ways to benefit your health.

• It has Targeted Delivery Technology.

Enteric coating maximises the stability and absorption and insures the formation of active allicin in the intestines. As a result, Garlic Allium Complex does NOT cause repeating or garlic breath!

• Rosemary is an important ingredient.

Rosemary is a potent antioxidant herb which helps protect the capsule contents.

• GNLD's Garlic Allium is convenient.

Garlic Allium Complex offers you an easy way to reap the many benefits of allium vegetables without having to eat a fresh clove of raw garlic every day!