



NEWS YOU CAN USE

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Breakthrough Science...

How Healthy is Your Child's Diet?

Studies show that your children's diets may be unhealthy, increasing their risk of disease. In fact, research suggests that 99% of children do not receive the recommended amounts of nutrients! This could explain why a greater number of today's children are diabetic, anemic, and contracting diseases and conditions once thought of as eliminated, such as rickets. Take a look at the following studies to determine if your child may be at risk:

Children follow parents' nutritional example! A recent study published in February's *Journal of Nutrition* showed that daughters followed their mother's example regarding beverage choices. Mothers who drank more milk had daughters who also drank more milk. Conversely, mothers who drank more soft drinks tended to have daughters who drank more soft drinks, as well. If children choose the same types of beverages their parents choose, more than likely they also choose to eat similar types of foods.

Iron deficiency linked to poor test scores! The June issue of *Pediatrics* featured a study showing that iron-deficient children demonstrated lower standardized math scores than those with normal iron status. Moreover, children with an iron deficiency also had lower average math scores than those without an iron deficiency.



In fact, iron-deficient children had more than twice the risk of scoring below average in math! Low levels of iron can lead to anemia, which can cause even more developmental problems.

Rickets on the rise in children! The July issue of *Pediatrics* reported that rickets, the bone-weakening childhood disease, is making a surprise comeback in the United States. Diets lacking vitamin D and calcium have led to rickets' reappearance.

Some doctors believe the rise in rickets could be that an increasing number of parents who are exploring strict vegetarian diets have made inappropriate changes to their children's diets. They also believe that a switch from milk to alternative beverages, such as soy and rice drinks, many of which are not fortified with vitamin D and calcium, have contributed to this rise as well. To keep rickets at bay, it's important that children's diets contain adequate amounts of vitamin D and calcium.

Type 2 diabetes is a growing threat for children! Once seen primarily only in adults, type 2 diabetes is now rampant among America's youth. Experts believe this is due to an increase in obesity among the young. Currently, 25% of American teens are suffering from obesity. Prevention is crucial, and maintaining a healthy glycemic response in the body can help reduce the risk of type 2 diabetes.

Keep your children from falling into these deadly diet traps. Fortify their futures with good nutrition!

Give Your Child a Healthy Foundation with GNLD!

It's time to ensure your children receive the nutritional building blocks they need to achieve their physical, mental, and emotional "bests."

Give your child a healthy foundation for body and mind with GNLD's children's nutrition program (see brochure #8435 for more info). This includes Tre-en-en®, phytonutrient extracts from wheat, rice and soy, to guarantee that cells in their young bodies are fully able to receive and metabolize vital nutrition.

Liqui-Vite® helps meet the needs of infants, toddlers, and others who cannot chew tablets or who prefer liquid supplements. Delicious and convenient, Liqui-Vite delivers exclusive



Tre-en-en Grain Concentrates, whole-food carotenoids and flavonoids, 12 essential vitamins, and a wide array of other key nutrients, including the amino acid L-carnitine, considered "semi-essential" for infants.

Vita-Squares® complete formula fills children's most common nutritional gaps, and includes Tre-en-en Grain Concentrates to help cells receive nutrients efficiently. Also contains iron and copper, minerals that play key roles in immunity, blood building, growth and other body functions. Plus, Vita-Squares delivers choline and inositol to support cognitive functions, such as learning and memory.



Neo-Cal™ delivers 250 mg of calcium in a minty-fresh, chewable tablet.

Vita-Gard™ delivers a broad spectrum of whole-food antioxidants to help protect cells and tissues. Carotenoids support normal cellular growth and immune activity, while flavonoids promote antioxidant activity, cellular health, and normal tissue renewal throughout the body.



NouriShake® offers naturally good nutrition in every glass. It provides a balanced ratio of protein, carbohydrates, and fiber by supplying all 22 amino acids involved in human nutrition, a blend of simple and complex carbohydrates for sustained energy release ("glycemic edge" technology), and as much fiber per serving as a slice of whole-wheat bread.

GNLD International: helping to build healthy bodies at every age for more than 45 years!