



NEWS YOU CAN USE

JULY 2001

Breakthrough Science...

Summer May Be Hazardous to Your Health!

Those lazy, hazy, crazy days of summer are upon us. Unfortunately, summer doesn't always mean fun; it can also mean extreme heat, loss of energy, dangerous levels of sun exposure, and more. With a little help from science, you can survive unscathed. Read on to find out how!

Feeling Hot, Hot, Hot
Heat can really take a toll on your body and affect you in ways that might surprise you. Attack these problem areas, and you'll be cool as a cucumber this summer:

Stress: As temperatures rise, your body works overtime to keep cool. Even seemingly harmless outdoor activities in the summer heat can tax your body. Nutrients such as vitamins B and C, Zinc, and other key minerals can help fight the stress heat places on your body. Toxins in the air stress your body out even more. Antioxidants like vitamins C and E, carotenoids, flavonoids, and crucifers, help boost your immune system by reeling in harmful free radicals.

Electrolyte loss: One undesirable fact of heat is sweat. Even walking to the car in extreme heat causes those little salty beads to pop out all over your face, underarms, and chest. Did you know that a pound of sweat contains up to 100 mg of potassium? To keep your electrolyte balance in check, drink fluids with electrolytes.



Hydration: We can't say it enough: drink at least 8 glasses of water a day! That statement is never more important than during the summer months, when high temperatures and humidity can cause dehydration. Waiting until you're thirsty to drink water is a recipe for disaster. Your body's thirst mechanism isn't very accurate, and can actually become more unreliable with age. By the time most of us feel thirsty, we're already slightly dehydrated.

Energy: The sunshine and warm weather

invites activity, but the heat may squash your energy. Grain oils, like wheat, rice, and soy contain important lipids and sterols that help facilitate optimum energy. Additionally, vitamin C and nutrients found in liver can help boost energy, while B-vitamins provide factors for energy production.

Skin care: Dangerous UVB rays can cause severe burning, and continued abuse may lead to skin cancer. Slather on sunscreen with at least a sun-protection factor (SPF) of 15. If you forget, and do burn, pierce a vitamin E capsule and apply to skin to help reduce scarring. Also, aloe vera gel helps ease the heat and pain of sunburn.

The Grilling Season
Nothing says "Fire up that grill" quite like warm weather. However, the chemistry of carcinogens produced by grilling can increase cancer risk. Studies suggest following grilled meat with antioxidants, such as vitamins C and E, and carotenoids may offer some protection against these harmful carcinogens.

Take these tips to heart, and enjoy summer to its fullest!

Availability may vary in Canada.

Enjoy Summer Safely with GNLD!

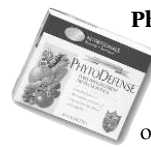
By using the following products, you can help keep yourself safe, healthy, and at your ultimate best!

Stress 30 features Stress B+C, delivering energy supporting B-vitamins and antioxidant vitamin C to support the immune system.



Also delivers zinc and other key minerals to support brain and body function so you operate at your optimum best.

Sports 30™ features Bio B+C to deliver a steady release of antioxidants and energy-supporting nutrients. Also delivers Liver Plus C, our "anti-fatigue" supplement.



PhytoDefense™ delivers the antioxidant power of carotenoids, flavonoids, and crucifers in each daily pack to give you the power of 6 optimal servings from 25 different fruits and vegetables!

Aloe Vera Plus™ is a delicious, refreshing drink that delivers the stress-fighting properties of aloe vera, plus the important electrolytes potassium and magnesium.



Water Dome® utilizes three filter technologies to give you fresh, great-tasting water with every glass!

Tre-en-en® Grain Concentrates deliver important lipids and sterols from wheat, rice, and soy that promote cell efficiency for increased energy.

Nutriance® Skin-Defending Sunscreen, SPF 15 helps to prevent daily solar damage from "aging" UVA and "burning" UVB rays. Includes vitamin E, aloe vera, vitamin B₅ and chamomile to help fight dryness from sun, wind, and water.

Nutriance® Aloe Vera Gel helps to calm skin's surface and reduce minor skin discomforts.

Vitamin E Plus is the most complete whole-food vitamin E product available anywhere! Delivers the entire vitamin E family, which includes all four tocopherols and all four tocotrienols.

SUPER C's technologically advanced Threshold Controlled formula allows the sustained release of vitamin C for 6 hours or more! Each tablet supplies more vitamin C than 8 small oranges!