



# NEWS YOU CAN USE

JULY / AUGUST 2002

## Breakthrough Science...

### Want Better Health? Improve Your Digestion!

In America alone, more than 100 million people suffer from digestion problems; and every year 15 million people visit their doctors with complaints of heartburn, sore throat, and indigestion or difficulty swallowing... all signs of reflux, a medical condition afflicting a growing number of people every year.

### Six Stages of Nutrition

Everything vital to life (except oxygen) enters and leaves your body via your digestive tract, a 25-30-foot tube with specialized regions: mouth, esophagus, stomach, small intestine, colon, rectum, and anus. Along the way, salivary glands, gall bladder, liver and pancreas provide secretions essential for digestion. Most of us assume that as long as we eat fairly decent food, our body will receive the nutrition it needs. Unfortunately, that's not the case.

Our diet is what we eat—**nutrition** is what our cells and tissues actually receive. This process consists of six separate and distinct stages: diet, digestion, absorption, circulation, assimilation, and elimination. Fully half of the vitally important **Six Stages of Nutrition**—digestion, absorption, and elimination—take place in the digestive tract. If this system is not in good working order, even the best diet in the world will do you little good.

### Danger signs

Heartburn, flatulence, bloating, diarrhea, constipation, upset stomach—these are just a few signs that your digestive system is not working properly. We often just turn to temporary

solutions, like antacids and laxatives, to combat these problems. However, these “solutions” may actually exacerbate problems. Plus, digestive disturbance may also signal more serious conditions, like ulcers, diverticulitis, and even cancer.

### Common digestive problems

**Too little hydrochloric acid:** This is a common digestive disorder (that's when the stomach begins to secrete less hydrochloric acid.) Without sufficient hydrochloric acid, most foods cannot be broken down enough to release certain nutrients for absorption. The result: wasted nutrients, intestinal discomfort, and/or medical problems.

**Too little lactase:** Lactose is a sugar found in milk and other dairy products. The digestive enzyme that breaks it into components small enough to absorb and utilize is called lactase. Insufficient lactase may result in lactose malabsorption, or lactose intolerance, characterized by abdominal pain, bloating, flatulence, and diarrhea.

**Overburdened enzyme supplies:** Over-indulgence in the wrong kinds of foods, or simply eating too fast, can overburden the capacity of the body's limited supply of digestive enzymes, which are used to break down complex foods into their simpler components.

### Imbalance of “good” bacteria:

A healthy gastrointestinal tract contains more than 400 species of bacteria: about four pounds of friendly microflora. However, viral and bacterial infections, use of antibiotics, exposure to x-rays or radiation therapy, eating too

many refined sugars, or drinking too much chlorinated water can upset the balance. When this happens, beneficial Lactobacilli (good bacteria) are among the first to become depleted, leaving you susceptible to a myriad of health problems.

**Not enough fiber:** A high-fiber diet helps keep intestinal functions smooth and regularly, and supports optimal health. However, despite fiber's many proven benefits, most people don't get anywhere near the 20-35 gm a day recommended by the National Cancer Institute.

### Trust your gut to GNLD!

Safe and gentle, GNLD's digestive supplements are formulated to support the natural activities of the digestive system. Based in nature and backed by Science, they address the underlying cause of digestive troubles, not just the symptoms. Along with appropriate food choices, they contribute to the stability of the gastrointestinal environment and promote optimal digestive function. Combat the five most common digestive problems with:

**Beta-Gest™:** Supports efficient digestion in the stomach with “controlled-release” hydrochloric acid and plant-sourced, acid-stable enzymes to assist digestion of protein and lactose. Beta-Gest's complete formula addresses the underlying causes of indigestion, not just the symptoms.

**Enzyme™ Digestive Aid:** An intestine-targeted, high-potency, comprehensive mixture of plant-derived enzymes for protein, fat, and carbohydrate digestion, enhanced by ox bile and dehydrochloric acid. Our

Targeted Delivery Technology uses a special “enteric coating” to protect tablet contents from destruction by stomach acid and assure that active enzymes reach your intestines, where they support optimal digestion.

**Acidophilus Plus™:** Combines potency with technology to guarantee that viable beneficial bacteria survive the stomach acid and reach the intestines to deliver five billion health-giving organisms, which support optimal digestive tract function.

**All Natural Fiber Food and Drink Mix™:** Concentrated and delicious, each serving provides 8 grams of dietary fiber, plus added protein, fructose, and complex carbohydrates for good taste and smooth texture. Convenient and versatile, All Natural Fiber Food and Drink Mix can easily be added to most foods. Try it in a smoothie or add it to a casserole. Also available: **Multi-Fiber Blend™**.

Stop being afraid of the foods you love! Contact your GNLD Distributor for the digestive products that can enhance your health... and your next meal!

### The Physical Benefits

Not only does good digestion provide your body with much needed nutrients, but it also promotes physical fitness! An efficient digestive system effectively converts food into energy, which translates into a better workout. Plus, a healthy digestive tract effectively supports muscle growth and repair!