



# NEWS YOU CAN USE

JUNE 2001

## Breaking News...

### GNLD teaches tomorrow's doctors about disease prevention through nutrition

**STANFORD UNIVERSITY**—GNLD, one of the world's oldest, most respected nutritional companies, has partnered with The Health Library at Stanford to teach tomorrow's doctors about the critical role of nutrition in disease prevention. More than 800 of the nation's leading doctors, researchers, medical students, scientists, and health professionals attended GNLD's first annual Arthur Furst Lecture Series on Nutrition and Disease Prevention at Stanford to learn how good nutrition can literally add years to one's life.

"We're proud to partner with a top-notch

company, GNLD International, to present this extraordinary academic education program," said Barbara Ralston, director of the Health Library at Stanford. "GNLD researches the science of, and produces, food supplements, and has done so with the highest degree of scientific and ethical integrity for 43 years."

The important lecture series was established in honor of Arthur Furst, Ph.D., Sc.D., Founding Member, Emeritus of the GNLD Scientific Advisory Board, eminent research chemist, toxicologist, teacher, international lecturer, and recipient of numerous distinguished honors and awards. The goal of the lecture series

is to present current scientific knowledge about the composition of food, the physiology and biochemistry of the body, and the interactions between the two. Dr. Furst was in attendance.

Author of five best-selling books, Dean Ornish, M.D., was the featured speaker at the first meeting, entitled, "The Power of Nutrition." A Clinical Professor of Medicine at the University of California, San Francisco and a member of the White House Commission on Complementary and Alternative Medicine Policy, Dr. Ornish has directed clinical research for the past 23 years, demonstrating that comprehensive lifestyle changes may begin to reverse even severe

coronary heart disease, without drugs or surgery.

Dr. Ornish addressed an overflowing auditorium regarding the cumulative effect of diet and lifestyle choices on health and longevity. He

related that one can live longer and enjoy optimal health simply by making appropriate daily choices. Dr. Ornish discussed aspects of disease prevention, including new findings about the association between controlling one's glycemic response and reducing the risk for diseases of obesity, including diabetes and heart disease. He also outlined the importance of relying on whole foods for long-term optimal health.

*Held on campus at Stanford April 10, 2001, the significant lecture series was the largest event of its kind in the history of Stanford Medical Center, and impacts a new generation of medical doctors!*



Dr. Arthur Furst discusses the importance of disease prevention through nutrition with Dr. Dean Ornish.

### A special event, a special university, a special man and a special company!

It's a rare honor for a private health and nutrition company to be embraced with a unique university partnership such as this. A company must first be recognized as an authority in its industry, and accepted as scientifically sound and ethically strong. Our excellent reputation is just another example of the GNLD Difference!

"GNLD is very pleased to associate with Stanford University," says John Miller, International Vice President of Science, Technology and Marketing for GNLD. "We look forward to our relationship continuing far into the future.

"We created this lecture series to honor Dr. Furst. One of his greatest passions is to help people live longer, healthier lives. Through the Arthur Furst Lecture Series on Nutrition and Disease Prevention, his pursuit of that passion can continue for generations to come."

This series will change the face of health care. "One of the most interesting aspects of this relationship is the 'vindication' it represents for GNLD," says John. "Years ago, the entire nutritional supplement industry was regarded by the medical and health care community as purveyors of unsubstantiated hype that delivered nothing more than 'expensive urine.'

"As a leader in our industry for over 40 years, GNLD has fought many battles against this type of backward thinking. We have held firm to our belief that nutrition is not only fundamental to health, but that a nutritional supplement program, based on nature's blueprint, is hugely important to health protection, disease prevention and longer life. Over the years, science has proven us right over and over again!

"Today nutritional supplementation is an increasingly well accepted dietary practice. And GNLD has become such a well-recognized leader in that field of expertise that we are now helping teach the next generation of healthcare professionals about the importance of nutrition to health," says John. "Through perseverance, dedication and unwavering belief in the cause of better health, we will make a positive difference in the lives of everyone alive today, and in the future.

*"For these reasons and more, GNLD Distributors all over the world should be proud of this rare and special company!"*