



Breakthrough Science...

Obesity: A Global Threat to Health

The Associated Press recently reported that doctors now regard obesity as a global health threat. In fact, according to an analysis by an environmental research group, obesity has raised the incidence of heart disease, stroke, breast cancer and colon cancer. If obesity continues to surge at its current rate, it's estimated that over 400,000 people will die from obesity-related illnesses — and that's just in the United States!

Growing statistics

Obesity among people all over the world is at epidemic proportions. The Worldwatch Institute found that the number of overweight people around the world has climbed to 1.1 billion! Just look at the percentage of overweight adults in the following countries:

- 61% in the U.S.
- 54% in Russia
- 51% in the UK
- 50% in Germany
- 36% in Brazil
- 15% and rising in China

Scariest yet is the fact that obesity isn't just

for adults anymore. Each passing generation yields more and more overweight kids. Currently, 25% of American teens suffer from obesity, making them vulnerable to contracting lethal medical conditions, like diabetes. What's worse is that these statistics are growing at an alarming rate.



The skinny on obesity

The National Health and Nutrition Examination Survey (NHANES) of 1999 defined "overweight" as having a body mass index (BMI) of 25-29.9. Obesity was defined as having a BMI of 30 or greater. (To get your

BMI, divide your weight in kilograms by your height in meters squared [BMI=kg./m.] While BMI doesn't take into account the percentage of body fat, experts agree that BMI is a useful guide for the average person. Besides the mere fact that being overweight is uncomfortable, it also increases risk of cancer, high blood pressure, coronary heart disease, type 2 diabetes, gall bladder disease, and it decreases joint health. Once thought of as adult-only diseases, now obese youths are also suffering from these medical conditions. In fact, type 2 diabetes alone is becoming increasingly common in the younger generation, making prevention crucial for this emerging at-risk group.

Don't become just another statistic!

Chances are great that you could be one of the billion overweight people in the world. Don't become just another unhealthy statistic — take the steps needed to lose those extra pounds today!

Lose weight with GNLD!

There are literally hundreds of weight loss programs to choose from, but only one that works for a lifetime: GR² Control. By implementing GNLD's revolutionary weight loss program into your life, you'll not only lose weight, you'll learn how to keep it off for good!

GLYCEMIC RESPONSE

When we eat carbohydrates, our bodies must produce insulin to counteract its effects and normalize blood sugar levels. This is called "glycemic response." The effect is like the ups and downs of a roller coaster that the body must deal with daily. The more simple carbohydrates that are consumed, the more frequently extreme glycemic responses occur. When a person consumes excess carbohydrates day after day, the body figures it has plenty of glucose energy available and stops burning fat, storing it instead!

GR² CONTROL: THE PROGRAM

GNLD's amazing new GR² Control takes the science of healthy weight loss to a brand new level. The whole program focuses on and utilizes the latest understanding of glycemic response to lower insulin secretion demands, sustain the feeling of satisfaction between meals, maintain balanced and controlled energy levels over longer periods of time, and keep "fat storage doors" closed and "fat burning doors" open. Moreover, it provides an EXPLOSION of secondary health benefits for a healthier future.

But that's not all... GR² Control will help you change your eating style so you can make smart mealtime choices for the rest of your life! Eating right will become a habit, making it easy to keep those pounds off for good!

The only way to win is to lose... contact your GNLD distributor today and find out how you can be thinner tomorrow!

Availability may vary in Canada.