



# NEWS YOU CAN USE

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## America's #1 Threats!

Although we are bombarded on a daily basis by the risks associated with living in the 21st century, the highest risks of death in the United States are still from diseases. According to the Centers for Disease Control, the top killers in the United States are heart disease, stroke, hypertension and diabetes. Even worse, the rates of occurrence are steadily increasing every year.

The American Heart Association states that lifestyle plays a role in the vast majority of these killers, and all most Americans need to do to live longer and healthier lives is to make positive changes in their lifestyles. Heart disease, obesity, and diabetes are major concerns, and in epidemic proportions, but sadly, most adults turn a blind eye to the fact that they may become part of these horrible statistics. According to the American Heart Association, the risk of heart attack or stroke is very high when one is overweight, has hypertension, or smokes.

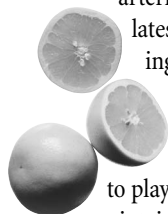
Just as one must master the basics of any skill, one must take care of health basics. We get caught up in our day-to-day lives and forget that as each day passes, we have either missed or seized the opportunity to keep our bodies as healthy as they can be. What many do is focus on issues that may not impact overall long-term health. Or worse, many do absolutely nothing to ensure long-term good health.

Don't become a victim of disease; follow a healthy lifestyle that includes a healthy diet, exercise, and nutritional supplements to protect your health. Start today so that you don't become a statistic tomorrow.

### Tackle heart disease with Lipotropic Adjunct™

Many factors determine the health of your heart and blood vessels, especially a balanced diet low in fat and high in fiber. Sometimes we don't eat the foods that give us the nutrients we need for optimal cardiovascular health. These nutrients include lipotropic factors and B-vitamins. Lipotropic factors help keep lipids (fats) emulsified in blood,

so they may be mobilized and utilized throughout the body where needed. B-vitamins help assure proper metabolism of homocysteine, a natural metabolic by-product that can damage arteries if it accumulates. GNLD's leading-edge Lipotropic Adjunct™ provides nutrients shown to play essential roles in maintaining heart health.



**Protect with Omega III**  
Fatty fish — especially salmon, herring, mackerel, and sardines— are the only viable dietary sources of omega-3 polyunsaturated fatty acids. If you aren't eating two to three

servings of fatty fish each week, you may not be getting enough EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid). These long-chain omega-3 fatty acids are required for normal growth and development and optimal function of the heart, blood and blood vessels, brain, nerves, eyes, joints, skin, and reproductive organs. GNLD's pure and potent Omega III Salmon Oil and Omega III Concentrate can boost the omega-3 content of the diet and support a healthy balance of fatty acids. Three capsules provide the omega-3 value of an optimal serving of fresh salmon.



### Lose with GR<sup>2</sup> Control

Being 20% (or more) over your ideal weight has been linked to increased risk of high blood pressure, diabetes, and heart disease. Being overweight by even a few pounds can also lead to a host of physical and psychological challenges. Type II (adult onset diabetes) creeps up, slowly, over time. Adult onset diabetes is very closely associated with weight gain and often times losing weight keeps it in check. Your best defense against diabetes is a good offense, and that means not letting



the weight gain happen or getting so out of hand that diabetes develops. GNLD created GR<sup>2</sup>Control, the scientifically engineered, nutritionally balanced weight loss program, to help the body process food and nutrients the most effective way, for its best use.