



Women's Health Risks

The Centers for Disease Control (CDC) asked women what they thought their biggest health risk is. A whopping 46% answered breast cancer, and 16% of women answered cancer in general. Quite simply, they were wrong. Dead wrong! According to statistics from the Center for Disease Control's website (www.CDC.gov), the largest health risk for women is heart disease, followed by cancer, stroke, various lung diseases, pneumonia and influenza, and diabetes.

Ethnicity and disease risk

Some people are aware of the warnings about health risks and how to combat them. But, what they may not know is that some health risks are statistically higher for particular ethnic groups. For example, the CDC reports that African-Americans have a higher risk for heart attacks and strokes than Caucasians, and African-American and Hispanic children are more insulin-resistant than Caucasians, which could cause type 2 diabetes later in life.

Obesity is another big health problem for women, especially among minorities.

More than 50% of adult African-American women are currently obese, and obesity in U.S. Hispanic women increased 80 percent from 1991 to 1998, and continues to rise.



Breast cancer is another serious concern. One in eight women will develop breast cancer in her lifetime. Caucasian women develop breast cancer at a higher rate than other ethnicities, however African-American women have a higher likelihood of dying from the disease. Conversely, while breast cancer is less common among Hispanic women, during the recorded period of 1992-1998, it was the leading cause of death in this ethnic group.

Reduce Risk of Disease

The above statistics are not just alarming: they're frightening. However, there are nutritionally sound ways to reduce risk, and live a healthy, vibrant life.

Antioxidant Power

Immunity is the key to health, and there is nothing more packed with immunity boosting antioxidants than

PhytoDefense™. Each serving delivers the scientifically proven phytonutrient immune power of 6 optimal servings from 25 different fruits and vegetables. Statistics suggest that you aren't eating the recommended daily 5 to 9 servings of fruits and vegetables, nor getting the variety needed for optimal health, so strengthen your diet with PhytoDefense!

Heart Protection

Cardiovascular health depends heavily on two normal components in your blood: lipids and homocysteine. Both require specific nutrients to maintain optimum cardiovascular health. GNLD's **Lipotropic Adjunct™** delivers specific nutrients, like choline, inositol, betaine, folic acid, and B-vitamins, which help maintain proper homocysteine levels and resist lipid deposition within the cardiovascular system.



Lose Weight with GR² Control

Obesity can lead to a myriad of diseases, like high blood pressure, heart disease, and diabetes. To lose weight efficiently, healthily, and safely, turn to GNLD's **GR² Control®.** This scientifically engineered, nutritionally balanced weight loss program helps the body process food and nutrients the most effective way for its best

use. Not only that, but this proven effective way to lose weight will also provide you with the tools for keeping the weight off for good!

It's one thing to know the health risks you may encounter; it's another to do something about it. Turn to GNLD for a healthier, more vibrant future!

