



NEWS YOU CAN USE

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Breakthrough Science...

What's happening to the scale?

According to experts, waistlines everywhere are expanding. Never before in history have multitudes of people gained so much weight in such a relatively short period of time. With the drastic change in peoples' weight also comes an increase in life-threatening diseases, like diabetes and cancer. Why has this happened and what can be done about it? Read on for answers!



Americans eat too much!

Recently, the U.S. Department of Agriculture (USDA) took a long hard look at the numbers to determine exactly how many standard servings of 100 different groups of foods Americans eat at one sitting. Here's what they found: The average American tends to eat 2.5 standard servings of potatoes, approximately 4 standard servings of pasta, and 2 standard servings of bread and rice *at one meal!* Additionally, the average portion of steak, roast beef or chicken exceeds the standard serving by 1.5 ounces. Take into consideration that 67% of Americans eat everything (or almost everything)

on their plate, and it's no wonder that obesity is a growing concern in the U.S..

47 million Americans have obesity-related syndrome.

A recent study published in the *Journal of the American Medical Association* pointed out that more than one in five Americans have metabolic syndrome, which includes a "beer belly," high blood pressure, poor cholesterol readings, and high blood sugar. While experts believe the syndrome may be caused by a combination of genes and lifestyle factors, it is lifestyle which is the most important factor.

Unfortunately, this rise in obesity has also escalated the risk of heart disease, type 2 diabetes, cancer, and other obesity-related diseases. The number of people succumbing to these diseases because of obesity is alarming: 50 – 60 million Americans have hypertension, approximately 60% of adults qualify as overweight or obese, and 20 million Americans have been diagnosed with diabetes.

Weight loss is essential to good health!

The evidence is clear. In order to remain healthy and thriving, obesity must be eliminated. The only clear way to do this is for people to use a sensible, safe, and

healthy weight loss program. For without it, the numbers will keep rising, as people all around the world gain weight and become their unhealthiest yet! Don't become another statistic; fight to stay lean and healthy for a lifetime!

Lose it now, FOR GOOD!

There are literally hundreds of weight loss programs to choose from, but you need to follow the one that's sensible, doable, and changes your eating habits for life: 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!

Re-balance, Re-program, Re-energize!

By using the GR² Control Program, not only will you lose weight, but you'll re-balance your macronutrient intake, re-program your biochemical signal control network, and re-energize your body. In other words, you'll learn: how to change your eating habits and what foods to eat to change what your body craves. Plus, by eating right and re-programming your system, you'll feel more energetic, vital, and healthy!

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 (re-balance nutrient intake), sustain the feeling of satisfaction between meals (re-program your bio-chemical signal

Obesity is a global epidemic!

The numbers are in, and they're frightening: approximately 60% of all Americans are overweight, and 26% are obese. But obesity is not just confined to America and other developed countries anymore. Weight gain has reached Asia, Latin America, the Middle East, Northern Africa, and urban areas of sub-Saharan Africa. And as the pounds increase, so does the risk for life-threatening disease. What is happening and how can you stop yourself from becoming a victim? GNLD has the answer.

network), maintain balanced and controlled energy levels over longer periods of time, keep "fat storage doors" closed and "fat burning doors" open (re-energize your body). Moreover, it provides an EXPLOSION of secondary health benefits such as reduced risk of diabetes, heart disease, osteoarthritis and more!

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

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