



NEWS YOU CAN USE

SEPTEMBER / OCTOBER 2001

Breakthrough Science...

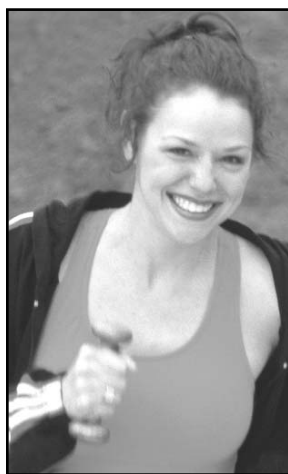
Diagnosis Diabetes: Are you at risk?

Type 2 diabetes (also known as adult onset diabetes) is growing. Currently, more than 15 million people in the U.S. have diabetes. Of those, 5.4 million are undiagnosed! Moreover, there are 798,000 new cases diagnosed per year... a figure that only increases with time. This means you could be at risk for this distressing disease right this very minute!

What's causing this upward swing in diabetes?

Most health experts agree that it is caused by diet — primarily, a growing dependency on insulin-inducing carbohydrates. As people shy away from fatty foods, they replace them with seemingly healthy foods, like pasta, rice, and low-fat snacks. What they don't realize is that these types of foods are rich in insulin-inducing carbohydrates that dramatically increase the body's glycemic response, causing severe "spikes" in blood-sugar levels. These spikes require the body to respond and normalize blood sugar levels by secreting insulin. It is theorized that the insulin receptors in the body become "desensitized" to insulin after years of this "roller coaster" of glucose and insulin spikes, thus insulin cannot do its job and blood sugar levels

remain dangerously high. This eventually leads to adult onset diabetes. However, science shows that you can prevent your risk by losing weight and changing the way you eat. See what researchers say:



Improve glucose tolerance in diabetics with a low glycemic index diet!

This news was reported in the *American Journal of Clinical Nutrition*, as researchers further investigated the effects of a low glycemic index (GI) vs. high glycemic index breakfast. Low GI breakfasts improved glucose tolerance at the second meal! More importantly, glucose tolerance can improve in a single day!

Low GI diet enhances quality of life in diabetic children!

The July issue of *Diabetes Care* reported the results of a low GI diet versus measured carbohydrate exchange diets in children with Type 1 diabetes. During a 12-month period, the children on the low GI diet experienced lower

rates of hyperglycemia. Moreover, the quality of life, for both children and parents, were better than those on the carbohydrate exchange diet.

White bread and pasta contribute to high glycemic index!

The March issue of the *American Journal of Clinical Nutrition* reported that the consumption of pasta, white bread, and potatoes affected the GI of Type 1 diabetics. However, it was the consumption of white bread and pasta that had the biggest adverse effect on the overall dietary GI of those studied. By replacing white bread and pasta with their whole-wheat counterparts, diabetics can enjoy a better quality of life.

Risky weight loss measures in adolescent diabetics on the rise!

In April, researchers from Ohio reported that the cultural drive to be thin can lead to eating disorders in many diabetic girls. Many diabetic adolescent females believe that good glycemic control will increase their weight. However, by participating in risky behavior, like bulimia and anorexia, glycemic control can be difficult. Researchers concluded that treatment should include the promotion of healthy eating, within a healthy glycemic index.

Education is only half the battle on diabetes. Turn to GNLD to gain the upper hand in your battle against the bulge and diabetes!

Give Yourself the Glycemic Edge!

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. So, 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, keep "fat storage doors" closed, and keep



Availability may vary in Canada.

"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! Not only will eating right become a habit, making it easy to keep those pounds off for good, but it will help set you up for a healthy future!

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