NEWS YOU CAN USE
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Dr. Dean Ornish Questions Atkins, Recommends Whole Grains

Summertime brings longer days, more outdoor activities—and a boom in weight loss promotions!

As the debates between believers in low-carbohydrate and believers in low-fat diets continue, Dr. Dean Ornish, founder of the Preventive Medicine Research Institute and author of several diet books, seeks to "find common ground among seemingly contradictory information" about different diets. In a recent article published in the Journal of the American Dietetic Association, Dr. Ornish states that while he and the late low-carb guru, Dr. Atkins "agreed on the diagnosis" of the obesity epidemic in American, they "disagreed about the prescription."[1]

"Telling people what they want to believe is part of the reason that the Atkins diet has become so popular," explains Ornish. But he also warns that the history of medicine is abundant with examples of weight-loss approaches that turned out to be harmful to health.

Although weight-loss will occur with a reduction in carbohydrate intake, it is not healthy to restrict all carbohydrates from the diet. Ornish recommends replacing simple carbohydrates with complex carbohydrates—such as whole grains—which are high in fiber and enhance a sense of fullness.[1] Whole grains are critical to a healthy diet, and GNLD's Tre-en-en® Grain Concentrate is the world's first product proven to improve cellular efficiency.

Change Your Diet—And Your Life!

One of the most negative aspects of "fad diets" is that they are not permanent lifestyle changes and, therefore, the weight loss is often temporary. People who lose and gain weight in a roller coaster fashion usually become frustrated and give up on the idea of healthy eating and weight loss.

GNLD understands the desire to look and feel your best, and the many benefits of weight loss. The GR² Control® program is a sensible, permanent approach to weight loss. By eating foods that do not create a significant glycemic response, you stay in the "control zone." Because low glycemic response foods are converted to glucose and enter the bloodstream more slowly, they provide more even and more lasting energy. And because they cause less insulin to be secreted, blood glucose levels stay within "safe" parameters and leave the blood more gradually, over a longer period of time.

The result is a longer period of satiety (the state of hunger satisfaction) before hunger signals return. The advantage is that the longer you remain in satiety, the lower the amount of food you feel like eating overall. By taking a scientifically proven approach and committing to a lifestyle change, dieters on the GR² Control program avoid the pitfalls of rollercoaster weight loss.

Poor Dieting Harms Immune System

Recent research indicates that yet another serious problem may result from repeated weight loss and weight gain. According to new findings by researchers at the Fred Hutchinson Cancer Research Center in Seattle, "yo-yo dieting" may have a lasting impact on immune function.

The National Cancer Institute funded a study that measured the impact of dieting on the immune system. Frequent weight loss episodes were associated with significantly decreased natural-killer cell activity.[2]

"Natural-killer cells (NK cells) are a vital part of the immune system. In addition to killing viruses, they have been shown to kill cancer cells in laboratory tests. Depressed NK activity has been associated with increased cancer incidence as well as an increased susceptibility to colds and infections,"[2] the study explains.

This potential danger can, of course, be avoided with a sensible approach to weight loss, such as the GR² Control program. Also, GNLD's PhytoDefense® pack can help fortify the immune system. PhytoDefense delivers the broad phytonutrient protection of six optimal servings of fruits and vegetables in one convenient pack. Each PhytoDefense pack contains GNLD's exclusive, patented Carotenoid Complex™, as well as Flavonoid Complex™ and Cruciferous Plus™.

1. "Was Dr. Atkins Right?" Ornish, Dr. Dean, *Journal of the American Dietetic Association,* April 2004, Volume 104, Number 4, p537
2. www.scientificdaily.com