



PEOPLE EMPOWERING PEOPLE

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News *You* Can Use

USA & CANADA

Heart Smart Reasons to Keep the Weight Off!



A recent study funded by the National Institute of Health found a correlation between stabilized body weight and a lower presence of cardiovascular disease risk factors.¹

Metabolic Syndrome is a clustering of at least three specific risk factors that increase a person's risk of heart disease. These risk factors include high blood pressure, high glucose levels, high triglyceride levels, obesity, and low levels of HDL (good) cholesterol.

"Weight stabilization may be easier to achieve than significant weight loss for many people, and there are clear benefits to maintaining stable weight," says Donald Lloyd-Jones, assistant professor of Preventive Medicine and of Medicine at Northwestern University's Feinberg School of Medicine.¹

This study showed a significant increase in heart disease factors for both the male and female participant groups where body weight increased.

Lost Weight? Great—Now Keep it Off!

After weight loss, therefore, keeping the weight off may be as important as the initial weight reduction.

Maintaining weight loss can be a challenge, but a recent study published in the *American Journal of Clinical Nutrition* indicates that eating whole-grain foods may offer assistance. Factoring out the fiber component, researchers from the Harvard School of Public Health observed a dose-response relationship between whole grain intake and long-term weight gain. Participants increasing their whole grain intake gained less weight than those who did not consume whole grains.² "This suggests that additional components in whole grains may contribute to favorable metabolic alterations that may reduce long-term weight gain," the study concludes.

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Tre-en-en® Once Again!

Getting whole grains in your diet can be a challenge. According to a recent article in the *Journal of Nutrition*, increased intake of whole-grain foods is limited by a lack of consumer awareness of the health benefits of whole grains, difficulty in identifying whole-grain foods in the market place, and higher prices for whole-grain foods.³

This nutritional dilemma is, of course, familiar to GNLD. For over 45 years, GNLD has known that good nutrition begins at the cellular level, and that cellular nutrition is difficult to achieve through today's diet.



In 1958, scientists formulated a dietary supplement that replaces the lipids and sterols lost through deficient diet or

modern food processing. This supplement became known as Tre-en-en Grain Concentrates, a unique combination of whole grain extracts from whole-wheat berry, rice bran, and soybeans.

We all know that Tre-en-en increases cellular efficiency and may result in higher energy levels. Now research indicates that it may help keep off those unwanted pounds, too!

1. American Heart Association, www.americanheart.org
2. *American Journal of Clinical Nutrition*, volume 80, pp. 1237-1245
3. "Choose A Variety of Grains Daily, Especially Whole Grains: A Challenge for Consumers", Kantor, Linda; *Journal of Nutrition*, 2001; 131: 4735-4865

Harvard Study Supports GR² Control® Program

Maintaining a healthy weight is important to all of us. In addition to the emotional factors involved, excessive weight has been linked to heart disease, diabetes, high cholesterol levels, and many other health problems.

However, with so many theories of weight loss available, it is understandable that people can become overwhelmed or even discouraged in the attempt to achieve and maintain a healthy weight.

The Journal of the American Medical Association recently published findings from a study conducted at Harvard University which supports the premise that a diet containing foods with lower glycemic response levels is more effective in maintaining weight loss than a diet based primarily on low fat foods.¹

The Harvard study compared subjects on a low-glycemic load diet with those on a low-fat diet. The low-glycemic load diet reduces carbohydrates that digest rapidly and raise blood sugar and insulin to high levels—such as white bread, refined breakfast cereals, and concentrated sugars. Instead it emphasizes carbohydrates that release sugar more slowly, including whole grains, most fruits, vegetables, nuts, and legumes.

"On a typical low-fat diet, the participants tended to experience more perceived hunger and a slower metabolic rate, which

may make it more difficult to stay on the diet, while those on the low-glycemic load diet did not feel as hungry and had a faster metabolic rate," states Dr. David Ludwig, the study's senior investigator. Dr. Ludwig continues, "Our data suggests that the type of calories consumed— independent of the amount—can alter metabolic rate."

The study also suggests that in addition to improved cardiovascular risk factors, the subjects on the low-glycemic load diet were better able to stay with the program and, therefore, maintain their lower weight.

GNLD Leads the Way!

While these results may be interesting, to GNLD, they are not new. On the frontier of nutritional science, GNLD's Scientific Advisory Board and Global Science Network began developing a weight loss program based on these principles back in 1999!

The GR² Control program, as the name implies, revolves around controlling glycemic response. The number "2" represents the exponential benefits for long-term health through a low glycemic response diet. In addition to weight loss, these benefits include lower risk of heart disease, diabetes, and other diseases.

In order to assist people in distinguishing between high- and low-glycemic response



foods, the program contains specific lists of food to Enjoy or Avoid, and includes suggestions for snacks and main meals. The complete GR² Control products work together to:

- Re-balance nutrient intake
- Re-program the body's biochemical signal network
- Re-energize the body.

The GR² Control program utilizes the body's natural glycemic response to lower insulin secretion demands, keeping you off the Glycemic Roller Coaster and out of the Insulin Trap. It provides sustained feelings of satisfaction between meals, maintains balanced and controlled energy levels, and keeps "fat-storage doors" closed and "fat-burning doors" open. GR² Control is truly on the cutting edge of weight loss and disease prevention science!

1. *Journal of American Medical Association*, November 24, 2004; volume 292, pp. 2482-2490



The SAB Has The Answers!

GNLD's Scientific Advisory Board Answers Your Important Health Questions

Q: Are GNLD's Nutriance® products hypoallergenic?

A: "Hypoallergenic" is a term that describes a specific type of testing done on products manufactured in the U.S.. However, tests conducted on Nutriance products go far beyond that which is required to be classified as "hypoallergenic." Tested in Europe's most prestigious dermatological research facility, each Nutriance product exceeds the stringent testing methods required by Europe. When testing our new Nutriance product line, we go far beyond the simple skin-reaction tests performed by some companies. In fact, our Nutriance products go through some of the most sophisticated and advanced cosmetology tests available today. These procedures are more rigorous than standard hypoallergenic testing, resulting in high product quality and low allergic potential.

Q: In the GR² Control program, is the Enjoy/Avoid booklet only a guide for dinner? Can it be used to substitute foods for the mini-meals, too?

A: The Enjoy/Avoid booklet is designed to help the user in several ways. Primarily, the booklet helps GR² Control participants pick items for their main meal. Additionally, the Enjoy/Avoid booklet provides guidelines for meal choices when a GR² Control shake is not available (when dining out, for example). This way, participants can choose foods that are both nutritious and are part of the program. Finally, the booklet gives

food choices for those individuals who have met their weight loss goals and are now in maintenance mode. The mini-meal suggestions should not be substituted, as they are designed specifically to go hand-in-hand with the program.

Q: Why are there two supplements in the Beta-Zyme™ packets?

A: Beta-Zyme packs a "one-two punch" that attacks digestive ailments where they begin: in the stomach and in the intestine. Enzyme Digestive Aid™ supports the body's ability to digest carbohydrates, fats, and proteins and is intestine-targeted. Beta-Gest™ supports efficient digestion in the stomach with "controlled-release" hydrochloric acid to assist digestion of protein and lactose. Each product offers a safe and effective means of supporting the body's natural digestive processes and promoting the absorption of several key nutrients.

Q: Is Super 10™ Concentrate safe to use by someone who has sensitivity to chemicals?

A: Super 10 Concentrate, GNLD's most powerful cleaning product, was designed to present a very low allergenic potential. GNLD only uses ingredients in our cleaners that are completely safe for both people and the environment. In fact, Super 10 is safe to use on any surface where it is safe to use water.

Weight Loss Components: Diet, Exercise, Shut-eye?!

While the two main ingredients for a successful weight management program will always be proper diet and exercise, new research has shown that a good night's sleep may also impact the scale.

New research conducted at the University of Chicago School of Medicine correlates obesity with sleep deprivation. Scientists believe that two hormones, ghrelin and leptin, play critical roles in food intake.¹ While ghrelin is a trigger for appetite, leptin is considered a satiety or fullness hormone.

Levels of ghrelin were 28% higher and levels of leptin were 18% lower when participants were only allowed to sleep four hours per night. In addition to feeling hungrier after minimal sleep, participants craved carbohydrate-rich foods, including ice cream, pasta, cake, and bread.

"We know the obesity epidemic is due to overeating—too much rich food and too little activity—but why do we crave too much of these rich foods?" asks Eve Van Cauter, a University of Chicago sleep researcher.

In addition to the Chicago School of Medicine study, researchers from Stanford University and the University of Wisconsin shared consistent results while using a larger group of participants. They concluded that age, gender, exercise, and eating habits were not factors in their findings. "A study of 1,024 volunteers found that compared with people who sleep eight hours, those who sleep only five hours per night had a 15% increase in the appetite-stimulating hormone ghrelin."²

While GNLD focuses on an approach to diet that includes foods with low glycemic response, exercise and rest are vital aspects



to overall health. For those who may have difficulty getting a good night's rest, GNLD scientists formulated Herbal Rest & Relax™, which contains a unique blend of herbs formulated to support a relaxed body and a quiet mind, both essential for optimal rest and a good night's sleep. Sweet dreams and happy weight loss!



1. www.sun-times.com, 12/06/04
2. www.yahoo.com/news

PLACE
STAMP
HERE