

Image Awareness Healthletter

Image Awareness Corp.

Vitamin E Update: The Whole Family is Superior

Current research constantly turns up new data indicating the benefits of the broad spectrum vitamin E available through GNLD. This product contains large quantities of all the tocopherols and tocotrienols available in whole foods.

Tocopherols tend to cluster in islands in the cellular environment. Tocotrienols are mobile and distribute evenly through biological membranes. In addition, tocotrienols are 40-60 times more readily recycled than tocopherols. This means they have more staying power. Tocotrienols are currently being looked at as inhibitors of breast cancer and inhibitors of prostaglandins which can cause clotting, heart attacks and strokes. Tocotrienols may also be involved in keeping down cholesterol levels.

Gamma tocopherol, long ignored, also appears to perform functions which alpha tocopherol does not. Gamma tocopherol may be better than alpha tocopherol in blocking biochemical pathways involved in inflammation, acting as a natural diuretic protecting against high blood pressure, and neutralizing nitrogen dioxide found in tobacco

smoke. At least one study conducted in Sweden, found that coronary heart disease patients had depressed levels of gamma tocopherol but not alpha tocopherol.



Wild Edible and Organic Gardening Seminar

Every year one of our more popular events is Jim's talk on wild edible plants accompanied by a garden tour and explanation of organic gardening.

This event will be **June 19 from 10:00 a.m. - 12:00 p.m.** We will meet at 1271 High Street for a brief slide show on wild

edible plants. This will be followed by a discussion of organic gardening and whatever tours are planned.

Please register if you plan to attend. Come learn about wild edible plants, entomophagy (eating insects), and organic gardening. It may help prepare you

for Y2K or whatever else the future may have in store!



Notes on Vitamin E: Healthy Heart, Breast, Prostate

More and more attention is focused on vitamin E as a nutrient important for a healthy heart. This is ironic in view of the attacks the Shute brothers received for years as a result of their work with vitamin E in heart disease.

Earl Pearson at the age of 67 had suffered two heart attacks. His medical doctor suggested he take vitamin E (1200 IU daily). He lived to the age of 93 and never had another occurrence of heart disease. His physician also gave him generous intake of the natural B complex factors found in GNLD supplements which would help prevent accumulation of heart threatening homocysteine.

A study published in the Nov. 24, 1998 issue of *Circulation*:

Journal of the American Heart Association showed how vitamin E reduces the risk of plaque formation in the arteries. Vitamin E prevented white blood cells from sticking to cells that line the artery wall. This is one of the very earliest stages of heart disease. Researchers have known for 50 years that vitamin E helps prevent heart disease. Exactly how has remained a mystery and hindered acceptance of this important nutrient. Vitamin E has been shown to prevent oxidation of cholesterol, to act as a mild anticoagulant, and to inhibit the growth of smooth muscle cells that can block the openings of blood vessels.

Another study showed that vitamin E may help prevent

breast cancer. Women with the lowest intakes had 5 times more cases of breast cancer.

Another study found that vitamin E reduced the risk of prostate cancer among smokers by a third. Deaths from the disease decreased by 41 percent. (*The Chattanooga Times* (3/19/98))

Many years ago vitamin E was shown to reduce risk of damage to red blood cells as a result of lead poisoning.



Wheat germ oil is the most abundant ingredient in GNLD Vitamin E Complex.



Testimonies

ADHD

“My son was diagnosed with Attention Deficit Hyperactivity Disorder about two years ago when he was 11 years old. Needless to say, school has never been much fun for him. About six months ago, we discovered GNLD products. Now my son starts every day with a Nourishake which he loves, and other supplements including Lecithin, Vitamin B Complex, Chelated Cal-Mag and, of course, Formula IV. I have seen great improvement in his behavior and school productivity! In fact, he is doing better than ever in school and that alone does wonders for his self

esteem. It is so wonderful to have my happy boy back!”

—Libby, Nevada (From Pearson team)

Water Dome

I had two angioplasties and then in 1985 I had heart surgery. I had read that chlorine was bad for heart disease. I came in and bought a GNLD Water Dome. I have had no problem at all since I began using the unit in 1985. My health has been better in the last five years than prior to that time when I was experiencing a multitude of health problems. Our water tastes really good after it is filtered with the Water Dome.

—Ray

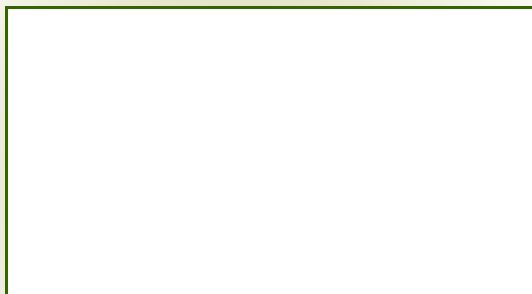
FOOTNOTE: A taste test conducted by Rodale’s New Shelter Magazine many years ago showed that the GNLD Water Dome produced the **best tasting water** of any unit they tested. It was rated even better than bottled spring water. The Water Dome is specifically designed to remove giardia and cryptosporidium. The separate exit spout for the purified water is a key part of this design. Don’t underestimate the importance of good pure drinking water. It could be a lifesaver!

Image Awareness Corp.

1271 High Street
Auburn, California 95603
Phone: (530) 823-7092
Fax: (530) 823-7086

Order Phone: (800) 359-6091
Email: jmcafee@jps.net

Your health and success are our business.



Garlic and the Heart

A recent study gives garlic a glowing endorsement as a heart healthy nutrient. Two hundred German men and women, ages 50 to 80, were monitored for hardening of the aorta, the major artery that carries blood from the heart. All the subjects were healthy and nonsmokers. Half of the group took 300 mg or more of standardized garlic powder in tablet form every day for two years.

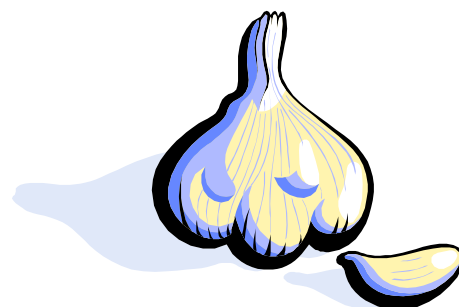
“The aortas of our 70-year-old subjects who took garlic were as elastic as the aortas of 55-year-old subjects who didn’t take garlic,” said Harisios Boudoulas, professor of Internal Medicine and Pharmacy at Ohio State University. Boudoulas collaborated with researchers from the Centre for Cardiovascular Pharmacology in Mainz, Germany.

The Aorta hardens naturally with age, but a more elastic aorta is beneficial because it

conducts blood smoothly from the heart and puts less stress on other organs. The subjects who took garlic supplements demonstrated a 15 percent lower average aortic stiffness than subjects who did not.

While the subjects of this study consumed garlic tablets, Boudoulas said that the benefits of garlic are the same whether it’s taken in pill form or in food. He added that the only side effect of eating garlic is the odor, which people can eliminate by taking pills.

NOTE: Allium works beautifully with **Acidophilus Complex** to promote beneficial organisms in the digestive tract. Allium kills or inhibits the growth of many harmful bacteria and fungi, while Acidophilus inoculates the digestive tract with beneficial organisms. **Fiber** supplementation also promotes beneficial intestinal flora.



- ◆ One of the great benefits of using the GNLD Allium Complex is that it does not give you garlic breath yet assures delivery of allicin.
- ◆ The product contains the benefits of garlic, onion, chive and leek.
- ◆ Each dose is standardized to deliver 4.2 milligrams of allicin.
- ◆ A diversity of sulfur compounds works synergistically to help the body detoxify. Targeted delivery sends allicin to intestines.
- ◆ Contains rosemary, a powerful antioxidant and synergistic factor.