

Image Awareness Healthletter

Image Awareness Corp.

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Manic Depression (Bipolar Disorder) and Salmon Oil



A recent study reported by Tufts University suggests that omega-3 fatty acids may benefit the two million Americans who suffer from bipolar disorder. People with this problem cycle between episodes of debilitating depression and manic phases where they are on energy overdrive.

Researchers at Harvard University gave subjects 10 grams of omega-3s per day—a substantial amount of the fats. “After four months they performed better on almost every form of psychological test they underwent than subjects in a control group who had been given olive oil instead. For instance, their depression was less intense, they slept better, and they had lower levels of agitation and aggression.”

Andrew Stoll, M.D., one of the researchers said, “The effects of the fish oil were very strong.”

It would not really be surprising if fish oils had significant effects on a

wide variety of mental disorders. The DHA found in large quantities in Salmon Oil (nature’s best source) is the primary building block of brain and nerve cells. As we build healthier nerve and brain cells, it should not be surprising that these structures function more normally and effectively.

GNLD Salmon Oil is a unique



product of very high quality. Tests done on it have demonstrated high levels of EPA and DHA. Competitive products were shown in a study by Tufts to average only 38% of the EPA listed on the label and 85% of the DHA listed on the label. GNLD omega-3 products are also routinely tested for pesticide and other toxic residues which can accumulate in fish and other fatty foods. Researchers were surprised that there were no detectable residues of DDT or other pollutants which are almost everywhere in

the environment. GNLD Salmon Oil comes from fish out of the Arctic Circle.

Clinical pearl: The amounts of omega-3 fish oils used in this study were quite large. Remember that poor quality fats interfere with the effectiveness of the fish oils in the diet. Improvements are quite likely with lower quantities of fish oils if refined sugar and junk fats in the diet are reduced. Increased intake of Vitamin E is recommended with Salmon Oil supplementation.

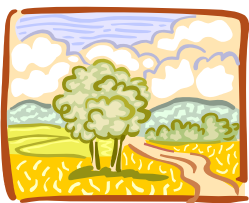
Tufts University Health & Nutrition Letter, August 1999, p. 2

Tufts University Health & Nutrition Letter, January 1988

At a recent meeting in San Diego, I had the chance to discuss genetic engineering with John

A Qualitative Difference in Protein

Miller. He told me that the company is carefully following the development of this technology and has committed itself to not incorporating altered



Schedule of Events



Mark your calendar with these special dates and events coming in the months ahead.

Conference Calls...

GNLD is continuing its conference calls to provide up-to-date product information. All calls are Pacific Standard Time. The number to dial is **913-981-5507**. Plan to call 5 minutes before the scheduled time, and have your pen and paper ready to take notes!

The information on upcoming calls

is as follows:

Don Lawson: Product education.
September 9 @ 5:30 p.m.
October 14 @ 5:30 p.m.

....and Seminars

Vacaville

October 16, 9:00 a.m. to noon, at the Eulatic Community Center at the Monte Vista exit (across from the outlets in Vacaville.) Jim will be one of the featured speakers at this business/product info event. It will be a great time to learn, to share, and build your business.

Product Training

September 27, October 12 & 19

A product training seminar at 1271 High Street in Auburn from 7-9 p.m. Special emphasis on the new herbal products will be the focus of the September 27th meeting.

Professional Seminar

October 4

A special in-depth seminar for professionals, from 10:00 a.m. – 2:00 p.m., at 1271 High Street. Cost is \$95 and includes syllabus.

“Your Health is in Your Hands” Seminar

September 18 and October 30

Prepare yourself for the new updated version on this seminar. Now in Powerpoint format with the latest information. Time: 9:00 a.m. – 1:00 p.m. on September 18 at 1271 High Street. Attendance by registration only! For information or reservations call (530) 823-7092. Distributor’s cost is \$35.00 (including syllabus), \$60.00 for all others. (\$15 without syllabus)

DNA into its products. He gave the following example:

Soy is one of the most frequently genetically engineered foods we eat. Monsanto has incorporated a gene from the petunia which confers herbicide resistance to the soybean. This is called a “Roundup Ready” soy. The soybean naturally has little resistance to herbicides—meaning that these products can not be used on soy. (This decreases agricultural pollu-

tion, but also decreases profits of herbicide producers.)

To identify if the soy is “Roundup Ready” another gene is also spliced into the soybean. This is a gene for antibiotic resistance. It is a matter of serious scientific concern that this antibiotic resistant gene could be passed on to the bacteria in your gut if you eat this type of soy. As a consequence, should you require an antibiotic—it might not work! Monsanto looks for the antibiotic resistance in the soy they work with. GNLD conducts the same tests and looks for the absence of antibiotic resistance in the soy that they use in the protein products. They have also notified suppliers that there is a market for the product which has not been genetically engineered.

How nice to work with a company that does things right and

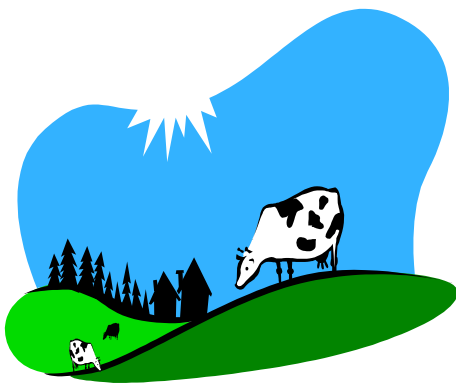
uses a little common sense. We do not yet know what the safety, or lack of safety is with regard to genetically engineered foods.

The Weak Adrenal and its Consequences

The adrenal glands are two pancake shaped organs which sit on top of the kidneys which are critical in the ability of the body to cope with stress. It is generally recognized that thyroid function may be low, but the possibility of weak adrenal function is rarely acknowledged by the medical profession. This was not so a generation ago, nor is this true in other parts of the world.

Adrenal function plays a key role in blood pressure. A low blood pressure (100/60 or below) may be a clue





orange pulp, grape pulp and other industrial by-products, field-dried alfalfa and grain....From this information, it appears logical to assume that dietary factors not only influence the potency of adrenal glands, but also influence the nutritive quality of cow's milk."

If eating fresh foods made such a difference in the health of the adrenals of cattle, one might suspect that eating a diet of fresh, wholesome foods may be the first step toward rebuilding an exhausted adrenal. This diet can be further supported by restricting emotional stress, caffeine and sugar—major stressors. Licorice and salt also support adrenal function. The best salt to use would be sea salt, "real salt," or some other quality salt. GNLD's new Optimal Life Formula contains a licorice concentrate (5 to 1).

Many nutrients support adrenal function as well. Vitamin C and B Complex are particularly important for the adrenal—vitamin C and B5 (pantothenic acid) actually concentrate in the adrenal glands. The grain oil extracts found in Tre-en-en, Formula IV and Formula IV Plus also support adrenal function in a dramatic way when fed to animals. The adrenals of rats given tre-en-en actually weighed 175% more than the adrenals of animals given fortified diets without the addition of the grain oils. This reflects healthier organs with greater reserve capacity and functioning capability.

Pottenger, Francis M., Jr., *Pottenger's Cats: a Study in Nutrition*, La Mesa, Ca.: Price Pottenger Nutrition Foundation, 1983, p. 18.

Wright, Jonathan, "Hypoadrenalism," *Dr. Jonathan Wright's Nutrition & Healing*, April 1999, p. 1.

that the adrenal is not working optimally. Lack of adrenal function can result in fatigue, lack of energy, fainting or dizzy spells—especially when standing up rapidly (postural hypotension), intolerance to heat or cold, intolerance to exercise, nervousness, irritability, and susceptibility to allergies.

Medically, low adrenal function in the past was treated with adrenal cortical extract which the FDA banned in the 1970's and again in 1998. Cortisol and DHEA have also been used.

There are more natural approaches to support of the adrenal. Francis M. Pottenger, Jr. demonstrated long ago that fresh foods result in healthier adrenals than do dry processed foods:

"In the course of producing and marketing adrenal cortical extracts, we began noting that the adrenal glands being used differed greatly in their potency. Seeking an explanation for this, we discovered that the glands of the highest potency came from cows and steers slaughtered in Denver and those of the lowest potency came from cows and steers slaughtered in the Los Angeles area. Tracing this back, we learned that Denver animals were pastured on young, rapid growing range grasses while the Los Angeles animals were fed mostly dry feed consisting of molasses, cotton seed meal, beet pulp,

Question: Why are there so many different types of Vitamin B?

Answer: Initially vitamins were divided into two groups—the fat soluble A's and the water soluble B's. The fat soluble nutrients later came to include A, D, E, K and carotenoids. The water soluble nutrients were frequently given numbers and the "B" nomenclature stuck. Thus we have B1 (thiamine), B2 (riboflavin), B3 (niacin and niacinamide—buffered to prevent the "flush"), B5 (pantothenic acid), B6 (pyridoxine), B12 (cyanocobalamin), biotin and folic acid.

GNLD B vitamins are in the form of "biologically bound yeast." What this means is that the company grows a special form of yeast and nutritionally feeds it with B vitamins. These nutrients then become incorporated into the living matrix of the yeast plant. When you supplement with these nutrients, the B vitamins are not there by themselves. They are accompanied by amino acids and minerals which naturally accompany these nutrients in nature. This is one of the reasons why GNLD B vitamin formulations work better than other synthetic formulations.

