

Image Awareness Healthletter



The GR² Control Program

Visit: www.gr2control.com

April 2001

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Tools Available with the GR2 Program include the following:

Enjoy/Avoid Booklet

The Enjoy/Avoid Booklet is a result of GNLD's three years of testing as well as other scientific research showing that some foods increase insulin production, while other foods do not. Avoiding insulin producing foods makes weight loss or control much easier.

This little booklet gives specific advice on beverages, dairy, breads and cereals, fruit, protein, starchy foods, vegetables, condiments, sweets and treats.



Weight Loss Tracker

The Weight Loss Tracker is designed to serve as a reminder of some of the more important parts of the program. For example, exercise is extremely helpful with weight loss. The tracker has space to record weight loss goals for a week and then to track activities on a daily basis.

Twenty minutes of physical activity a day would be a good target for weight control.

Another very important part of the program is regular eating. This sounds strange for a diet program. GNLD's insulin studies showed that five meals a day were most effective for the majority of people when attempts were being made to bring down insulin production.

Too few meals during the day allowed blood sugar levels to fall increasing appetite, causing overeating, raising insulin levels and unravelling an effective weight control program.

GR2 Control is built around 5 (count them "five") meals a day. These meals consist of two shakes, two mini-meals, and one main meal.

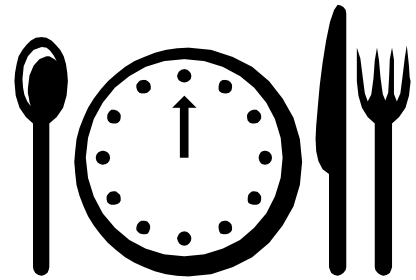
Remember that calories consumed early in the day are very easily burned, while those consumed at night are not. A study conducted at U.C. Berkley a number of years ago put people on diets of 2,000 calories a day. Those who consumed most of their calories in the morning lost weight. Most of those who consumed the calories in the evening remained the same or gained weight.

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GR² Control Meal Planner

The Meal Planner is produced by your friendly folks at Image Awareness to make meal planning for GR² easy. It contains a shopping list and

menus for mini-meals and main meals for a week. The booklet also contains valuable tips.



GR2 Success Guide

The Success Guide is a handy little booklet produced by GNLD which provides in depth information on weight and how we gain and lose weight. It then explains how to take control of one's weight.

This booklet has special sections on the importance of drinking enough water and the necessity of adequate exercise for a successful weight loss program.

There is a section on staying focused which discusses breaking through plateau. Another section tells us how to enjoy our food and plan meals. The booklet concludes with secrets for maintaining your success.

The GR2 Control Kit

GNLD has a starter kit for the weight control program. This includes most of the items we have discussed and a few others.

You will find a tape measure-- you will need it because inches

change even more rapidly than weight. There is also a shaker so you can mix your product anywhere. Two plastic vials allow you to carry your day's supply of the meal replacement shake with you. A handy carrying case allows you to fit all the essentials in a tiny space and carry it with you for convenience.

Lucille's Corner

I would like to include in this newsletter one of my favorite bits of inspiration which was framed and given to me years ago. I am seeing that those working with me on weight loss get a copy:

A New Day

This is the beginning of a new day. God has given me this day to use as I will. I can waste it or use it for good.

What I do today is very important because I am exchanging a day of my life for it.

When tomorrow comes, this day will be gone forever, leaving something in its place I have traded for it.

I want it to be gain, not loss...good, not evil...success, not failure...in order that I shall not forget the price I paid for it.

GR² Beverage Tip

Adding a small amount of good bread to the GR2 beverage when mixing it in the blender will give it the consistency of a milk shake.

The little bit of extra carbohydrate involved may help some people with more weight to lose feel fuller and last longer between meals than when consuming the beverage by itself.

A little bit of bread between meals can help prevent dips in blood sugar. This keeps one less hungry and decreases the tendency to overeat when meals are consumed. Remember: the name of the game is keeping insulin low.



Weight Control That Works

I was not terribly excited about a weight loss program until I received a group of pictures from Mike Walters taken at the seminars in November with Dr. Furst. My half length mirror at home did not show what the camera did.

In shock, a real desire to get rid of that excessive fat became very motivating. With the experience of being on the program, I have a great deal to share and a great commitment to do so.

Self-discipline really begins to take place with this program. I found the great audiotape included with the program package very helpful.

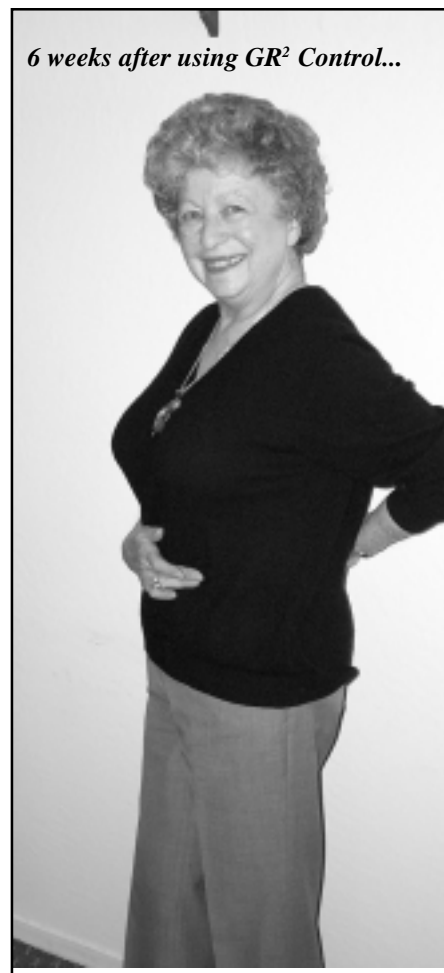
I was surprised at how filling the program was and how inches seemed to melt away as I ate my five meals a day. Energy was up and weight was down and it was not a lot of work.

It was not long before the changes were obvious. You can see them yourself by looking at the before and after pictures on this page. I now have to go out and get a new wardrobe.

Jim's Comment

I tried the product as well. A three week trial resulted in a weight loss

6 weeks after using GR² Control...



of 10 pounds and 3% body fat. I noticed that my energy was good on the product and that it actually seemed to reduce the appetite for sweets. The taste is superb.

I was surprised that I could lose weight just by using the tablets and drink as a replacement for dinner. It was very convenient to have a quick meal which I knew would meet my nutritional needs. I could work all day, run home and grab a drink, then out the door for my evening classes on computers.

The Perfect Complement

The new GR2 Control is a perfect complement to the GNLD Nutriance line. We can now share with people how to enjoy a healthy body and beautiful skin. Contact us if you would like to learn how to share with others the secrets to a beautiful face and figure.