

Image Awareness Healthletter



Glycemic Response² Control

Web Site: www.imageawareness.com

July 2001

Image Awareness International 1271 High Street Auburn, Ca 95603

Phone (530)823-7092 Order (800) 359-6091 Email jmcafee@wizwire.com



The Mailbag

GR² Results

July 17, 2001

I have had ongoing health problems for years. Recently I had been suffering from a knee injury and some kind of physical disturbance, which was creating pain in both knees and legs so I was not walking well and could not bend down. I had huge water retention and ongoing weight gain with no change in diet. (I had gained 40 pounds.) I often felt like I was dying. There was tons of joint pain and I often felt depressed. Exercise provided no benefit even though I exercised through it all.

Other diets I had tried to boost my metabolism just caused my heart to react. I have mitral valve (prolapse) and the diets would create problems for the condition and I would wind up flat on my back with an imbalance in my heart and abnormal heartbeat. I was not eating much. My me-

tabolism and hormones were going crazy because of the change of life.

I had known about the diet program but finances kept me from trying it for a while. I trusted that GNLD would not affect my heart and was sound nutritionally so I eventually saved up to try it out of desperation. Within days, after starting it my knee pain went completely away. Within the first week, all of my other aches and pains went away. I felt like a huge weight had been lifted off my back. My spirits became bright again. My energy came back. Within the first week, I lost five pounds and continue to lose weekly!

I have found the program incredibly simple for my fast paced lifestyle. It is great to hear all the compliments and to be fitting in clothes I had not worn in over two years. I think the most impressive thing about the diet is that it took away all of my cravings for sweets and rekindled my desire for health foods again. It also gave me an awareness of the value of eating smaller portions.

Thanks GNLD for saving my life, and thanks to the Lord for GNLD,

Mary

Jim's Note: *One of the remarkable things about the GR² Control is how good users feel on the product. Reducing insulin levels and stabilizing blood sugar offers a wide spectrum of benefits which can include reduction in blood pressure, improved ability to think and reason, reduced inflammatory tendencies, and weight loss.*



Aloe Vera Drink Results

July 20, 2001

My husband suffered for 27 years with chronic acid reflux and constant stomach problems. Some times he could not go to work he

In This Issue

GR² Results	1
Aloe Vera Results	1
More Youthful	2
Tartar and Enzymes	2
Enzymes and Obesity ...	2
.....	3
.....	4
.....	4
.....	insert

was hurting so bad. About six weeks ago, he decided to try the Aloe Vera Plus in the office. It brought instant relief. He only had to use it 3 times. He has never had a problem again. That is what is really exciting.

My husband is also using a number of other products as he has a chronic viral infection with hepatitis C. He is feeling incredibly better. Prior to starting these things he had no energy, felt blah all the time, he would just lay there and not be able to do anything. We have done a lot of things since he got on the vitamins. He also had trouble concentrating. Now his thinking and attitudes are much improved. He is much easier to live with now. Life is so much better.

I also gave some of the Aloe Vera Plus to my niece who also had ulcers. I put a small amount in a cup and she had the same results. She is doing really well with the product.

Dorothy

Jim's Note: *This is truly a remarkable story. It is not unique however. I have read and heard numerous remarkable testimonies on the benefits of aloe.*



Better at 65 than 45

I started taking GNLD seriously on 3-27-01. I try to walk at

least 4 1/2 miles a day. When I started walking, it took me close to 1 hour and 40 minutes to complete the walk. Now on a good day, I can complete it in 1 hour and 10 minutes.

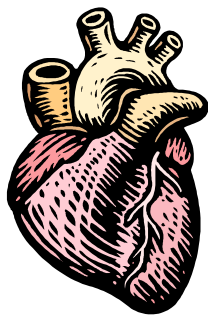
I honestly feel better at 65 years of age than I did at 45 years of age.

Sincerely,
Stephen

Mineral Deposits on the Teeth (Tartar)

Mineral deposits on the teeth are not only irritating, but they can also be reflective of underlying metabolic disorders which increase risk of disease.

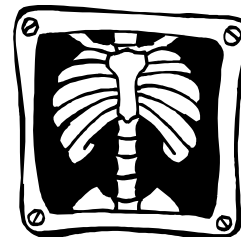
Periodontal disease begins with the buildup of sticky plaque on the teeth. This is followed by the formation of tartar at the tooth and gum line. "Tartar is the hard mineral formation that attaches to the tooth when various minerals precipitate from saliva." Bacteria hide in these deposits irritating and inflaming the gums. Gum deterioration proceeds from this point.¹



Heart Disease

Periodontal disease has recently been linked to an in-

creased risk of having a heart attack. Those with gum problems had a 78% higher risk of heart attack, in one recent study.¹ Others have suggested a link between gum disease and heart attack risk.²



Osteoporosis

More recent studies indicate that gum disease also increases the risk of osteoporosis. It makes sense that if gum disease is associated with an overly acid system, it would increase the loss of bone.

Research suggests that alkaline diet preserves bone, and acid diet promotes bone loss. Waters was the first to note that fat digestion may play a role in whether the body can effectively buffer acids found in both foods and also as the result of the normal functioning of body chemistry.

Fat Digestion

Why does one individual have a tendency to form mineral deposits on the teeth, while another does not. The answer to this question was suggested by John E. Waters, D.D.S. many years ago.

Waters found that those with an inability to digest fats tended to have a change in the pH of the saliva resulting in precipitation of minerals onto the teeth. Wa-

ters believed that this overly acid condition of the tissues resulting from inability to digest fats contributed to malignancies and degenerative diseases.³

Waters solution was the use of digestive aids with meals which contained ox bile. He believed that fats contain buffering compounds which enable the blood to maintain the proper pH. This in turn normalizes the saliva and prevents the buildup of minerals on the teeth. He observed as much as a 90% reduction in the amount of mineral deposits on the teeth after the addition of supplements which aid in the digestion of fats.³

The GNLD product line contains two supplements which aid in the breakdown of fats: Lipotropic Adjunct and Enzyme Digestive Aid.

The GNLD Enzyme Digestive Aid contains not only ox bile which Waters found most effective, but also lipases. Lipases are powerful enzymes with no other purpose than to aid in the breakdown of fat.

Need for enzymes will vary, but 2-4 tablets per meal is often adequate.

Other nutrients

Other nutrients may also benefit gum disease. Antioxidants appear to be very important. Zinc deficiency can also play a role.

References:

1. Williams, David G., "Take a Bite Out of Heart Disease," *Health and Healing Wisdom: The PPNF Journal*, Price Pottenger Nutrition Foundation, Summer 2001, p. 4.

2. Gillum, Richard F., "Dental Disease and Coronary Artery Disease,"

American Heart Journal, December 1994;1267.

3. Waters, Hohn E., "Correctable Systematic Disorders Indicated by Presence of Salivary Calculus, Price Pottenger Nutrition Foundation, P. O. Box 2614, La Mesa, Ca 91943-2614.

4. Mohammad, Abdel Rahim, D.D.S., MS, et al, "Osteoporosis and Periodontal Disease: A Review," *California Dental Association Journal*, March 1994;69-75.

5. Firatli, E., et al, "Antioxidative Activities of Some Chemotherapeutics. A Possible Mechanism in Reducing Gingival Inflammation," *Journal of Clinical Periodontology*, 1994; 21: 680-683.

6. "Zinc in Etiology of Periodontal Disease", Polenik, P., *Medical Hypotheses*, 1993; 40: 182-185.



Enzymes and Weight Loss

"Dr. Neil Solomon, Secretary of Health and Mental Hygiene for the State of Maryland, examined more than a thousand obese patients over an eight-year period. He found that 96 percent showed some inability to digest certain types of foods; 37 percent were not metabolizing glucose properly; 28 percent had difficulty with protein metabolism; 73 percent had fat metabolism problems and 18 percent had an abnormal basal metabolism--all conditions that are rarely found in the person whose weight is normal."

This is the quote Cheraskin and Ringsdorf use to begin a discussion of weight loss and the physical and psychological consequences of unbalanced weight loss programs.

They note that within 3 months women on unhealthy diets began to quarrel endlessly with one another, experienced feelings of anxiety, persecution, panic, and hostility. They became clumsy and memory became faulty.¹

Deficiency of enzymes can result from excessive cooked foods in the diet. Edward Howell wrote, "When there are no food enzymes in the food you eat to predigest it, your pancreas must enlarge to give out more internal enzymes to do the job." Howell noted that the pancreas of a laboratory rat given cooked foods came to weigh 2 1/2 times as much as the pancreas of a wild rat. He suggests that this enlargement robs the body of metabolic enzymes in order to accomplish the feat of digestion of cooked foods.²

John Douglas was a physician who specialized in the treatment of diabetes with raw foods. In one experiment he fed 32 patients for 6.7 months an average of 62% of calories raw food. Mean diastolic blood pressure was reduced by 17.8 mm Hg. There was a mean weight loss of 3.8 Kg and 80% of those who smoked or drank alcohol abstained spontaneously.³

William Philpott records some stunning research he conducted on diabetics. He supplemented them with amino acids and pancreatic enzymes and found that diabetic responses would often disappear. The enzymes seemed to help regulate insulin production.⁴

Numerous writers have noted an association between abnormally high insulin and obesity. Eades writes, "Although it's almost always attributed to excess calories, obesity is more related

Image Awareness Corporation
1271 High Street
Auburn, Ca. 95603

Visit our web site at
www.imageawareness.com

to the multifaceted actions of insulin and glucagon on the storage of fat.”⁵

Enzyme supplementation appears to be of value for those who eat an overly processed diet, those who have been through repeated dieting with unbalanced nutrient intake, and those with pancreases which do not function optimally.

References

1. Cheraskin, E., Ringsdorf, W.M., and Brecher, Arline, *Psychodietetics*, New York: Bantam Books, 1976, pp. 28-30.
2. Howell, Edward, *Enzyme Nutrition: The Food Enzyme Concept*, Wayne, New Jersey: The Avery Publishing Group, 1985, p.80-82.
3. Douglas, J. et al., “Effects of a raw food diet on hypertension and obesity,” *South Med J* 78 (7): 841, 1985.
4. Philpott, William, H. and Kalita, Dwight K., *Victory Over Diabetes*, New Canaan, Conn.: Keats Publishing, 1983, p. 56-79.
5. Eades, Michael, and Eades, Mary Dan, *Protein Power*, New York: Bantam Books, 1996, p. 49.

Humor

Q: Why did the skeleton cross the road?

A: *To get to the body shop on the other side!*

Q: What do you give a sick canary?

A: *Tweetment!*

Q: What did one candle say to the

other candle?

A: *Would you like to go out with me?*

Q: What do you get when you cut a banana in half?

A: *A banana split!*

Q: A man who worked in a butcher's shop was 6 feet tall, had red hair and wore size 11 shoes. What did he weigh?

A: *Meat of course!*

Q: What did the hungry computer eat?

A: *Chips, one byte at a time.*

True Story

A man goes to a party and has too much to drink. His friends plead with him to let them take him home. He says no - he only lives a mile away.

About five blocks from the party the police pull him over for weaving and ask him to get out of the car and walk the line. Just as he starts, the police radio blares out a notice of a robbery taking place in a house just a block away. The police tell the party animal to stay put, they will be right back - and they run down the street to the robbery.

The guy waits and waits and finally decides to drive home. When he gets there, he tells his wife he is going to bed, and to tell anyone who might come looking for him that he has the flu and has been in bed all day.

A few hours later the police knock on the door. They ask if Mr. X lives there

and his wife says yes. They ask to see him and she replies that he is in bed with the flu and has been so all day.

The police have his driver's license. They ask to see his car and she asks why. They insist on seeing his car, so she takes them to the garage and opens the door where they find: the police car, lights still flashing.

This true story was told by the driver at his first AA meeting, according to the newspaper account.

Talk With the Devil

The Devil walked into a crowded bar. When the people saw who it was, they all ran out except this one old man. So the devil walked up to him and said, “Do you know who I am?” The old man sipped his beer and answered “yep.”

The Devil said “Well, why aren't you afraid of me?”

The old man looked over and said “I've been married to your sister for 27 years, why the hell should I be scared of you.”

