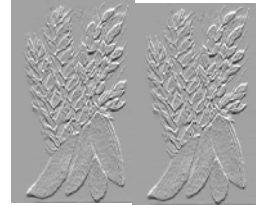


Image Awareness Healthletter

Image Awareness Corp.

June/July 2003



Long Term Benefits of Good Nutrition

The greatest benefit of nutrition results from a generous intake of adequate quantities of nutrients at a young age. Years of good nutrition from childhood on offer the promise of superior intellectual and physical development throughout life.

This truth reasserted itself to me as I read in the newspaper of the achievements of my sister's five children. My mother had three children. Our nutrition was generally poor, although we were lucky enough to grow up on a farm with fresh milk and eggs which made a substantial contribution to good nutrition.

My sister, however, has assured the good nutrition of her children from the time of birth. The children were all breast fed. Supplementation with Liqui-Vite and Cod Liver Oil began within the first year of life. These children are robust. They are all on the local swim team and one will find them swimming even during the cold winter days.

In a recent swim meet all five children placed first. I have included the amazing newspaper testimony to the results of quality supplementation throughout life. A summary of the key points is below:

"...Stephen Brocker triumphed in the 50 free and 50 butterfly."

"David Brocker took first place in the 100 free and second in the 50 backstroke."

"Monroe, Richards, Stephen Brocker and Troy Collins took first place in the 200 relays."

"John Brocker and Joel Williams placed 1-2 in the 100 free..."

"Patton, Ellner, Buck and Brocker were

combined to win the 200 medley and 200 free relays."

"In the girls 7-8 age group, Anna-Marie Brocker won the 25 back and 25 fly..."

"For the girls 6-and-under-girls, Micah Brocker took first place in both the 25 breast-stroke and 25 fly..."

One might think that such a day was just the luck of the draw, but these results are not unusual for this family. GNLD research demonstrated long ago that rats fed the grain and legume oil extracts found in Formula IV Plus experienced several changes in physiology.

First, overall growth and development were superior to animals not given the tre-en-en concentrates. There was every indication that muscle, brain and nerves experienced superior development.

Second, cardiovascular development was superior. These animals had big hearts.

Finally, nutrient utilization increased by 50%. In other words, the ability to use the nutrients in foods increased dramatically. (Continued on page 3)



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• This newsletter is written to provide information and should not be used as a substitute for the recommendations of your medical doctor. The reader is urged to review this information with a qualified health professional because each individual and medical situation are unique. You should not consider this information the practice of medicine or to replace consultation with a physician or other qualified healthcare provider.

Robalos rack up wins in season opener

Special to the Journal

The Auburn Robalos swim team opened its season magnificently Saturday, defeating visiting Orangevale 1,805-1,245 at Marsha Skinner Memorial Sierra Pool.

In the girls 15-18 age group, Jill Monroe took first place in the 100-yard individual medley and 50 backstroke. Jessica Wagner won the 50 free and 100 free. Kaitlin Brown took first place in the 50 breaststroke. Monroe, Wagner, Brown and Ashley Leeds won the 200 medley relay, while Mallory Barker, Leigh Ann Boswell, Alaina Stoltenburg and Vickie Nemes took the 200 free relay.

In the boys 15-18 age group, Brian Richards took first place in the 100 IM and 50 breaststroke, while Stephen Broucker triumphed in the 50 free and 50 butterfly. David Broucker took first place in the 100 free and second in the 50 backstroke, while Scott Monroe took first place in the 50 back and second in the 100 IM.

Monroe, Richards, Stephen Broucker and Troy Collins took first place in the 200 relays.

In the girls 13-14 age group, Mandy Wagner won the 50 and 100 frees, while Jessica Bonner placed first in the 50 breaststroke and second in the 50 free, Jamie Leeds ruled the 100 IM, Elise Ramirez the 50 breaststroke and Chantelle Pellow the 50 fly. Wagner, Leeds, Pellow and Jillian Ferretti won both relays.

The 13-14 boys saw Tyler Bonner and Caleb Solomon finish first and second in the

100 IM. Solomon also won the 50 breaststroke, while Matt Shadel captured the 100 free and was third the 50 free.

Also winning were Daniel Carter in the 50 back, Jeff Monroe in the 50 fly, and Bonner, Solomon, Monroe and Shadel in both 200 relays.

Winning in the girls 11-12 age group were Alena Brahce in the 100 free and 50 fly and Emily Carpenter in the 50 breaststroke, while Katie Worland and Danielle Ferretti took second and third place in the 50 free.

Youth Swimming

Brahce, Carpenter, Laurel Odom and Hannah Harrison teamed to win the 200 medley relay. Natalie Collins, Amelia Arnold, Kaleigh McFarland and Ferretti were first in the 200 free relay.

In the boys 11-12 age group, John Broucker, Evan Buck and Nick Ellner swept the top three spots in the 100 IM. Drew Bischel won the 50 free, while Jeffrey Patton and Daniel Ragusano placed first and second, respectively, in the 50 back.

John Broucker and Joel Williams placed 1-2 in the 100 free, while Buck and Preston Melbourne-Weaver took first and second place, respectively, in the 50 fly. Patton, Ellner, Buck and Broucker were combined to win the 200 medley and 200 free relays.

In the girls 9-10 age group, Linda Deshane took first place in the 100 IM and the 50 fly, and Julie Miller won the 25 free. Lauren Anderson and

Jaclyn Berube placed 1-2 in the 25 back. Deshane, Anderson, Charla Wenger and Kathryn Goodrich won the 100 medley relay. The 9-10 girls also won the 200 free relay with Deshane, Wenger, Anderson and Sondra Daugherty.

In the boys 9-10 age group, Nathan Bonner took first in the 100 IM and 25 back. Other victories came from Blake Pellow in the 25 free, Jerry Harrington in the 25 breaststroke and Michael Brand in the 25 fly. Bonner, Harrington, Brand and Pellow won the 100 medley relay, while Bonner, Pellow, Kevin Roy and Dylan Day won the 200 free relay.

In the girls 7-8 age group, Anna-Marie Broucker won the 25 back and 25 fly, while Christina Hubbard and Anna Solomon were first and third, respectively, in the 25 free.

In the 50 free, Carly Huston, Devin McFarland and Kylie Kirkland placed first, second and third. Solomon, Hubbard, Broucker and Huston teamed to win both 100 relays.

The boys 7-8 age group saw Brian Berube and Max Fefer place 1-2 in the 50 free, and Brent Wenger take the 25 fly and place second in the 25 back. The Robalos placed second and third in the 100 free relay.

For the girls 6-and-under-girls, Micah Broucker took first place in both the 25 breaststroke and 25 fly, Savonna Meidinger place second in the 25 free and 25 fly, and Michaela Collins place third in the 25 free and second in the 25 back. For the boys 6-and-unders, Marty Allgeier placed third in the 25 back.

In the News

Other research has shown that the tre-en-en oils support both glandular function and also cell membrane function. These are the sites where much of our nutrition tends to get bottlenecked.

These kinds of benefits from GNLD supplementation are not unique to the McAfee/Brocker family. Many of our customers report remarkable improvements in the health of their children with supplementation (See Isabel's Story). I will never forget one newspaper clipping a customer gave me. It showed her daughter in the middle of a gymnastic flip where she was completely upside down in midair. The mother included a note saying that she contributed a good deal of her daughter's remarkable athletic prowess to years of GNLD supplementation. The feat pictured in the photo was something almost impossible to do.

GNLD supplements for children include Liqui-Vite for infants who can not swallow and Vita-Square for children who can chew. Both of these products contain GNLD's exclusive grain and legume extracts which confer a world of benefits. As children enter the teen years they should begin using Formula IV Plus since they benefit from a higher intake of the grain and legume extracts as they enter puberty.



Hormones Dangerous for the Minds of Older Women

I have long felt that the use of artificial hormones during and after menopause created substantial risk for women. On May 28, 2003 the *Journal of the American Medical Association* published a paper suggesting that "women who take hormones for years run a higher risk of Alzheimer's or other types of dementia." This study turns upside down what doctors have long believed about hormone supplementation. Dr. Robert Blaskiewicz, a Saint Louis University professor said, " 'It's another nail in the coffin' for the use of hormones during and after menopause."

Women who took these medications for longer than four years doubled their risk of developing Alzheimer's or other forms of dementia. The hormones also did nothing to prevent mental decline.

It was interesting to me that the hormones given these women were referred to in the news report as "supplements." That does sound more natural does it not?

There was no effort to measure natural hormones here. The women were given progestins, a synthetic form of progesterone.

This is not the first negative news on hormone replacement therapy. In the summer of 2002 a government study showed that those who used hormone replacement therapy had increased risk of breast cancer, heart attacks and strokes.

Synthetic hormones are probably not safe for women at any age. Years ago Ellen Grant wrote a book called *The Bitter Pill*. Grant was a physician involved with the introduction of the birth control pill into Great Britain. In the beginning she was all for it. Bitter

experience taught her that there was no combination of hormones which would not present a "bitter" problem for a certain percentage of the women who used it. These recent studies simply support Grant's observations.

Tanner, Lindsey, "Study: Hormones may be dangerous to older women's minds," *Auburn Journal*, May 28, 2003, p. A3.

What About Natural Hormones?

Are natural hormones equally dangerous. Apparently not. Henry Lemon, M.D., observed many years ago that estrone and estradiol increased the risk of breast cancer in women while estriol prevented it. Under normal circumstances most of the estrogen in a woman's body is estriol. The common form of estrogen supplementation in Europe is estriol. Unfortunately, when physicians in the United States give a woman estrogen they tend to use estradiol, the most powerful and carcinogenic of the estrogens.

Estriol levels climb many fold during pregnancy and remain higher after the birth of a child. This may explain why pregnancy is a protector from breast cancer. One study found that the women who produced the most estriol during pregnancy had a 58% lower breast cancer risk over the next 30-40 years!

Lemon gave women with untreatable breast cancer estriol therapy and 40% of the women experienced remission. Estriol has been shown to enhance the ability of the white blood cells to fight and destroy viruses, bacteria, and cancer cells.

Many American physicians would argue that estriol is not strong enough to treat hot flashes. Studies conducted in Japan found that estriol helped 85% of the women who tried it.

Estriol is normally produced in the



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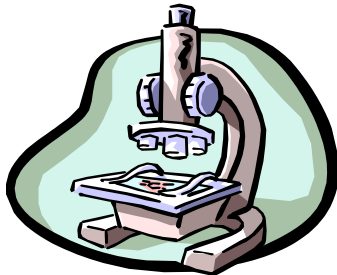
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human body. Production of estriol is facilitated by generous intake of the B complex vitamins and the essential oils in wheat, rice, and soy (tre-en-en). Menopausal symptoms sometimes improve simply by adding a Stress 30 to the diet. This multiple has large quantities of the B complex. B vitamins are essential for properly metabolizing hormones.

Lemon, Henry, "Reduced estriol excretion in patients with breast cancer prior to endocrine therapy, *JAMA*, June 27, 1966, p. 112-20.

Wright, Jonathan, "Beyond hot flashes: How the right forms of estrogen may help fight cancer, MS and more," *Nutrition and Healing*, June 2003.



New Rules for Blood Pressure

The government recently issued a warning that blood pressure levels once considered normal increase the risk of heart attack and stroke. The

government is suggesting a new category for heart disease risk called "Prehypertension." This would be blood pressure between 120 and 139 for systolic and 80-89 for diastolic.

Blood pressure is elevated by high intake of sugar and carbohydrates. Insulin, secreted when carbohydrates are consumed, is well known to contribute to hypertension. GNLD's GR² Control program is very helpful in controlling the release of insulin and should be helpful for those with a tendency to have elevated insulin. Exercise helps lower blood pressure, perhaps because it lowers insulin levels and blood sugar.

Nutritional measures which help prevent high blood pressure include not only avoiding sugar and salt, but also obtaining essential nutrients in the diet including those found in Salmon Oil and Chelated Cal-Mag.

Winslow, Ron, "The New Rules of Blood Pressure," *Wall Street Journal*, May 15, 2003.

Magnesium & Insulin

What is called "syndrome X" or "metabolic syndrome" is a prediabetic condition. It is characterized by high blood pressure, high blood sugar, high triglyceride and high insulin levels.

A recent study found that 65.5% of those with this condition had low magnesium levels as compared to 4.9% of controls. This suggests that not only the GR² Control Program, but also a little extra Chelated Cal-Mag would be helpful. Previous studies have shown that Calcium is helpful for weight loss.

Speaking of weight loss, another recent study found that green tea, a component of the Thermogenic Enhancer in the GR2 Program, by itself reduced body weight by 4.6% and waist circumference by 4.5% over a 12 week period. The results were attributed to the ability of green tea to stimulate thermogenesis or the burning of fat. An important observation of the study was that green tea did not increase the heart rate. Products which do this have been responsible for a number of deaths among dieters.

Guerrero-Romero, F., et al., "Low serum magnesium levels and metabolic syndrome," *Acta Diabetol* 2002;39, pp. 209-213.

Chantre, P., Lairon, D., "Recent findings of green tea extract AR25 (Exolise) and its activity for treatment of obesity," *Phytomedicine* 2002; 9:3-8.

Lucille's Corner

Some of you have requested my thoughts in this corner so here goes. I hope you find these insights helpful.



String of Pearls

When an oyster has an irritation of some object it builds a secretion that in time becomes a pearl, creating a jewel of great value. It seems to me that when we human beings are wounded emotionally and in great pain we try to build a protection of insulation like the oyster. We become fearful and afraid of rejection and ingrown, perhaps even bitter and withdrawn or critical and hurtful to others. God has a better plan. If we take our burden to Him, let Him teach us how to use the experiences for growth and character. He will pierce a hole through our pearl for His spirit to work and like a golden thread will connect with others a string of infinite beauty, a divine necklace that enhances the wearers and is breathtakingly beautiful.

The Mystery and the Victory of the Soul's Journey

Each of us in life will experience great pain. When we take it to the Lord and place ourselves on the altar as a living sacrifice, He who has experienced all pains of humanity, our loving Lord, heals us and re-enters our being, transforming the pain into a tremendous force of sensitivity and power to touch others. We then become people of His Heart and Soul, committed, directed and empowered by His Love and Ten-

derness here on this troubled planet. In this supernatural way we have died to ourselves and He lives through us as our souls are transformed and our purpose for living becomes intensified. The result of this is that we can reach out and touch those around us in ways others can not. It is a bittersweet spiritual discovery that cannot be explained, only understood through the brotherhood and sisterhood of pain. God's love is a many splendored thing; it takes a Cross to provide a resurrection. One must die to enter immortality; one must die to really live. There is no spiritual growth where there is no pain.

It's the Mystery of His Victory. It's the Peace that passes all understanding. It's the Light of God in the darkness of this world. It's the transformation of our being into becoming what He calls us to be, His children, keepers of the flame.

Lucille McAfee 10/17/01

A chequer board of light and shade
And we the pieces deftly laid.
Moved and removed without a word
to say
By the same hand that board and
pieces made.

No pieces we in any fateful game,
Nor free to shift on destiny be blame,
Each soul doth tend it's own immortal
flame,
Fans it to heaven, or smothers it in
shame.

John Oxenham

Isabel's Story

I was recently going through our files and ran across the following letter. It is a reminder of how GNLD nutrition can better people's lives:

We started using Neo-Life (GNLD) in 1978. The doctors brain-damaged our son, Brian, at birth. He has cerebral Palsy, seizures, hypoglycemia and is visually impaired.

For 5 years I went from Dr. to Dr. for

help—found none. With a lot of prayer, I found GNLD. Slowly Brian started responding. He had fewer seizures, more energy, his eye sight and learning ability improved. Brian is now 25 years old, works for the school district, is very healthy and seldom has tremors.

I thank God, not only for our healthy bodies, but He provided me with a business. I was able to stay home with my 3 young children. Because of Brian's medical problems, I wasn't able to work away from home....

Love,
Maurice & Isabel

From the nutrition classics:

"In a recent psychological study, young undernourished children were compared with children whose nutrition had been superior. It was found that there were 22.6 IQ points difference in favor of the better nourished group. Every effort was made to eliminate other factors, such as differences in the intelligence of the parents. It was concluded that not only were the undernourished children retarded in intellectual development because of poor nutrition, but intellectual development was indefinitely, and presumably permanently, impaired. Some of the undernourished were tested over a period of seven years. There was no improvement."

From Williams, Roger, *Nutrition Against Disease*, New York: Pitman Publishing Corporation, 1971, p. 65.

Jim's Note: The brain is the most nutritionally sensitive part of the human body. The epidemics of retardation, depression, and senility in our society may be contributed to in major ways by the poor quality of nutrition which the brain and nervous system receive. Key nutrients for brain function include Salmon Oil, lecithin, Tre-en-en Oils, and vitamin E.

Book Review: *Tooth Truth* by Frank Jerome

This is probably the best book on dentistry I have ever read. Jerome has an excellent treatment of issues such as use of fluoride and the use of mercury amalgams.

The book goes far beyond this, however. It is an evaluation of medical practice in general. He explains how diet can damage the teeth. He also explains that when crowns are done they often so damage the teeth that the teeth die and root canals become necessary. He then discusses the problems which can develop from root canals including infections in the teeth.

The alternative to crowns is inlays

and onlays which are discussed in depth. These minimize damage to the teeth and prevent later problems.

It is rare to find a professional who has this kind of understanding of his field. Too many dentists and doctors simply develop routines as a result of their training in medical school. It is the rare individual who seeks to find out why problems develop and what can be done to prevent them.

Time spent with this book could save an individual a lot of unnecessary work and possibly prevent the development of some fairly serious health problems.

There is good evidence that poor nutrition contributes to poor teeth. One person said, "It is store bought food which has given us store bought teeth." Vitamin B6 alone was long ago shown to reduce tooth decay in children by 40%.

Roger Williams, *Nutrition Against Disease*, p. 119.



Calendar of Events

All the following seminars are all located at the Holiday Inn Express in Vacaville (off Leisure Town Road). [I-80 West take Leisure Town Rd. Exit, turn left onto Leisure Town, turn Right on Orange Dr., Turn Left on Lawrence Dr. *** I-80 East: take 505/Orange Dr. Exit, turn left on Orange Dr. and right on Lawrence Drive to Holiday Inn] . For information contact Cheryl Waits at: 707-693-9759.

Saturday, July 19

Time 10:00 a.m. registration.

Seminar 10:30-12:30 p.m.

The topic will be "*Staying Younger with Healthy Hormones: Male and Female Issues*". Panel of speakers. \$5.00 at the door.

Saturday, August 23

Time 10:00 a.m. registration.

Seminar 10:30-12:30 p.m.

The special topic will be "*A More Beautiful You*". Speaker is Jim McAfee. \$5.00 at the door.

Saturday, September 20

Time 10:00 a.m. registration.

Seminar 10:30-12:30 p.m.

The topic will be "*Healthy Children, Healthy Teens, Healthy Adults*". Speaker is Jim McAfee. \$5.00 at the door.

Saturday, October 18

Time 10:00 a.m. registration.

Seminar 10:30-12:30 p.m.

The topic will be "*Aging Younger*".

Speaker is Jim McAfee. \$5.00 at the door.

Saturday, November 15

Time 10:00 a.m. registration.

Seminar 10:30-12:30 p.m.

The topic will be "*Happy Digestion and Immune Enhancement*". Speaker is Jim McAfee. \$5.00 at the door.

Humor

The Makeover

A middle aged woman has a heart attack. While on the operating table she has a near death experience. She sees God, and asks if this is it. God says no, that she has another 30-40 years to live. She recovers, and decides to stay in the hospital and have a face lift, liposuction, breast augmentation, tummy tuck, hair dyed, etc. She figures since she's got another 30-40 years she might as well make the most of it.

She walks out of the hospital after the last operation and immediately gets hit by an ambulance. She arrives in front of God and asks, "I thought you said I had another 30 or 40 years?" God replies, "Sorry, I didn't recognize you."

Blond Diet

A blond is overweight, so her doctor puts her on a diet. "I want you to eat regularly for two days, then skip a day, and repeat this procedure for two weeks. The next time I see you, you'll have lost at least five pounds." When the blond returns, she's lost 20 pounds. "Why, that's amazing!" the doctor says. "Did you follow my instructions?" The blond nods. "I'll tell you, though, I thought I was going to drop dead on the third day." "From hunger, you mean?" asked the doctor. "No, from all that skipping!"

