

Image Awareness Wellness Center

E-HealthLetter

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Introducing New Format

This electronic communication introduces a new means of communication for those we work with who have the capability to receive electronic information.

Electronic communication makes it possible to communicate much more rapidly and inexpensively than through the mail. It also makes it possible to communicate in full color. We hope to move most of our communication in this direction.

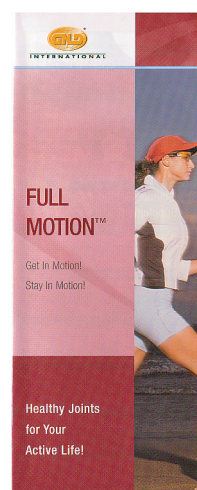
This newsletter will deal with some basic housekeeping such as making sure you know about new product introductions. Future editions will comment on nutrition in the news and current developments in the field.

Full Motion

GNLD recently introduced a new product called Full Motion. This is a very unique glucosamine product. I have worked with glucosamine products for years, but we are seeing results with this product unlike those we have seen with other products. What makes this product different and unusually effective?

- ▲ It contains the “*therapeutic dose*” of glucosamine shown to reduce pain and stiffness associated with osteoarthritis.
- ▲ This product is sulfite free reducing the risk of allergic response.
- ▲ The supplement is in the hydrochloride form improving digestion and reducing irritability to the digestive tract.
- ▲ The product contains a *regenerative mineral complex* supplying the biologically critical minerals for joint repair including boron, silica, and zinc.
- ▲ The supplement contains an *herbal comfort complex* which boosts the body’s natural anti-inflammatory capacity.
- ▲ This supplement utilizes a unique manufacturing technology with tablets that break down easily (*disintegration*), ingredients that dissolve smoothly and efficiently (*dissolution*), and active ingredients that spread widely and efficiently throughout the body (*dispersion*).

Glucosamine is an internally synthesized substance, but syn-



thesis tends to decline as we age or develop health problems. This deterioration paves the way for the wear and tear disease known as osteoarthritis.

This product does not contain chondroitin because the primary benefit appears to come from glucosamine and chondroitin benefits primarily because of its glucosamine content.

A brochure on the new product is available (Code 8437). There is also a DVD available on the Full Motion.

New Nutriance Brochure

GNLD has introduced a beautiful Nutriance brochure (code number 8487). The brochure is packed with scientific data on the skin care. For example:

- ▲ The Nutriance increases the skin’s moisture level by 80% after application.
- ▲ The product boosts antioxidant activity by 90% protecting the skin against aging.

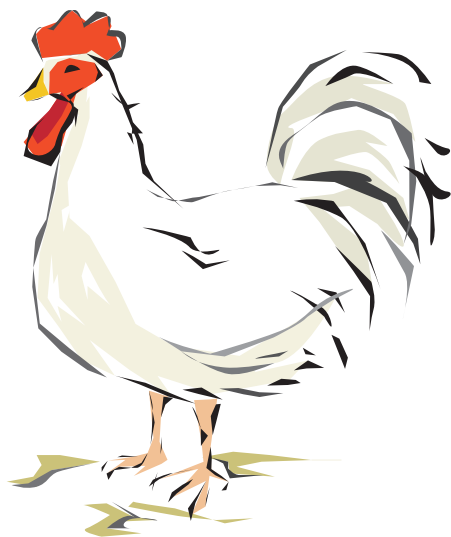
- ▲ The program reduces fine lines and wrinkles by 28% in 28 days.

Obtain a copy of the brochure for full details and try the product to experience the results!



New Product Catalog

A new product catalog was recently introduced (code 8400). Not only is it a work of art, but it provides valuable information on the products in a compact package.



The Bird Flu

I recently spent a day at a retirement home autographing my new book, *Your Body's Sign Language*. I spent quite a while talking to a man in his 80's who could remember events back to when he was 3 years old.

This individual told me that people suffered with terrible mal-

nutrition after World War I. He felt this was the primary reason why so many people died at that time. It is also true that at that time medicine did not even know that there was such a thing as viruses.

This nutritional insight on the flu epidemic of 1918 has tremendous implications for today. One would expect that if anyone would survive such an event it would be those who are well-nourished. This is good news and bad news.

We can take steps to improve our nutrition. On the other hand, most of us are the products of decades of poor diet. The stamina, vitality and immune competence of most people today is poor in many respects when compared to our ancestors. On the other hand, we have quality foods and nutritional supplements available which did not exist in 1918.

One of the keys to surviving such a challenge would be to build the immune system before exposure to the virus. Immune competence is not built in a day. It takes months and years of sound nutrition to build a robust immune competence.

Supplements useful for building immune competence include Betagard, Formula IV, Chelated Multi-Mineral, Salmon Oil, and Phytodefense.

For scientifically accurate information on vaccinations I recommend the research of Sherri Tenpenny, M.D. She is a physician who has researched vaccines thoroughly taking the time to go through all the CDC documents and she has a good grasp of both the positive and the negative that we rarely hear about--the pharmaceutical interests have no motivation or interest in disseminating information of the risks of immunizations.

Cod Liver Oil

This is the time of year to think about supplementing with Cod Liver Oil or other quality sources of vitamin A and vitamin D. There is little vitamin D formation in the skin north of San Francisco in the wintertime even if one does spend time outdoors. Vitamin D is essential for proper mineralization of bone and deficiency can contribute to weak bones.

Vitamin A is critical for immune competence, particularly when it comes to fighting off viral attack. Adequate tissue reserves have been found essential for enabling young children to survive measles. Both of these nutrients are often in short supply in modern diets.

Removal or Addition to This Newsletter

If you wish to be removed from this healthletter simply send us an email requesting to be removed. If you wish to add an email address send us the address with a request to be added.

Web Resources

www.yourbodysignlanguage.com
www.imageawareness.com

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