



IMAGE AWARENESS WELLNESS INSTITUTE

Glycemic Response Control

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OVERVIEW

The GR² Glycemic Response Control program is designed to facilitate weight loss and promote control of erratic blood sugars. The program focuses on three elements:

1. Preventing release of large quantities of insulin by increased meal frequency and meals which do not trigger insulin release.
2. Creating a sensation of fullness by increasing the bulk or fiber intake.
3. Increasing the metabolic rate through support of adrenal and thyroid function, promotion of detoxification, and exercise.

More detailed information on the GR² Glycemic Response Control program will be found at the following web location:

www.gr2control.com



HUMAN CLINICAL TRIALS

The GR² program was tested at a leading research facility to determine how it compared with other weight loss products and also with a typical American breakfast. Blood samples were taken after meals to determine the amount of insulin produced in response to products or foods. GR² Control consistently produced more stable insulin levels and lower insulin levels than all other meals or products tested.

During an 8-week weight loss trial with over 50 volunteers the group lost a total of 604 pounds in only eight weeks. One volunteer lost 37 pounds during the trial period.

Volunteers reported feeling more energetic and did not suffer with hunger during the program. Volunteers reported that the program was easy to live with on a day-to-day basis and also appreciated the variety of meal recommendations.

REFERENCE:

Spiller, Gene A, Morse, Stanley, and Carughi, Arianna, Glycemic response of healthy adults to GR² Control™ Meal Replacement Protein Shake, Slim-Fast® and A Cereal/Juice-based Breakfast, Health Research and Studies Center (HRS), Los Altos,

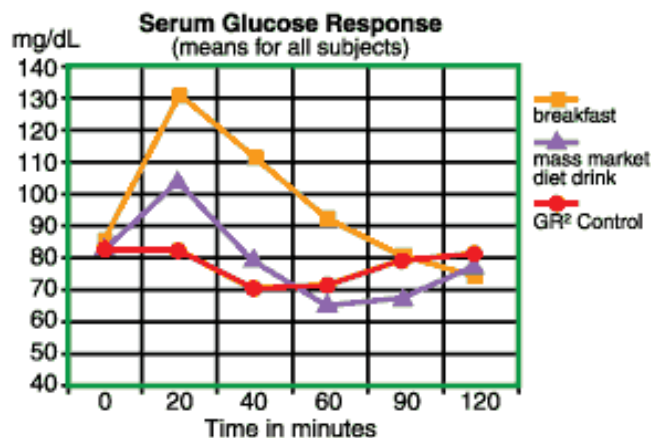
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Carughi, A., and Spiller, G., Glycemic response to different weight-loss meal replacement drinks and to a cereal breakfast, *Journal of the American College of Nutrition*, 20(5), Oct. 2001.

INSULIN

“What’s been clear for almost forty years is that the levels of circulating insulin in animals and humans will be proportional to body fat. ‘The leaner an individual, the lower his basal insulin...’” The above is a quote from Gary Taubes and it underlines the importance of insulin is a discussion of weight. Other factors including thyroid function, adrenal function, and male and female sex hormone levels, but insulin is a prime candidate for modification in a weight loss program.

Obesity researchers Ethan Sims and Elliot Danforth studied the effects of fats and carbohydrates on dietary intake. “Sims and his collaborators



evidently did not wonder why anyone would lose appetite--develop 'marked anorexia,' as they put it--on a diet that includes eight hundred to a thousand excess fat calories a day, and yet feel 'hunger late in the day' on a diet that includes six to seven thousand calories of fat and carbohydrate together. It would seem there is something about carbohydrates that allows the consumption of such enormous quantities of food and yet still induces hunger as the night approaches."

REFERENCE:

Taubes, Gary, *Good Calories, Bad Calories*, New York: Random House, 2008, p. 439, 311.

GR2 CONTROL MEAL REPLACEMENT

This meal replacement contains correctly balanced amounts of vitamins, minerals, protein, fats, and carbohydrates to allow for fast, safe, and controlled weight loss. Each serving provides at least 1/3 of the Daily Value for 22 essential vitamins and minerals plus a wide range of other important nutritional factors. All 22 amino acids involved in human nutrition are also provided. The beverage mixes in water allowing for ease and convenience. The taste is superb whether it be the Vanilla Whisper flavor or the Chocolate Dream.

The government standard for protein quality is called the Protein Digestibility Corrected Amino Acid Score (PDCAAS). A perfect score is considered to be 1.0. All GNLD protein products utilize a Protogard Process by which enzymes break down difficult to digest proteins at body temperature. This improved digestibility along with the amino acid profile enables the GR² Meal Replacement to achieve a PDCAAS of 1.31. The product was not formulated to be heated.

The amount of lactose in a serving of GR2 Control Meal Replacement is well within a tolerable limit for nearly any lactose intolerant individual due

to a unique mix of protein sources.

Clinical testing: Showed that the GR² Meal Replacement delivers control of the glycemic response while a typical breakfast and popular weight loss product did not. This minimizes fat storage and increases the amount of fat the body burns.

APPETITE REDUCER

Bulking agents, often synthetic, are becoming a popular addition to weight control programs. Appetite reducer is a blend of natural fibers which absorb water, increase in volume, and help an individual feel full faster. The product is totally natural and safe.

Two Appetite Reducer tablets should be taken 20-30 minutes before mealtime with one to two glasses of water.

Additional powdered fiber in the form of GNLD's All Natural Fiber Food and Drink Mix can be used with the GR² Meal Replacement to further enhance the feeling of fullness and to promote regularity if needed. Appetite Reducer slows carbohydrate release from meals, encouraging the body to burn fat for fuel, rather than storing it as excess weight.

Some fibers break down into propionate and butyrate which are critical nutrients for the health of the colon. Among the most beneficial fibers for this purpose are orange fiber, gum arabic, oat and soy fibers. These are all found in Appetite Reducer.¹

Research on the different fibers used in Appetite Reducer follows:

Orange Fiber and Guar Gum

These are two of the very best sources of butyrate, which is produced as the bacteria feed upon the fiber. Butyrate is the primary food which nourishes the cells which line the colon. Not only do beneficial bacteria which produce nutrients feed on these fibers, but these beneficial bacteria also tend to crowd out harmful bacteria which can promote reabsorption of fats and



estrogen which promote weight gain and make weight loss difficult.¹

Barley Bran

Barley is particularly rich in chromium which helps regulate blood sugar. Barley is used effectively for treatment of diabetes in Iraq.²

Soy Fiber

Soy fiber has the ability to hinder blood fats from rising after meals.³

Konjac

Konjac is also known as glucomannan, devil's tongue, voodoo lily, and konnyaku root. Konjac flour expands to 30-50 times when exposed to water. It slows the absorption of carbohydrate.

A double-blind, crossover study found that 3.9 grams of konjac glucomannan reduced cholesterol concentrations by 10% within four weeks. LDL or "bad" cholesterol dropped by 7.2 percent and triglycerides dropped by 23 percent. These changes are characteristic of reduced insulin production.⁴ One double blind trial showed a 5.5 lb. weight loss in an eight week period on konjac alone!⁵

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1. Titgemeyer, Evans C., et al, "Fermentability of Various Fiber Sources by Human Fecal Bacteria in Vitro," *American Journal of Clinical Nutrition*, 1991;53:1418-24.
2. "Chromium-Rich Barley Effective Treatment for Diabetes," *The Nutrition Report*, March 1992;10(3):19/Mahdi, G., et al, "Role of Chromium in Barley in Modulating the Symptoms of Diabetes", *Annals of Nutrition and Metabolism*, 1991;35:65-70.
3. Dubois, C., et al, "Effects of Pea and Soybean Fiber on Postprandial Lipemia and Lipoproteins in Healthy Adults," *European Journal of Clinical Nu-*



trition, 1993;47:508-520.

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5. Walsh DE, Yaghoubian V, Behforooz A. Effect of glucomannan on obese patients: a clinical study. *Int J Obes*. 1984;8(4):289-93.

THERMOGENIC ENHANCER

Thermogenic Enhancer is a blend of different herbs designed to support functioning of the liver, adrenal, and thyroid glands for more effective weight loss. The following is a discussion of some of the most important ingredients found in Thermogenic Enhancer:

Brindal Berry

Brindal berry is also known as Malabar tamarind, *Garcinia cambogia*, and dharambo. It is a yellowish fruit about the size of an orange used extensively in curries. It has a traditional use in Indian medicine to treat obesity.

Brindal berry has been shown to inhibit fatty acid and cholesterol synthesis. Rat studies show a significant reduction in food intake, body weight, and serum triglyceride levels compared to controls.¹

Seven clinical studies with higher order animals have shown reduction of food intake up to 46% after oral dosage of HCA from *Garcinia*. No rebound eating was observed after discontinuation of the supplement.²

Gymnema Sylvestre

This herb is also known as gumar and burmarbooti. The woody, vine-

like plant is commonly known as "the destroyer of sugar." Chewing a few leaves of the plant suppresses the taste for sugar. In other words, sweet foods no longer taste sweet and become almost tasteless. Clinical studies have shown the herb reduces the presence of sugar in the urine.

The active ingredient is gymnemic acid. It has a molecular structure similar to glucose. This allows the molecules to occupy receptor sites for sugar such as those in the taste buds for up to two hours. This compound prevents the absorption of sugar from the intestine and may decrease the risk of diabetes, possibly by regenerating the pancreas.^{3,4}

Butternut

Butternut is also known as *Juglans cinerea*. It is believed to help the liver eliminate wastes and to neutralize toxins produced during weight loss. It also has a reputation for treating intestinal worms. Butternut also has a very mild laxative effect which helps prevent constipation and encourages regular bowel movements during weight loss.⁵

Bladderwrack

Bladderwrack is a form of seaweed. It is rich in iodine and provides a natural support for the metabolic rate by undergirding thyroid function.

Dandelion

The common dandelion is considered indispensable by most herbalists. It stimulates the release of bile and has a mild laxative effect which helps eliminate fat. Dandelion has a very powerful diuretic effect ridding the body of excess fluid retention. It is also a powerful liver detoxifier. Accumulation of toxins during weight loss has been identified as a factor which can contribute to a plateau in the weight loss process.

Green Tea

Green tea is a powerful source of antioxidants which promote the ability of the liver to detoxify harmful

substances and also to emulsify and burn fat.⁷

Cayenne

Cayenne improves circulation and is a tonic for poor digestion. It may also kill harmful microbes in the digestive tract. Cayenne also has the ability to increase metabolic rate supporting weight loss.⁸

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GR2EAT BAR

These bars are a perfect ratio of protein, fat and carbohydrate to keep you off the glycemic roller coaster. Each bar contains 15 grams of high quality protein providing all 22 amino acids important for human nutrition. The bars contain no hydrogenated fats. There are only 10 grams of sugars, most from low glycemic fructose. The bars come in two delicious flavors, Luscious Lemon and Creamy Caramel. Each bar contains 180 calories.



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BIOTONE

Biotone is a tissue toner. It is a specialized combination of nutrients including L-arginine, L-ornithine, and L-tyrosine which support muscle development. Arginine is well-known for its ability to promote heart health and fat burning. (Arginine is not recommended for those with active viral infections such as herpes.)

Specialized lipotropic factors including choline and inositol promote utilization of fats. Calories are primarily stored in the body as fat. In



order to lose weight, body fat must be able to be mobilized and burned as energy. Biotone aids this process.

This product is designed to be taken three hours after the last meal of the day is consumed and before bedtime. It is also designed to promote restful sleep.

ENERSINE

Enersine is a 100% natural free-form amino acid blend of L-tyrosine, L-ornithine, L-valine, L-lysine, and L-isoleucine. Tyrosine is a crucial precursor for the manufacture of neurotransmitters including dopamine, epinephrine, and norepinephrine. The supplement also supports proper creation and utilization of glucose from amino acid precursors helping to stabilize blood sugar and increasing en-



ergy. The supplement also provides herbs and electrolytes for support of overall energy production. Enersine improves mood, improves ability to cope with stress, and can aid in weight loss.

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- www.yourbodyssignlanguage.com
- www.jimmcafee.com

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