

SUGGESTED SUPPORTING NUTRITIONAL PROGRAMMES

WHY IS VITAMIN AND MINERAL SUPPLEMENTATION NECESSARY?	3
WHAT EACH VITAMIN & MINERAL DOES IN YOUR BODY	4
FEEL BETTER PROGRAMME	7
ABBREVIATIONS	42
AIDS	8
ALLERGIC CONDITIONS	9
ALZHEIMER'S DISEASE	10
ANAEMIA	11
ANGINA	19
ARTHRITIS	11
ASTHMA	10
ATHLETES	11
BLOOD PRESSURE	18
BODY ODOURS	13
BONE FRACTURES	13
CANCER	14
CARDIOVASCULAR	16
CHOLESTEROL	16
CHRONIC BRONCHITIS	20
COLIC	31
CROHN'S DISEASE	30
DEPRESSION	21
DETOXIFICATION	22
DIABETES	23
ECZEMA	24
EMPHYSEMA	25
EPILEPSY	25
FOOD INTOLERANCE	30
FLU	25
GALL BLADDER FLUSH	25
GOUT	26
HAY FEVER	10
HEARTBURN	31
HORMONAL IMBALANCES	26

HYPERACTIVITY	27
HYPERTENSION	18
HYPOTENSION	18
HOMOCYSTEINE	17
IMPOTENCY	28
INFERTILITY	28
INSOMNIA	29
INTESTINAL PROBLEMS	30
JOINT PROBLEMS	32
KIDNEY PROBLEMS	33
LIVER PROBLEMS	33
MENOPAUSE	34
MIGRAINE	34
MOUTH ULCERS	34
OSTEOPOROSIS	35
PALPITATIONS	19
PARKINSON's DISEASE	35
PREGNANCY & BREASTFEEDING	36
PRE-MENSTRUAL TENSION	37
PUBERTY	38
SHINGLES	38
SINUSITIS	10
SKIN PROBLEMS	10
SPASTIC COLON	31
STOMACH ULCERS	31
STRESS	39
TUBERCULOSIS	40
ULCERATIVE COLITIS	31
VARICOSE VEINS	40
WATER RETENTION	41
WEAK VEINS	20
WEIGHT MANAGEMENT	41
YUPPIE FLU	42

Please note: Of utmost importance is that these nutritional programmes are recommendations only and can NEVER replace a doctor's prescribed treatment

When one has any health challenge it's always important to look at our Diet and Lifestyle. If we do not change the habits that caused the problem, supplementing will not be as affective. The body can heal itself with the right kind of Nutritional Supplements as well as eating the correct foods.

Limit or avoid acid causing foods such as red meat, dairy products, sugar, salt, wheat, caffeine and alcohol. Smoking can be very dangerous as one cigarette generates approximately one quadrillion free radicals! 1,000,000,000,000,000

YOUR HEALTH, YOUR INTELLIGENCE, YOUR ENERGY AND YOUR APPEARANCE ARE DEPENDENT ON YOU REPLENISHING YOUR VITAMINS AND MINERALS SEVERAL TIMES PER DAY.

WHY IS VITAMIN AND MINERAL SUPPLEMENTATION NECESSARY?

1. Crop nutrient losses – Decades of agriculture have overworked and depleted soils of minerals.
2. Poor Digestion - Indigestion reduces absorption of vitamins and minerals.
3. Over-cooking – Destroys valuable food nutrients
4. Microwave Cooking – Alters the nutritional structure of food.
5. Food Storage – length of storage and freezing deplete the nutritional value of most foods.
6. Food Selection – Eating a too limited range of different food groups will result in nutrient deficiencies.
7. Food Omission – Allergies to food, crash dieting and poorly designed vegetarian diets omit significant dietary sources of nutrients.
8. Environmental factors – Herbicides and pesticides leaves crops with low nutritional value.
9. Antibiotics – Interferes with the intake of essential nutrients
10. Poor lifestyle habits – Smoking, alcohol and caffeine inhibits the absorption of vitamins and minerals or accelerate the loss of nutrition.

11. Stress – Physical or emotional can increase the body's requirements of vitamins and minerals.
12. Out of balance – the level of each vitamin and mineral in the body has an affect on others, so if one is missing all are adversely affected. One antioxidant is not nearly as strong as several combined.
13. Nutrient variance – There are substantial differences between one fruit or vegetable and another.

WHAT EACH VITAMIN & MINERAL DOES IN YOUR BODY

VITAMIN A

Prevents skin disorders, such as acne, wrinkling and age spots. Enhances the immune system – protects against cold, flu and infections to kidney, bladder, and lungs. Maintains and repairs the mucous membranes (all tissue that interacts with air, such as lungs, throat, eyes, etc.)

VITAMIN B COMPLEX

Enhances memory, concentration, judgment, learning capacity and prevents mental deterioration. Helps maintain health of the nerves – anti-stress.

Plays important role in healthy sex hormones and fertility. Necessary for healthy sleep patterns. Converts carbohydrates, fats and proteins into energy. Enhances stamina. Helps in fighting infections. Alleviates eye fatigue, helps ward off cataracts. Lowers cholesterol and improves circulation.

VITAMIN C

This antioxidant protects against the harmful effects of pollution, helps to prevent cancer, protects against infection and enhances immunity. May reduce levels of “bad cholesterol” while increasing levels of “good cholesterol”. Protects against bruising. Promotes the healing of wounds and burns. Helps maintain growth of teeth, bones, gums, ligaments, and blood vessels. Aids in the production of anti-stress hormones. Required for at least 300 metabolic functions in the body. Works together with Vitamin E and beta-carotene to create an even more potent antioxidant effect. Needs to be taken into the body at least twice daily.

VITAMIN D

Supports bone and tooth formation, muscle function, and thyroid gland function. Necessary for the absorption and use of calcium and phosphorus. Especially important for the growth and development of bones and teeth in children. Involved in regulation of the heartbeat.

Important in the prevention and treatment of breast and colon cancer, osteoarthritis, osteoporosis, and hypocalcemia. Enhances immunity.

Some cholesterol-lowering drugs, antacids, and steroid hormones interfere with Vitamin D absorption.

VITAMIN E

An antioxidant that is important in the prevention of cancer and cardiovascular disease. Retards aging. Improves circulation. Necessary for tissue repair. Aids in prevention of PMS. Reduces scarring from wounds. Reduces blood pressure. Aids in preventing cataracts. Promotes healthy skin and hair. Protects against approximately eighty (80) diseases. Long-term use has been proven to reduce prostate cancer risk in smokers. Aids in tissue healing. Essential for normal cell structure. Involved in the formation of red blood cells. Protects the lungs against injury from air pollution and helps preserve tissues.

MOLYBDENUM

(ma-lib'-de-num)

Converts the air we breathe into something usable by the body. Supports bone growth and strengthening of the teeth.

PHOSPHORUS

(fos' fer-us)

Is needed for blood clotting, tooth formation, cell growth and repair, contraction of the heart muscle, normal heart rhythm, and kidney function. Assists the body in utilization of vitamins and the conversion of food to energy.

CALCIUM

(kal'se-em)

Needed for bone and tooth formation, blood clotting, heart rhythm, nerve transmission, muscle growth and contraction. Deficiency can result in: muscle cramps, irritability, insomnia and osteoporosis – bones lose their normal density and strength.

CHROMIUM

(kro' me-m)

Help to maintain proper blood sugar levels and healthy functioning of the circulatory system.

COPPER

(kop' er)

Needed for bone formation, hair and skin color, healing processes, red blood cell production, mental and emotional processes. Deficiency can result in: Anemia, inflammation and arthritis.

IRON

(I'ern)

Supports growth and development in youth. Is needed to produce hemoglobin. Supports a healthy immune system. Deficiency can result in: Iron deficiency anemia, fatigue, irritability, headache, shortness of breath, intolerance to cold, increased vulnerability to infections.

MAGNESIUM

(mag-ne'ze-em)

Highly involved in energy production. Can help prevent depression, dizziness, muscle weakness and twitching, and PMS. Aids in maintaining the body's temperature. Protects the arterial linings from stress caused by sudden blood pressure changes. Helps reduce and dissolve kidney stones. Has a dramatic effect in reducing birth defects. Involved in blood sugar metabolism and energy maintenance. Plays a role in metabolism of calcium, potassium and vitamin C.

MANGANESE

(mang'ga-nez)

Needed for protein and fat metabolism, healthy nerves, healthy immune system, and blood sugar levels. Is used in energy production. Required for normal bone growth and for reproduction. Used in the formation of cartilage and lubricating fluid of the joints. Works well with the B vitamins to give an overall feeling of well-being. Aids in the formation of mother's milk.

POTASSIUM

(pe-tas'e-um)

Needed for healthy functioning of nervous system (communication between the brain spinal cord, and nerves with the rest of the body). Supports the normal function of the heart, muscles, kidneys and blood. Important for regular heart rhythm. Helps prevent strokes. Aids in proper muscle contraction. Works with sodium to control the body's water balance. Important for stable blood pressure.

SELENIUM

(si-le'ne-um)

Vital antioxidant, especially when combined with vitamin E. Protects the immune system by preventing the formation of free radicals that can damage the body. Vital role in regulating the effects of thyroid hormone on fat metabolism. Principal function is to inhibit the oxidation of fats. Supports healthy functioning of cell membranes and pancreatic function. Has shown promise in the treatment of arthritis, cardiovascular disease, male infertility, cataracts, AIDS, and high blood pressure.

ZINC

(zingk)

Important in prostate gland function and the growth function of the reproductive organs. Helps prevent acne and regulates the activity of oil glands. Required for protein synthesis and collagen formation. Promotes a healthy immune system and the healing of wounds. Helps the acuity of taste and smell. Protects the liver from chemical damage. Vitamin E requires proper levels of Zinc in the blood. Promotes burn and wound healing. Supports the immune system, involved in carbohydrate and protein digestion.

“A deficiency of a vitamin or mineral will cause a body part to malfunction and eventually break down – and, like dominos, other body parts will follow”

James F Balch, MD

Prescription for Nutritional healing.

FEEL BETTER PROGRAMME

Fresh fruit and vegetables are rich in anti-oxidants to eliminate free radicals created in our bodies. This is the reason why the World Health Organisation (WHO) recommends that every person should have 5-9 portions of fresh fruit and vegetables on a daily basis.

Unfortunately our food is sometimes grown in depleted soils, fertilised with added hormones, sprayed with pesticides and insecticides, sometimes early harvested, transported, stored, processed, refined, etc. Often our food therefore does not provide what our bodies need to maintain the balance. Added preservatives, colorants and additives also create free radicals in our bodies, which are implied in many degenerative diseases.

Studies have therefore shown that 97% of all human beings do not get from their diet all the necessary nutrients, 50% of all human beings are at risk of developing one or another degenerative disease and 10% of human beings are already seriously ill. We therefore target the 97% with a “Feel Better Program”.

FEEL BETTER PROGRAM	PRODUCT	Morning	Lunch	A'noon	Supper	Bedtime
ADULTS	Nutrishake	1				
	Formula IV Plus	1				
	Carotenoid Complex	3				
CHILDREN	Nutrishake /	1				
	Vita Squares	3				
	Vita Guard	2				

Nutrishake and GR² Protein Shake are presently the only products in the world that give you all 22 amino acids. Formula IV Plus is a balanced combination of minerals, vitamins, essential fatty acids (EFA's), sterols and sterolins. It contains added minerals like selenium (important in anti-oxidant enzyme systems), chromium (important as part of GTF in diabetes), molybdenum (important in detoxifying systems) and zinc (important in a wide range of enzymes and other functions). It is free from iron, because most people do not need daily supplementation of iron. Carotenoid Complex provides us with the whole spectrum of 600 different carotenoids.

The FBP for children consists of the Nutrishake, Vita Squares and Vita Guard. Vita Squares provide the minerals, vitamins and EFA's whereas Vita Guard provides the whole range of anti-oxidants.

For the above reasons, we ALWAYS start any suggested nutritional health program with the Feel Better Programme.

AIDS

Acquired Immune Deficiency Syndrome (Aids) is caused by a virus (HIV), which enters specific cells of the immune system. This causes a total breakdown of the immune system and eventually leads to all opportunistic infections. Especially epithelial cells of the skin, lungs and intestines become very vulnerable and skin cancers, lung infections and diarrhoea are common.

The following suggested program is a recommendation only and does not replace a doctor's prescribed treatment:

AIDS	PRODUCT	Morning	Lunch	A'noon	Supper	Bedtime
	Feel Better Program	1				
	Phyto Defense	1			1	
	Vit C (SR)	1			1	
	Vit A&D	1			1	
	Chelated Zinc			1		
	Herbal Digestive Comp	1			1	
	Herbal Respiratory Comp	1			1	

ALLERGIC CONDITIONS

Some people show extraordinary responses to substances which most people can handle very easily. These include conditions such as sinusitis, hay fever, asthma, intestinal and many skin problems. In terms of skin problems we think of eczema, etc. Intestinal problems could imply food allergies.

A common feature of all these conditions is the involvement of epithelial cells, i.e. cells in contact with the atmosphere outside. In order to keep these cells healthy, some of the most important nutrients are Vit A and its precursor beta-carotene. Both Vit A and beta-carotene get stored in the body, mainly in epithelial cells. Often when people have had a lot of carrots (rich in beta-carotene) they develop a yellowish colour, especially in the palms of the hands. These situations are not at all dangerous. Vit A on the other hand can accumulate to toxic levels, some of the symptoms being irritability.

It is always important to remember that Vit A operates through a glucocorticoid receptor, which requires zinc as an integral part of the receptor.

The benefit of Vit E to skin has been known for a long time. Pure Vit E applied to problem skin, such as scars, eczema and wounds often have wonderful results.

If people suffer from unhealthy epithelial cells, be aware of what you eat and cut out some of the strongest instigators like dairy, citrus, etc.

Some of the herbs in Herbal Respiratory Complex have specific effects on epithelial cells and is strongly recommended as part of your program.

The following suggested program is a recommendation only and does not replace a doctor's prescribed treatment:

ALLERGIC CONDITIONS	PRODUCT	Morning	Lunch	A'noon	Supper	Bedtime
(Asthma, Sinusitis, Hay fever, Skin problems)	Feel Better Program	1				
	Vit A&D	1			1	
	Chelated Zinc			1		
	Herbal Resp Complex	1			1	

ALZHEIMER'S DISEASE

As some people get older, they remember less and less. Sometimes people refer to this complaint as dementia.

Research suggests that aluminium plays a role in the onset of Alzheimer's disease. When aluminium reaches a certain level in certain cells in the brain, free radical mechanisms cause damage to the memory cells and some stored information will be lost.

It is possible that zinc has a certain ability to replace aluminium, thereby preventing aluminium levels becoming too high.

Furthermore we need to provide enough anti-oxidants to prevent free radical mechanisms. Also be aware of too much tea, which is normally very high in aluminium content (Rooibos Tea and green tea is excluded). And get rid of aluminium cookware!

The following suggested program is a recommendation only and does not replace a doctor's prescribed treatment:

ALZHEIMER'S DISEASE	PRODUCT	Morning	Lunch	A'noon	Supper	Bedtime
	Feel Better Prog	1				
	Chelated Zinc			1		
	Beta Guard	2				
	Flavonoid Comp	2				
	Omega-3 Salmon oil Plus	1	1			

ANAEMIA

In anaemia the blood simply can't carry enough oxygen to all the different parts of the body and people appear pale and are often very tired.

Our red blood cells are responsible for carrying oxygen. More specifically, it is the haemoglobin in red blood cells which binds the oxygen to carry it further. When you have a closer look at the haemoglobin molecule, you'll find that both iron and Vit B12 are integral parts of this structure. Deficiencies in any one of these two could therefore lead to the development of anaemia. Chemical tests are available to measure both haemoglobin and iron levels in the blood. One should be careful not to take too much iron, because then they could also act as free radicals. **When people are therefore diagnosed as anaemic, make sure you know their iron status before suggesting they take iron.**

It is always advisable to suggest Vit C together with iron, because it enhances the absorption of iron. The best results are then obtained if taken simultaneously.

The following suggested program is a recommendation only and does not replace a doctor's prescribed treatment:

ANAEMIA	PRODUCT	Morning	Lunch	A'noon	Supper	Bedtime
	Feel Better Prog	1				
	Iron				1	
	Vit C (SR)				1	
	Vit B Comp (SR)		1			

ARTHRITIS

The following suggested program is a recommendation only and does not replace a doctor's prescribed treatment:

ARTHRITIS	PRODUCT	Morning	Lunch	A'noon	Supper	Bedtime
	Feel Better Prog	1				
	Betaguard	1	1		1	
	Omega 3 Salmon oil Plus	1	1		1	
	Zinc	1				

ATHLETES

There are so many athletes, ranging from the casual walker to the ultra marathon runner to the Olympic swimmer. Most athletes, whether you are a youngster or a serious athlete, go through training periods followed by competition and then recovery afterwards. All these

athletes discover over time, in close co-operation with their trainer, what their own bodies require and which combination gives the best results during each of the phases. However, they all need basic nutrition and should never go a single day without their Feel Better Programme.

A very important aspect in athletes is the fact that they consume a lot more oxygen with the higher level of activity associated with their sport. A higher intake of oxygen will result in a higher production of free radicals and, therefore, the higher the demand for protection with the anti-oxidants. The more the protection against free radicals, the shorter the period of recovery could be.

Athletes concentrate on developing muscles that are desirable for the sport they practise. Minerals play an enormous part in all muscle functioning, both the contracting and relaxing thereof. Some athletes therefore benefit tremendously from adding Cal-Mag and/or Multimin & Alfalfa to their combination.

While energy gets burned up during these actions, there must be a constant flow of oxygen through the blood to maintain this. Supplementation with B vitamins and iron (as part of the oxygen carrying molecule haemoglobin) could therefore be strongly recommended. Roadrunners especially, could benefit from supplementation with iron.

Increasing the levels of growth hormone production by the brain through the use of Amitone could increase the rate of metabolism of stored fats and carbohydrate, resulting in much higher energy production. Some top athletes therefore benefit tremendously when they add Amitone to their training program.

Another consideration could be the addition of either Vit E or Wheat Germ Oil to increase the Vit E content of the blood, thereby further increasing the oxygen carrying capability of the blood.

Painful muscles and joints are often the result of some sort of minor muscle injuries and resulting inflammation. To enable the body to produce enough natural anti-inflammatory hormones (cortisol), the inclusion of Omega-3 Salmon oil Plus and zinc works wonderfully.

Many athletes are extremely nervous before competing in an event and being on 'edge' means their focus and concentration suffers. The combination of herbs in Herbal Rest & Relax, enable them to perform at their peak.

The following suggested program is a recommendation only:

ATHLETES	PRODUCT	Morning	Lunch	A'noon	Supper	Bedtime
Training	Feel Better Prog	1				
	Vit B Comp (SR)		1			
	Vit E	1				
	Vit C (SR)	1				
	Multimin & Alfalfa				1	
Competition	Feel Better Prog	1				
	Vit B Comp (SR)		1			
	Vit E	1				
	Vit C (SR)	1				
	Multimin & Alfalfa				1	
	Rest & Relax	1			1	
	CalMag				3	
	Vit A & D				1	
	Amitone					3
Recovery	Feel Better Prog	1				
	Vit B Comp (SR)		1			
	Vit E	1				
	Vit C (SR)	1				
	Multimin & Alfalfa				1	
	Zinc	1		1		
	Omega-3 Salmon oil Plus	1	1			
	CalMag				3	
	Vit A & D				1	
	Flavonoid Comp	2				

BODY ODOURS

The use of Multi-mineral & Alfalfa might be useful to combat bad body odours.

BONE FRACTURES

Bone is a collagen matrix, impregnated with minerals to give it strength. Collagen is a protein from different amino acids. Collagen synthesis is therefore a pre-requisite for the formation of new bone. No collagen synthesis can occur in the absence of Vit C. To deposit minerals into the bone, Vit D is an important co-factor. Vit D can only function if there is not a deficiency in zinc.

The following suggested program is a recommendation only and does not replace a doctor's prescribed treatment:

BONE FRACTURES	PRODUCT	Morning	Lunch	A'noon	Supper	Bedtime
	Feel Better Prog	1				
	Vit C (SR)	1	1			
	Vit A & D					1
	Chelated Zinc			1		
	Cal-Mag					3

CANCER

New potential cancer cells form every day of our lives as a result of changes that occur to the genetic material (DNA) in different cells. These changes can occur as a result of chemical reactions. Sometimes cells with altered DNA are genetically inherited. These cells can stay dormant in our bodies for years and then a second or third signal can set off a cell to become cancerous and start multiplying uncontrollably.

One of these signals could be **free radicals** from different sources. We therefore need to provide our bodies with sufficient quantities of *anti-oxidants* to scavenge the free radicals.

Apart from the anti-oxidants, certain *enzyme systems* and some other molecules also act to eliminate free radicals in our bodies. One such molecule is *glutathione with selenium* an integral part of the molecule. A number of enzyme systems use zinc as a co-factor to be active.

Some cancers can be **hormonally** induced and most common ones are breast, colon, lung and prostate cancers. Certain substances in broccoli, brussel sprouts and kale can *occupy the binding receptors* on the cells for these altered hormones, thus preventing them from causing changes to the DNA. Our Cruciferous Plus can provide these requirements. It is strongly suggested to take up to six tablets per day for the first two weeks once you start on the Cruciferous plus. By doing so, you occupy all the receptors for the altered hormones, leaving you with less risk.

When you have developed cancer and you start on chemotherapy, it is important to be aware of the mechanism of different drugs. In this regard one can follow the GNLD SAB's position Statement:

“Both cancer and therapy of cancer have a significant impact on the nutritional status of patients. The aim of chemotherapy is to cause disturbances (often nutritional) that prevent DNA or protein synthesis, thus inhibiting the replication of cancer cells.

The majority of cancer patients become very ill while undergoing chemotherapy and cannot eat. Protein-energy malnutrition is important in these patients. Micro nutrient deficiencies may occur. The common ones are B1, B2, niacin and folic acid. Chemotherapy can also cause deficiencies by inducing gastrointestinal disorders, which may lead to malabsorption. This may cause Vit B12, calcium and magnesium deficiencies. A recent study has shown that there is up to 50% loss of plasma beta-carotene and lycopene following chemotherapy. Physicians use different combinations of drugs for cancer chemotherapy. Some are designed to be ‘anti vitamin’. For example, some interfere with folic acid. Other anti cancer drugs may act through a free radical mechanism.

During chemotherapy, it is wise not to take supplements, especially the B complex. After chemotherapy is completed or if there is a period during which the chemotherapeutic drugs are not given, nutritional support is indicated.

The chemotherapeutic drugs suppress the immune system; some are free radical inducers. Therefore, it is important to build up the immunity and increase the body's anti-oxidant potential. Supplements that can be helpful are those containing B vitamins, multi-minerals, zinc and the anti-oxidants Carotenoid Complex, Flavonoid Complex, Vit E and Vit C. The combination of a good diet with logical supplementation is the best path to follow for the patient recovering from cancer chemotherapy.”

Keeping the Statement in mind, it is possible to take advantage of the intervals between the chemotherapy sessions.

The following suggested program is a recommendation only and does not replace a doctor's prescribed treatment:

CANCER	PRODUCT	Morning	Lunch	A'noon	Supper	Bedtime
Pre-cancer stage	Feel Better Prog	1				
	Flavonoid Comp	2				
	Cruciferous	1				
	Omega-3 Salmon oil Plus	1	1			
Chemotherapy Intervals	Feel Better Prog	1				
	Flavonoid Comp	2				
	Vit C (SR)	1			1	
	Cruciferous	1				
	Omega-3 Salmon oil Plus	1	1			
	Chelated Zinc			1		
	CalMag					3
	Vit A & D					1
Vit B Comp (SR)	1					

During **radiotherapy** there is no need to stop taking supplements, because specific areas are being radiated.

CARDIOVASCULAR

Cardiovascular disease is the world's most common killer – for both men and women. If it doesn't kill right away, it can leave behind debilitating damage, disabling and crippling those in its wake. It is estimated that by the year 2020 40% of all deaths worldwide will be related to cardiovascular diseases.

High cholesterol

High cholesterol is a risk factor. In most cases there are no clinical signs. Sometimes skin scars, especially around the eyes, can be an indication. Cholesterol levels can only be determined after proper blood tests.

The liver produces cholesterol on request. Cholesterol is the precursor to the anti-inflammatory hormone cortisol. We therefore need some cholesterol in our bodies.

Total cholesterol appears as different fractions in our blood, referred to as high-density lipoproteins (HDL), low density lipoproteins (LDL), very low density lipoproteins (VLDL) and triglycerides.

- ◆ LDL can get oxidised in the presence of water and oxygen (like iron rusts outside) to form oxidised LDL. This is foreign to the body and some white blood cells (WBC), macrophages, will try to eliminate this. These macrophages now form foam cells that lead to atherosclerosis (hardening of the artery walls). Anti-oxidants (Carotenoid Complex, Flavonoid Complex, Vit E and Vit C) can prevent this oxidising process.
- ◆ The ratio between HDL and LDL, as well as between HDL and total cholesterol is very important in determining the risk involved. The higher these ratios, the less the risk factor. Taking EFA's, especially Omega-3, is one of the most important ways to increase the levels of HDL.
- ◆ Europeans have understood the power of garlic, and used it faithfully for centuries to stay strong and healthy. Germans have determined that the therapeutic level for garlic's heart healthy benefit is 4000 mcg per day of a special component of garlic known as allicin. It's the primary active constituent for heart health, and its powers are incredible! Research shows that this amount can lower cholesterol, dissolve blood clots, stop heart attacks, support optimal cardiovascular health, normalise cholesterol and triglyceride levels, support healthy blood pressure levels and promote normal platelet aggregation.

The following suggested program is a recommendation only and does not replace a doctor's prescribed treatment:

HIGH CHOLESTEROL	PRODUCT	Morning	Lunch	A'noon	Supper	Bedtime
	Feel Better Prog	1				
	Omega-3 Salmon oil Plus	2	2			
	Garlic-Allium Comp	1			1	
	Flavonoid Comp	1	1			
	Vit E, 200 iu	1			1	
	Lipotropic	1	1			
	Fibre Tabs		1			

High homocysteine

When the levels of homocysteine increase and reach a certain level, small ulcers can form on the lumen side of veins/arteries. Often cholesterol accumulates on these ulcers as protection and results in a decreasing lumen diameter. Different enzyme systems regulate metabolism of homocysteine. Some of these enzyme systems require zinc as a co-factor, others require magnesium as a co-factor and still others require B vitamins for activity.

Vit B Complex (SR) can provide all the B vitamins, Cal-Mag can provide magnesium requirements and Chelated Zinc can provide zinc requirements.

The following suggested program is a recommendation only and does not replace a doctor's prescribed treatment:

HIGH HOMOCYSTEINE	PRODUCT	Morning	Lunch	A'noon	Supper	Bedtime
	Feel Better Prog	1				
	CalMag					3
	Vit A & D					1
	Lipotropic	1	1		1	
	Omega-3 Salmon oil Plus	1	1			
	Vit B Comp (SR)		1			
	Chelated Zinc			1		
	Vit E, 200 iu	1			1	

Blood pressure: Hypertension and hypotension

Both high blood pressure (hypertension) and low blood pressure (hypotension) occur. The normal blood pressure for young adults is 120/80. A blood pressure of 140/90 and higher is being described as hypertension. The top reading indicates the pressure inside the arteries while the heart is contracting and the bottom reading the pressure while the heart is relaxing. Only 5% of all hypertension cases are related to kidney problems and other reasons, the other 95% is essential hypertension, i.e. the exact causes are not known and are still under research. Hypertension can result in strokes, thickening of heart walls and heart failure. It can also result in organ damage e.g. kidney and eye damage.

Hypertension can be accompanied by other cardiovascular problems like high cholesterol, etc. The composition of the blood plays a role in existing blood pressure and ratios of different minerals in the blood are very important. For normal contraction of artery walls, the elasticity needs to be maintained. It is therefore important to keep in mind that for the normal synthesis of collagen (binding material) the human body needs Vit C. As already discussed, a healthy cell membrane is very important for normal functioning of all cells, also for regulating concentrations of ions on either sides of cell membranes. From this point, the benefits of extra Omega-3 in both low and high blood pressure can be seen.

Although the exact mechanism for garlic's role in regulating blood pressure is still under research, it is worthwhile to add this product to a suggested program.

The following suggested program is a recommendation only and does not replace a doctor's prescribed treatment:

HYPER- & HYPOTENSION	PRODUCT	Morning	Lunch	A'noon	Supper	Bedtime
	Feel Better Prog	1				
	Omega-3 Salmon oil Plus	1	1			
	Garlic-Allium Comp	1			1	
	Lipotropic	1	1		1	
	Multi-Mineral + Alfalfa	1	1			
	Vit E, 200 iu	1			1	

Angina

Angina is recognised by an oppressive burning pain in the chest associated with a paralysed feeling which can spread to the neck and left arm. Narrowing of coronary heart veins can cause a shortage of oxygen supply to the heart muscle, which leads to the pain. This narrowing of the arteries is the result of, amongst others, deposits on the inside of the arteries which is aggravated by family history, smoking, hypertension, overweight, diabetes and unfitness. In order to establish whether any of these are contributory factors, it is advisable to consult your doctor to get the true picture. Whatever the outcome, also look at the other conditions and make adaptations.

Vit E is very important in regulating the oxygen carrying capacity of blood.

The following suggested program is a recommendation only and does not replace a doctor's prescribed treatment:

ANGINA	PRODUCT	Morning	Lunch	A'noon	Supper	Bedtime
	Feel Better Prog	1				
	Omega-3 Salmon oil Plus	1	1		1	
	Lipotropic	1	1			
	Vit E, 200 iu	2			2	

Palpitations

This occurs when the rhythm of the heart is disturbed. The normal is 72 beats/min. The heart either beats too slow (bradycardy), too fast (tachycardy) or irregularly. These can occur

spontaneously as a result of abnormal electrical discharge of the heart muscle. Some palpitations start and end spontaneously; others are caused by some medicines, caffeine, etc.

The following suggested program is a recommendation only and does not replace a doctor's prescribed treatment:

PALPITATIONS	PRODUCT	Morning	Lunch	A'noon	Supper	Bedtime
	Feel Better Prog	1				
	Omega-3 Salmon oil Plus	1	1			
	Vit E, 200 iu	1			1	
	Cal-Mag		3			2
	Vit A & D		1			1
	Lipotropic	1	1			
	Multimin & Alfalfa		2		2	

Weak veins

Collagen is the binding material to keep cells together. If for some reason not enough collagen can be synthesised, ruptures in veins can easily occur. For maintenance of collagen synthesis, adequate levels of vitamin C is essential.

The following suggested program is a recommendation only and does not replace a doctor's prescribed treatment:

WEAK VEINS	PRODUCT	Morning	Lunch	A'noon	Supper	Bedtime
	Feel Better Prog	1				
	Omega-3 Salmon oil Plus	1	1		1	
	Flavonoid Comp	1	1			
	Vit C (SR)	1	1			
	Lipotropic	1	1			
	Garlic-Allium Comp	1			1	

CHRONIC BRONCHITIS

Our lungs have the special function to provide a very large area through which oxygen can be absorbed from the air that we inhale. This oxygen gets absorbed into the blood stream. This inhaled air is often very polluted. Reasons for this are smoke, industrial pollutants, dust, etc. Our lungs get rid of these pollutants continuously. The lungs are equipped with tiny hairs, called cilia. These cilia constantly sweep pollutants out of the inside of the lungs. When these cilia get overloaded, they lose their ability to do the sweeping action and the lungs get more and more congested. The result is a shortage of breath, because the area through which absorption can take place gets smaller and smaller.

Herbal respiratory complex could assist in cleaning the inside of the lungs.

DEPRESSION

Depression is a phase in life where people start saying “no more”. They lose interest in things which “normal” people enjoy. Often they complain about insomnia, tiredness, and fatigue, lowered sex drive, having no appetite and little desire to socialise.

Balance in our bodies is always very important. Balance in our nervous system is as important, if not more so, than for the rest of the body. In our nervous system we have an adrenergic system on the one side and a serotonergic system on the other side and there needs to be a balance between these two systems. Different cells of these two systems produce their respective different neurotransmitters, the molecules responsible for transmitting messages and signals for different bodily reactions. Some of the neurotransmitters being produced by the adrenergic system include adrenaline, nor-adrenaline and dopamine. Of importance here is to be aware that different ones of the 22 amino acids are the precursors to all these neurotransmitters and if you are deficient in these amino acids, the different neurotransmitters cannot be synthesised. One very important neurotransmitter being synthesised by the serotonergic system is serotonin. Of importance here is the fact that one of the 8 essential amino acids, tryptophan, is the precursor to serotonin. ‘Essential’ indicates that no human body is able to synthesise the specific molecule and therefore should be taken in on a daily basis.

Research has shown that depressive patients have significantly lower levels of both zinc and B vitamins in their blood. Both zinc and B vitamins are very important in releasing energy from the food we eat. Deficiencies in any of these could therefore result in loss of energy.

The following suggested program is a recommendation only and does not replace a doctor’s prescribed treatment:

DEPRESSION	PRODUCT	Morning	Lunch	A’noon	Supper	Bedtime
	Feel Better Prog	1				
	Aloe Vera Plus	20ml		20ml		
	Chelated Zinc			1		
	Vit B Complex (SR)		1			
	CalMag					3
	Vit A & D					1
	Herb Rest & Relax	1			1	
	Omega-3 Salmon oil Plus		1			
	Fem/Masc Herbals	1			1	

DETOXIFICATION

Unhealthy substances constantly enter our bodies through the things which we eat, drink and inhale.

This can include toxins, preservatives, colorants and additives in food, toxins and heavy metals in drinking water, medicines, alcohol as well as industrial pollution.

- ◆ The first transport system in the body is the blood. The kidneys and the liver are the two main organs which clean the blood of these unhealthy substances. To give extra support to these organs and to clean the blood and tissues, Beta Guard is a product with a very wide range of anti-oxidants. It also contains some minerals to help clear the body of heavy metals.
- ◆ The second transport system is the lymphatic system. Alfalfa is a product with a wide range of minerals, very useful to help clear the lymphatic system.
- ◆ The third transport system is the digestive system. If proper elimination does not occur regularly, very unhealthy conditions can develop in the stomach, small intestines and colon. Stage-6 is a combination of natural stimulants of the cells in the digestive tract, resulting in a faster movement of contents through the system.

You will experience maximum benefits if you take these three products simultaneously for thirty consecutive days every year. By omitting one of these three, you will only partly cleanse your whole body. This program can be repeated after big operations, after prolonged periods of medication, or when intestinal parasites are present.

Take Stage 6 half an hour before a meal with a large glass of water and Beta Guard, Alfalfa and Acidophilus after your meals.

The suggested program could be:

DETOXIFICATION	PRODUCT	Morning	Lunch	A'noon	Supper	Bedtime
<i>(Stage 6 to be taken with a large glass of water ½ hr before meals, while the other products are to be taken after meals. Drink lots of Water, Otherwise you may experience headaches)</i>	Beta Guard	2	2		2	
	Multimin & Alfalfa	2	2		2	
	Stage 6	2	2		2	
	Acidophilus	1	1			

DIABETES

Diabetes is the seventh leading cause of death from degenerative diseases. Our sugar levels need to be controlled. Long term effects of high blood glucose levels cause damage to small blood vessels and can result in blindness, heart attacks and kidney failure, ulcers that won't heal and loss of limbs.

The most important **hormone** in our bodies, which control our blood glucose levels, is insulin. The Cells of Langerhans in the pancreas are the factories of this hormone. Insulin itself is a combination of many **amino acids** and **zinc** is an integral part of the molecule. We therefore need to make sure that we are not deficient in any of the amino acids or zinc. Like all other cells, these cells have a nucleus and a cell membrane, the cell membrane consisting of phospholipids and protein. As discussed already, the ratio of different essential fatty acids (EFA), i.e. Omega-3 and Omega-6 fatty acids, in the cell membrane determines the ratio of different prostaglandins which are synthesised, and in turn determines the ratio of different hormones which can be synthesised. We therefore need to make sure that we provide our bodies with enough EFA's in the correct ratio.

Together with insulin there is another factor working hand in hand with insulin to help control the blood glucose levels. This factor is **glucose tolerance factor (GTF)**. If you look at the structure of GTF, **chromium** is the major active ingredient in GTF, along with niacin (**Vit B3**) and three **amino acids**. We therefore need to make sure that our bodies are not deficient in chromium, B vitamins and amino acids. Both Formula IV Plus and Beta Guard can provide us with the chromium.

In an attempt to have better control over blood glucose levels, diabetics often control their intake of sugars and especially their intake of glucose. Because glucose is already in an easily absorbable form and can raise blood glucose levels very quickly, diabetics should rather use more complex sugars that will take some time to be digested before absorption occurs into the blood stream. Fructose is such a sugar, which is present in our Nutrishake / GR² Protein shake.

It has been shown that fibre in our diet can also be beneficial in helping to control blood glucose levels. Some fibre has the ability to bind sugars, which are present in our diet,

therefore preventing it from being absorbed into the blood stream. Enough fibre, taken about an hour before the meal with a glass of water, can therefore only be beneficial.

The negative effects of high blood glucose levels for prolonged times are caused by free radical mechanisms. We therefore need to make sure we have enough anti-oxidants on a daily basis. Anti-oxidants we offer are Carotenoid Complex, Flavonoid Complex, Vit E and Vit C.

The following suggested program is a recommendation only and does not replace a doctor's prescribed treatment:

DIABETES	PRODUCT	Morning	Lunch	A'noon	Supper	Bedtime
<i>Replace Nutrishake in Feel Better Prog With GR² Protein Shake</i>	Feel Better Prog	1				
	Omega-3 Salmon oil plus	1	1			
	Chelated Zinc			1		
	Vit B Comp (SR)		1			
	Flavonoid Comp	2				
	Vit E, 200 iu	1	1			
	GR2 Thermogenic (before Meals)	1	1			
	Fibre Tabs	1		1		

ECZEMA

Like so many other things in life, our skin goes through a 28 day cycle as well. That means that newly formed cells must reach the outer layer of the skin 28 days later. Sometimes this period is much shorter and immature cells reach the surface of the skin. For this reason the skin appears flaky and cells are easily damaged with resultant loss of contents.

In order to maintain this normal cycle we need to feed our bodies with the right nutrients. Hormones play an important role in maintaining this cycle. The roles of Vit A and Vit E in healthy skin have been established through research.

The following suggested program is a recommendation only and does not replace a doctor's prescribed treatment:

ECZEMA	PRODUCT	Morning	Lunch	A'noon	Supper	Bedtime
	Feel Better Prog	1				
	Omega-3 Salmon oil Plus	1	1			
	Chelated Zinc			1		
	Vit A&D	1			1	
	Vit E, 200 iu	1	1			

EMPHYSEMA

Emphysema is a permanent damage to the little air pockets in the lungs. There is practically no recommended program available apart from the Feel Better Programme.

EPILEPSY

When a person gets an epileptic seizure, there is no awareness of surroundings, pain, etc. The attack is normally nervous system orientated.

Nutrient supplementation would concentrate on building stronger nervous system functioning. For this reason it is recommended to supplement minerals, which are involved in signal transmission, also to add EFA's to establish stronger and more effective cell membranes in the nerve cells.

The following suggested program is a recommendation only and does not replace a doctor's prescribed treatment:

EPILEPSY	PRODUCT	Morning	Lunch	A'noon	Supper	Bedtime
	Feel Better Prog	1				
	Omega-3 Salmon oil Plus	1	1			
	Chelated Zinc			1		
	Vit A & D					1
	CalMag					3

FLU

It has been shown that zinc has high anti-viral activities. One also needs to boost one's immune system. A Feel Better Programme with additional zinc (<6 /day), Vit A (<2/day) and Vit C (<6/day) could be a recommended program.

GALL BLADDER FLUSH

To combat gall stones, the following program is recommended: In an 250 ml glass put one third pure olive oil (no other oil will give this reaction), two thirds pure apple juice and add one tablespoon of apple cider vinegar. It is very important not to eat any food during the gall

bladder flush. You may drink all the apple juice you desire, but no other liquid, not even water.

Day 1: Take the mixture three times

Day 2: Take the mixture twice

Day 3: Eat a generous salad of raw cabbage, carrots, celery, beetroot, tomatoes and lettuce with generous amounts of apple cider vinegar and olive oil in the morning. Eat a dish of steamed greens such as spinach, kale or any other cooked leafy greens.

Watch your bowel movements----- and see what happens.

Please note that this is only a recommended program and does not replace a doctor's prescribed treatment.

GOUT

The following suggested program is a recommendation only and does not replace a doctor's prescribed treatment:

GOUT PROGRAM	PRODUCT	Morning	Lunch	A'noon	Supper	Bedtime
	Feel Better Prog	1				
	Multi Min + Alfalfa	1	1		1	
	Omega-3 Salmon oil Plus	1	1			
	Zinc	1				

HORMONAL IMBALANCES

- ◆ Hormones produced by the different endocrine glands depend on the ratio of the EFA's, Omega-3 and Omega-6, in the cell membranes. Remember that EFA's taken now will start giving results after they have been incorporated in the cell membranes and this depends on amounts taken and time elapsed since taken.
- ◆ It is also necessary to remember that certain hormones as well as their receptors have other elements as integral parts of their structure:
 - Insulin – zinc
 - Thyroid – iodine
 - Cortisol receptor - zinc
 - Estrogen receptor – zinc
 - Progesterone receptor – zinc
 - Vit A – zinc
 - Vit D – zinc

The following suggested program is a recommendation only and does not replace a doctor's prescribed treatment:

HORMONAL IMBALANCES	PRODUCT	Morning	Lunch	A'noon	Supper	Bedtime
	Feel Better Prog	1				
	Omega-3 Salmon Oil Plus	1	1			
	Zinc			1		
	Multimin & Alfalfa				3	

HYPERACTIVITY

Some people have the ability to concentrate on only one thing at a time, while a lot of activities are happening around them. Others pick up all the signals from the different activities with resultant difficulties in concentrating on one activity. Signals from all the different activities get picked up and responded to. Sometimes this situation gets referred to as Attention Deficit Disorder (ADD).

Neurotransmission occurs through electrical and chemical processes. The chemical processes involve, amongst others, the neurotransmitters discussed under depression. We therefore need to make sure that we have all 22 amino acids on a daily basis. We also need to make sure that all the cells (including the nerve cells) are healthy with healthy cell membranes, and for this reason intake of the EFA's are most important. The electrical process of neurotransmission occurs via changes in electrical potential on different sides of the cell membranes of the nerve cells. These changes occur via involvement of positive and negative charges. Minerals like calcium, magnesium, potassium and sodium are positively charged, whereas chlorine is negatively charged. Most people have an adequate intake of sodium chloride (normal table salt), but it is the other minerals where deficiencies might develop. To add enough calcium and magnesium to Vita Squares would result in a very large tablet and therefore it is recommended that children, while taking the Feel Better Programme, should take additional Cal-Mag.

The following suggested program is a recommendation only and does not replace a doctor's prescribed treatment:

HYPERACTIVITY	PRODUCT	Morning	Lunch	A'noon	Supper	Bedtime
(Children's FBP)	Feel Better Prog	1				
	Chelated Zinc			1		
	Omega-3 Salmon oil Plus	1	1			
	Vit A & D				1	
	CalMag				3	

IMPOTENCY

Impotence is the situation when the male cannot have or sustain an erection. It often has serious psychological effects on the person's self esteem and secondly on marital relationships. The causes are often hormonal imbalances, disease, medication or psychological reasons. Normally there is a reduced blood flow to the penis.

When a person experiences this situation, first check with your doctor whether he can maybe change the medication, if this is the reason. If you are suffering from a disease which you can overcome, be patient and build up your immune system.

If the reasons are psychological or hormonal, supplementation should be aimed at getting these back in balance. If it is psychological, supplementation with omega-3, Vit B Complex and Aloe Vera Plus might be added to the recommended program. If it is hormonal, supplementation with Omega-3 Salmon oil Plus and Alfalfa might be added to the recommended program.

The following suggested program is a recommendation only:

IMPOTENCY	PRODUCT	Morning	Lunch	A'noon	Supper	Bedtime
	Feel Better Prog	1				
	Masculine Herbal	1			1	
	Zinc	1				
	Vit E	1			1	

INFERTILITY

Infertility can originate either from the male or the female.

- ◆ One finds the highest concentration of zinc in the male body in the prostate. Apart from having anti-cancer activities in the prostate, it plays a very important role in conception. If the sperm is deficient in zinc they have a lower ability to penetrate the ovum.

- ◆ While women are going through the menstrual cycle, different hormones go through cycles as well. These hormones are responsible for ovulation. For a balanced hormone system, the EFA's are an absolute necessity.
- ◆ To keep the ovum, and later the foetus, alive, it is necessary to provide enough oxygen through the blood. Vit E can play a very important role in this respect. Ladies can get their Vit E either from the Vit E capsule or Wheat Germ Oil (1 Vit E = 4 Wheat Germ Oil).
- ◆ B vitamins, especially folic acid, are very important prior to conception, as well as after conception has taken place in order to help prevent neural tube defects.

It is very important that both partners go onto the program.

The following suggested program is a recommendation only and does not replace a doctor's prescribed treatment:

INFERTILITY	PRODUCT	Morning	Lunch	A'noon	Supper	Bedtime
WIFE	Feel Better Prog	1				
	Omega-3 Salmon oil Plus	1	1			
	Chelated Zinc			1		
	Multimin & Alfalfa				2	
	Vit E, 200 iu	1	1			
	CalMag					3
	Vit A & D					1
	Feminine Herbal	1			1	
	**Aloe Vera Plus		20 ml			
	**Vit B Comp (SR)		1			
**Flavonoid Comp	2					
HUSBAND	Feel Better Prog	1				
	Omega-3 Salmon oil Plus	1	1			
	Chelated Zinc			1		
	Masculine Herbal	1			1	

INSOMNIA

In insomnia there is always an imbalance in minerals. Calcium and magnesium are very important in this respect.

It is also necessary not to be too tense, rather aim for being more relaxed. Aloe Vera Plus contains chamomile, which has soothing properties and a calmative effect on the mind. Certain herbs in Herbal Rest and Relax will calm the mind, relax the body and create better sleeping patterns.

Having to handle too much stress is another reason for insomnia. The B vitamins are always important in handling stress.

The following suggested program is a recommendation only and does not replace a doctor's prescribed treatment:

INSOMNIA	PRODUCT	Morning	Lunch	A'noon	Supper	Bedtime
	Feel Better Prog	1				
	Multimin & Alfalfa				2	
	CalMag					3
	Vit A & D					1
	Aloe Vera Plus	20 ml	20 ml			
	Vit B Comp (SR)		1			
	Rest & Relax	1			1	

INTESTINAL PROBLEMS

We have all suffered symptoms of indigestion at one time or another, but for some people, distressing conditions such as cramping, flatulence and inflammation are constant companions. Such unpleasant and uncomfortable digestive symptoms can have a major impact on your wellness and overall quality of life.

GNLD's Herbal Digestive Complex is a gentle yet potent blend of herbs that help maintain healthy digestive function and provide relief from gastrointestinal disturbances. Dandelion helps maintain healthy digestive function, loosens the bowels and relieves constipation. German Camomile and Caraway help relieve flatulence, quiet and relax spasms and help improve appetite and maintain healthy digestion. Gentain helps support healthy digestive function and helps improve appetite. Aloe Vera and Liquorice soothe irritated mucous membranes and promote healing. Mint and Ginger help relieve flatulence.

◆ *Food intolerance*

The whole of our digestive system is lined with epithelial cells. These cells have specific functions including production of digestive enzymes and selective absorption of digested food. When these cells are not operating well, certain molecules can penetrate through these cells and together with the blood stream reach areas and organs that cannot handle them. For example, gluten from wheat, has been found in cerebrospinal fluid of some people.

◆ *Crohn's disease*

Proper digestion, absorption and elimination are very important for a healthy digestive system and a healthy body. Sometimes reactions occur inside the intestines that cause hardening of

the canal. Digestion and absorption is inefficient and a total imbalance in the whole body occurs, both psychological and physical.

When recommending supplementation for this situation, start only on the FBP. Gradually add other nutrients e.g. Vit A, zinc and B vitamins. Also important to consider is the use of the fibre blend.

◆ ***Spastic colon***

Spastic colons are often a result of stress. Supplementation to handle the stress can be used (See under Stress pg 39).

◆ ***Heartburn***

Heartburn is often the result of an over excretion of hydrochloric acid in the stomach. Minerals play a very important part in pH balance in the body. Aloe Vera also has a positive effect in preventing heartburn.

◆ ***Colic***

Children can never be too young to start using Aloe Vera Plus for an upset stomach.

◆ ***Ulcerative colitis***

The healing effects of zinc have been known for years already. As described elsewhere, beta-carotene and Vit A are very important in all epithelial cells.

◆ ***Stomach ulcer***

Stomach ulcers are often the result of stress or medication. If stress is the cause, follow the recommended program for stress. If medication is the cause, follow the program for ulcerative colitis and add enough fibre to the diet.

The following suggested programs for some of these situations are recommendations only and do not replace a doctor’s prescribed treatment:

INTESTINAL PROBLEMS	PRODUCT	Morning	Lunch	A’noon	Supper	Bedtime
1. Constipation	Stage –6					6
	Fibre tabs	1			1	
	Herbal Digestive	1			1	
	Garlic-Allium Comp	1			1	
	Acidophilus Plus	2				
2. Upset stomach	Aloe Vera Plus	20ml	20ml		20ml	
	Herbal Digestive	1			1	
	Acidophilus Plus	2				
3. Stomach ulcers	Feel Better Program	1				
	Vit A&D	1			1	
	Chelated Zinc			1		
	Herbal Digestive	1			1	
	Aloe Vera Plus	20ml			20ml	

JOINT PROBLEMS

Joint problems are mostly caused by an over-reactive immune system in which a sub-population of the white blood cells (WBC), the macrophages, produce too much of a certain cytokine, IL-1. The latter activates the enzyme collagenase that breaks down collagen around the bones. The result is friction between bone and bone with resulting inflammation, pain and swelling.

To stop the inflammation and pain, some patients receive painkillers or sometimes an anti-inflammatory e.g. cortisone. The latter has very bad side effects on the whole body, but especially on the immune system.

- ◆ The human body can produce its own anti-inflammatory hormone, cortisol. The precursor to cortisol is cholesterol and one should therefore be careful of cholesterol lowering drugs. Cells in the adrenal glands are responsible for this. As for all other hormone producing cells, Omega-3 and Omega-6 are very important.
- ◆ As mentioned earlier, cortisol can only function if there are not deficiencies in zinc.

The following suggested program is only a recommendation and does not replace a doctor's prescribed treatment:

JOINT PROBLEMS	PRODUCT	Morning	Lunch	A'noon	Supper	Bedtime
	Feel Better Program	1				
	Omega-3 Salmon oil Plus	1	1			
	Chelated Zinc			1		
	Full Motion	1	1		1	
	Beta Guard	2				

KIDNEY PROBLEMS

The kidney is one of the most important detoxifying organs in the body. It is responsible for water elimination and nitrogen excretion. To lower the workload on the kidneys in people with kidney problems, try to reduce the intake of protein food, which is a rich source of nitrogen. But because we as human beings cannot store amino acids, we need to have a daily intake of amino acids. In these cases it is therefore recommended to cut out other protein food and take all protein requirements through Nutrishake/ GR2 protein Shake as the only source of amino acids.

Because the kidneys are already not coping, it is necessary to assist them in detoxifying. We find a wide range of anti-oxidants in beta-guard that can be of great assistance to the functioning of the kidneys.

Inclusion of Omega-3 Salmon oil Plus for building up proper functioning cell membranes in the kidney cells can only have positive effects and is strongly recommended.

The following suggested program is only a recommendation and does not replace a doctor's prescribed treatment:

KIDNEY PROBLEMS	PRODUCT	Morning	Lunch	A'noon	Supper	Bedtime
	Feel Better Program	1	1			
	Omega-3 Salmon oil Plus	1	1			
	Beta-guard	1			1	

LIVER PROBLEMS

The liver plays a very important role in detoxifying the body. A detoxifying program would therefore be the first option for people with liver problems.

MENOPAUSE

When a lady reaches a certain age, a shift in hormonal balances takes place. Often this is accompanied by mood changes, depressive feelings, hot flushes, etc.

Proper attention to the nervous system is very important at this stage. Both B vitamins and minerals are especially important in proper nerve function.

As discussed earlier, we need to provide the EFA's for correct ratios of different hormones.

Certain herbs have marvellous results in handling this phase of life.

The following suggested program is only a recommendation and does not replace a doctor's prescribed treatment:

MENOPAUSE	PRODUCT	Morning	Lunch	A'noon	Supper	Bedtime
	Feel Better Program	1				
	Fem Herbal	1			1	
	Vit B Co (SR)		1			
	Multimin & Alfalfa				2	

MIGRAINE

Migraine can be very complex. One should look at the situation resulting in development of a migraine, and act accordingly. When stress is the cause of the migraine, try to eliminate the stress (see under 'STRESS pg 39'). When there were injuries in the past with effects on the nerves, see a doctor. If there are problems with the spinal cord, see a chiropractor and look at getting the joints more healthy (see under 'JOINT PROBLEMS pg 32).

The following suggested program is a recommendation only and does not replace a doctor's prescribed treatment:

MIGRAINE	PRODUCT	Morning	Lunch	A'noon	Supper	Bedtime
	Feel Better Program	1				
	Omega-3 Salmon oil Plus	1	1		1	
	Vit B Co (SR)	1				
	CalMag					3
	Vit A & D					1
	Acidophilus Plus	2				
	Herb Rest & Relax	1			1	

MOUTH ULCERS

For healing mouth ulcers, rinse the mouth often with Aloe Vera Plus.

OSTEOPOROSIS

Most hormones in our bodies require calcium for normal functioning. If calcium is deficient in our daily diet, the hormones will start extracting calcium from our bones. This causes brittle bones. In order to prevent this, we should start taking calcium supplementation from an early stage in our lives; the onset of puberty would be the best time to start. It is important to remember that Vit D is necessary for the depositing of calcium into the bone and a deficiency in Vit D would therefore cause calcium not to be deposited. Office staff, working long hours out of sunlight should be aware of this. Of further importance is that Vit D functions through a glucocorticoid receptor which has two zinc fingers in its structure. If our bodies are deficient in zinc the glucocorticoid receptors cannot be formed and Vit D cannot act to deposit calcium into the bones. Of interest is the fact that the body requires calcium and magnesium in a specific ratio of 2:1. When people start taking calcium supplementation, make them aware of the fact that GNLD Cal-Mag is in this ratio and that the minerals are being chelated to increase the bio-availability to +84%. It is best to take the minerals with the evening meal, because it also helps one to sleep better.

The following suggested program is only a recommendation and does not replace a doctor's prescribed treatment:

OSTEOPOROSIS	PRODUCT	Morning	Lunch	A'noon	Supper	Bedtime
	Feel Better Program	1				
	Omega-3 Salmon oil Plus		1			
	Chelated Zinc			1		
	Vit A&D				1	
	CalMag				3	

PARKINSON's DISEASE

Typical symptoms of this disease include uncontrolled muscle contractions. One of the neurotransmitters, dopamine, is strongly suggested in the aetiology of this disease.

Nutritional supplementation would aim at providing the precursor molecules for production of all the neurotransmitters in the right ratios. Therefore protein supplementation in the FBP is incredibly important.

Furthermore we aim at healthy nerve cells with controlled signal transmission. For building effective cell membranes, the inclusion of Omega-3 is strongly suggested.

For better control of muscle contraction, balance in different minerals is very important. To correct possible imbalances in mineral balances, both the alfalfa and Cal-Mag are strongly recommended.

Research has shown that Vit E supplementation has a positive effect on the uncontrolled muscle contractions. This could be related to increased oxygen content of the blood as a result of Vit E.

The following suggested program is only a recommendation and does not replace a doctor’s prescribed treatment:

PARKINSON’S DISEASE	PRODUCT	Morning	Lunch	A’noon	Supper	Bedtime
	Feel Better Program	1				
	Flavonoid Comp	2				
	Cruciferous	1				
	Multimin & Alfalfa				3	
	Vit E, 200 iu	1	1			
	Omega-3 Salmon oil Plus	1	1			
	CalMag					3
	Vit A & D					1
	Chelated Zinc			1		
	Beta Guard	1				
	Vit B Co (SR)		1			

PREGNANCY & BREASTFEEDING

During pregnancy the childbearing mother must bear in mind that her blood must provide all the baby’s requirements.

- ◆ Calcium and other minerals are essentials for development of new bones, teeth, etc.
- ◆ EFA’s (Omega-3 and Omega-6 are absolutely essential for development of healthy cell membranes, especially for development of grey matter in the brain.
- ◆ B vitamins, especially folic acid , are very important during the first couple of weeks after conception to help prevent neural tube defects.
- ◆ Zinc is very important for multiplication and growth of cells. Without zinc DNA cannot replicate and duplicate.
- ◆ To prevent possible miscarriage, it would be advisable to suggest additional Vit E, thereby increasing the oxygen-carrying ability of the blood.

The following suggested program is only a recommendation and does not replace a doctor's prescribed treatment:

PREGNANCY	PRODUCT	Morning	Lunch	A'noon	Supper	Bedtime
	Feel Better Program	1				
	Omega-3 Salmon oil Plus	1	1			
	Chelated Zinc			1		
	Beta Guard	2				
	Multimin & Alfalfa				2	
	Vit E, 200 iu	1	1			
	CalMag					3

PRE-MENSTRUAL TENSION

As ladies go through their menstrual cycle, a whole range of hormones also goes through cycles with highs and lows. These changes in hormone levels also cause changes to the nervous system. Often severe pre-menstrual tension, headaches, tempers and irritability follows. Water retention also occurs, causing swelling, weight gain, etc.

In order to minimise mood swings, B vitamins and Cal-Mag improve nerve functioning. Inclusion of Aloe Vera Plus and Feminine Herbal Co (with St John's Wort) further calms the mind.

Minerals are known for having positive effects on the lymph system and inclusion of Multimin & Alfalfa has remarkable benefits to minimise water retention.

The following suggested program is only a recommendation and does not replace a doctor's prescribed treatment:

PREMENSTRUAL TENSION (PMS)	PRODUCT	Morning	Lunch	A'noon	Supper	Bedtime
	Feel Better Program	1				
	Feminine Herbal	1			1	
	Rest & Relax	1			1	
	Vit B Co (SR)		1			
	Multimin & Alfalfa				2	
	CalMag					3
	Vit A & D					1
	Aloe Vera Plus	20ml			20ml	

PUBERTY

Puberty is the transitional stage from childhood to adulthood. Puberty is often associated with trauma and people experience it very differently. Certain sex hormones, which affect the whole balance of the body, start going into cycles. Symptoms such as irritability, rebellion, and skin disorders are just a few symptoms which can occur.

In order to reach a balance sooner, it is very important to provide enough of the EFA's for the correct ratios of hormones.

Many of these hormones require calcium as a co-factor and therefore necessary to provide the minerals.

In order to relieve skin problems, see discussion under allergic conditions. It is strongly recommended to start using the basic trio of the skin care system as well, on a daily basis.

The nervous system functions better with B vitamins.

Inclusion of the Feminine Herbal Co will allow young girls to go into and through puberty without the trauma normally associated with menstrual cycles.

The following suggested programs are only recommendations:

PUBERTY	PRODUCT	Morning	Lunch	A'noon	Supper	Bedtime
Girls	Feel Better Program	1				
	Omega-3 Salmon oil Plus	1	1			
	Feminine Herbal	1			1	
	Cal-Mag					3
	Vit A & D					1
Boys	Feel Better Program	1				
	Multimin & Alfalfa				2	
	Vit A & D					1
	Cal-Mag					2

SHINGLES

Certain viruses can cause nerve damage. One must aim to destroy the virus, secondly try to repair the damage and thirdly boost the immune potential. Zinc has been shown to have a high anti-viral activity.

The following suggested program is a recommendation only and does not replace a doctor's prescribed treatment:

SHINGLES	PRODUCT	Morning	Lunch	A'noon	Supper	Bedtime
	Feel Better Program	1				
	Zinc	1		1		
	Vit B Co (SR)	1				

STRESS

Stress has become the common denominator in all our lives today. Stress burns up your nutrient reserves. It accelerates your metabolism and like a car at higher speeds, you use more fuel. Your digestion slows during stress and absorption of nutrients is impaired. Your body will then rely on the nutritional reserves it has stored. If your reserves are not sufficient, you could be prone to fluctuating energy levels, infection and illness.

For many people the correct amount of stress leads to better productivity. The human body has been designed to produce the correct amount of stress hormones (e.g. adrenalin) in any stressful situation to be able to cope with the situation. Often it results in a flight or fight reaction. If we deprive our bodies of the necessary nutrients, the body is not able to produce these stress hormones to cope with the stressful situation and if it carries on for a prolonged period of time the symptoms of stress will start to appear.

The release of adrenalin causes magnesium to be flushed out of the body. Magnesium allows muscles to relax and helps maintain regular heart rhythm.

Hormones are being synthesised in cells of different endocrine glands. All these cells share the same characteristics of other cells (cell membrane and a nucleus). As mentioned under the section of diabetes, the ratio of EFA's (Omega-3: Omega-6) in the cell membranes eventually determines the levels of different hormones that can be synthesised by these cells. Furthermore, often the building blocks of hormones come from amino acids. The anabolic (building up) processes require different minerals and vitamins as co-enzymes for the different processes.

Vitamin B Co is an excellent stabiliser for your metabolism. It is one of the only co-enzyme vitamins that will cause metabolism of carbohydrates which keeps your energy level high and stabilises your emotions. It also aids in proper nerve functioning.

The Aloe Vera plant has been known for many years as a miracle plant and herbs like chamomile are known as a calmer of the mind while ginseng provides energy to better cope with different situations.

The following suggested program is only a recommendation and does not replace a doctor's prescribed treatment:

STRESS	PRODUCT	Morning	Lunch	A'noon	Supper	Bedtime
	Feel Better Program	1				
	Vit B Co (SR)		1			
	Aloe Vera Plus	20 ml	20 ml			
	CalMag					3
	Vit A & D					1
	Omega-3 Salmon oil Plus		1			
	Rest & Relax	1			1	

TUBERCULOSIS

Tuberculosis is an infection of the lungs. Medical intervention is an absolute must.

The following suggested program is a recommendation only and does not replace a doctor's prescribed treatment:

TUBERCULOSIS	PRODUCT	Morning	Lunch	A'noon	Supper	Bedtime
	Feel Better Program	1				
	Vit A & D	1	1			
	Vit E	1			1	
	Zinc				3	
	Omega-3 Salmon oil Plus	1			1	
	Herbal Resp Comp	1			1	

VARICOSE VEINS

Veins sometimes lose their elasticity and become painful. For maintaining the elasticity, collagen synthesis needs to be maintained. Collagen production can only take place with the presence of Vit C. Both Vit E and Omega-3 Salmon oil Plus can also have beneficial effects in varicose veins.

WATER RETENTION

Minerals are very important in the functioning of the lymphatic system. Adding of Multi-mineral plus Alfalfa has fantastic results for balancing water retention.

WEIGHT MANAGEMENT

It is purely a matter of survival that as humans, we have developed a metabolism that allows us to have an excess of stored energy, in the form of fat, while at the same time experiencing the hunger sensation that encourages us to take in more kilojoules. If we only got hungry when we were out of kilojoules, we wouldn't have the energy to go out and find food.

You need to be assisted in utilising some of the stored energy you would rather do without and help you maintain the levels of energy intake that your body needs to function optimally and at the same time keep you in good shape.

The GR² Control Programme can give you this assistance.

The Meal Replacement Shake keeps your glycemic levels in a safe range and satisfies your cravings.

Appetite Reducer will give a full feeling. It is taken with a glass of water half an hour before meals.

Thermogenic Enhancer is a unique herbal blend that naturally re-energises your metabolism.

There are two phases, the first one being initial weight loss and the second - ongoing weight maintenance.

The following suggested programmes are only recommendations and do not guarantee weight loss, unless you re-educate yourself toward lifelong healthier habits (See the GR² Control Booklet or the Tips File for more detailed information):

WEIGHT MANAGEMENT	PRODUCT	Br'kfast	Mid-Morning	Lunch	A'noon	Supper
Initial weight loss	Appetite Reducer	2		2		2
	Thermogenic Enhancer	1	Mini-Meal	1	Mini-Meal	1
	Meal Replacement Shake	1		1		Meal
Ongoing weight Maintenance	Appetite Reducer	2		2		2
	Thermogenic Enhancer	1	Mini-Meal	1	Mini-Meal	1
	Meal Replacement Shake	1		Meal	Meal	Meal

YUPPIE FLU

Some people believe that Yuppie flu is caused by a host of viruses. People often experience a complete lack of energy.

The following suggested program is a recommendation only and does not replace a doctor's prescribed treatment:

YUPPIE FLU	PRODUCT	Morning	Lunch	A'noon	Supper	Bedtime
	Feel Better Program	1				
	Zinc	1		1		
	Vit B Co (SR)	1				

ABBREVIATIONS

- EFA - Essential Fatty Acids
- WHO - World Health Organisation
- FBP - Feel Better Program
- GTF - Glucose Tolerance Factor
- HDL - High-density Lipoproteins
- LDL - Low Density Lipoproteins
- VLDL- Very Low Density Lipoproteins

ALSO AVAILABLE – PRODUCT STORY BOOKLETS WHERE PEOPLE TELL ABOUT THE RESULTS THEY GOT AFTER USING GNLD PRODUCTS.

NOTES

NOTES
