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WRITTEN AND COMPILED

BY

WIMPIE VAN DER MERWE

THE GOLDEN NEO-LIFE DIAMITE TRACK RECORD

Golden Neo-Life Diamite

- has been in the nutrition business since 1958, when it started as Neo-Life.
- has a scientific advisory board that includes some of the world's finest scientists in the fields of nutrition and antioxidant research.
- business philosophy is geared towards providing the finest supplements available to positively impact your health.
- supplements represent state of the art leading edge products that have been getting recent scientific accolades by the USDA and other governments sponsored scientists.
- has introduced over 30 new products to the nutritional marketplace in the past 41 years. For example, GNLD developed the first antioxidant whole food supplement back in 1982!
- follows the whole-food supplement approach. Supplements derived from whole foods in the human food chain, which have been safely eaten for generations. No shark cartilage, pine bark or food manufactured by-products, just organic and natural food fit for human consumption.

WHAT ARE DOCTORS SAYING ABOUT CAROTENOID- AND FLAVONOID COMPLEX™?

"I think the most exciting news from recent research is that Carotenoid Complex™ increases immunity by 37 percent in just 20 days. This means we can help prevent damage to our bodies from oxidative stress, free radical production, and a toxic environment by taking Carotenoid Complex™ and its water-soluble partner Flavonoid Complex™."

-Dr. Kenneth Hirsch

*Chair of the Department of Pathology at a government hospital
and SAB member*

"The clinical research put into Carotenoid Complex™ and Flavonoid Complex™ is remarkable. The antioxidant revolution has begun and it's a wonderful feeling to realise that GNLD's double products represent the most effective comprehensive lipid and water soluble antioxidants available today."

-Roger Ogata

MD Rheumatologist and GNLD Distributor

"How many people do you know who eat five servings of fruits and vegetables a day? Not many! You can receive the protective benefits of one optimal serving of fruits and vegetables in each capsule of Carotenoid Complex™ or Flavonoid Complex™. Not taking advantage of these two products is like not using your seat belt. Your car is replaceable. Your body isn't."

-Dr. Ron Overberg

Ph.D. in Biology and GNLD Distributor

" Carotenoids and flavonoids have been scientifically researched to increase immune function, protect cells, and may even help decrease the risk of certain degenerative diseases. So if health is your goal, Carotenoid Complex™ and Flavonoid Complex™ will absolutely help get you there!"

-Dr. William Sexton and Dr. Monette Sexton

Chiropractic physicians and GNLD Distributors

"As doctors, we're excited about providing our patients with the innovative products and education associated with carotenoids and flavonoids. It's obvious to us, with all the scientific literature we read, that GNLD's antioxidant research is at the forefront of the nutritional field."

-Dr. Jeffrey Shefts and Dr. Carla Ruldolph

Chiropractors and GNLD Distributors

"First of all, Americans just aren't eating enough or even the right fruits and vegetables. Second, when we exercise, our immune system comes under incredible stress. In fact, I used to get sick right before an important cycling race. So, a logical answer to both of these concerns is to get our carotenoids and flavonoids through consistent supplementation."

-Dr. Glen Winkel

Ph.D. in Anatomy, National Cycling Champion, and GNLD Distributor

WHAT THE ATHLETES ARE SAYING ABOUT GNLD PRODUCTS

"GNLD has incredible scientific backing--a team of scientists, doctors, and health product professionals who are experts in their fields. As a scientist, I was impressed to discover that their antioxidant supplements were developed on the same authoritative research I've been studying. GNLD products are made from whole foods. What this means is that they contain all of the known and unknown nutritional factors necessary to good health. (It would be ludicrous to assume that we know all the factors in food that

are important to health.) Believe me, there's so much hype out there to do with selling supplements to athletes. Athletes are looking for an edge and companies market to athletes. I've been taking these products faithfully for eight years now and I find that with each passing year, I get faster and faster. Unfortunately for my competition, they seem to get slower with each passing year! The bottom line is these products work!

-Glen Winkel, Ph.D., USA
World Champion, Cycling
10-Time National Champion, Cycling

"The USA/VISA Decathlon Team has been using Golden Neo-Life Diamite products since 1992. We are very pleased with the vitamin supplements, especially the Tre-en-en formula. Wherever we compete around the world, GNLD will be with us all the way!"

-Harry Marra, USA
USA/VISA Decathlon Team, Coach

"Winning is a matter of hard work and good, solid nutrition, which GNLD helps us to achieve. Optimum nutrition is making a big difference. We've had very little downtime due to illness, have decreased joint soreness, and have bounced back faster following competition."

-Ron Brant, USA
USA Men's Olympics Gymnastics Coach

"Since being introduced to GNLD products, I've definitely noticed a tremendous difference in how I look and feel--my immune system is much stronger! As an elite athlete, I travel non-stop, and with all the racing, I felt run-down constantly, which made me more susceptible to colds. This is the first year I've ridden with no illnesses! And, my recovery time is faster, so I can compete in back-to-back races in the same week or weekend. There's no question in my mind that GNLD has made the difference! I want to feel

good when I'm racing up the Alps on my bike or catching a plane to my next international race. And thanks to GNLD, I can do both!"

-Laura Charameda, USA
National Cycling Champion

"GNLD's products have made the world's difference in my international cycling career. It did what no other product could do. It gives me the edge by reducing my recuperation time, enabling to train harder more frequently. It enables me to stay in the immune zone, ensuring me to deliver my peak performances when it is expected of me. The products contribute to my sporting longevity, enabling me to still compete when my peer group has retired from the scene. The Feel Better Program and Amitone are highly recommended by myself for any serious endurance athlete."

Wimpie van der Merwe, RSA.
World cycling champion and multiple world record holder.

ALOE VERA PLUS & -GEL

Aloe Vera is a centuries old traditional medicine, which has many applications, although most commonly known as being used in cosmetics, soaps, skin lotions, shampoos, and suntan products.

With its powerful non-irritating, antibacterial, anti-fungal and anti-inflammatory properties it is little wonder that recorded use of Aloe Vera has been found in age-old rock paintings of Bushmen and in the hieroglyphics of the ancient Egyptians. Many ancient wars, in particular in Egypt, revolved in securing access to the aloe plant and its medicinal properties.

Aloe Vera has been available for some time now as a soothing, healing gel and as a liquid concentrate. Aloe has over 2000 constituents in its make-up. These include vitamins, nutrients, amino acids and enzymes. Its

essential nutrients are Vitamins A, C and niacin, and are a source of selenium, zinc and polysaccharides. The herbs ginseng and camomile are added to the aloe juice, plus fructose for sweetening and instant energy.

The gel's main working constituents are allantoin, a powerful natural healing substance and mucopolysaccharides. Sailors in olden days took aloe with them on their long voyages to treat their skin injured by salt, tough ropes, canvas and exposure to the elements. Missionaries took aloe with them when they travelled into the unknown. African slaves took aloe as personal possessions to an unknown future in America. Aloe was used with great success in treating radiation burns from the atomic bomb in Japan in 1945.

Stress is one of modern man's health problems. We are daily exposed to physical, mental, emotional and environmental stress. People are constantly looking for ways to overcome their stressful lifestyles. They seek relief from depression, insomnia, nervous tension and headaches. People try to alleviate their condition by turning to chemical substances like drugs, alcohol or prescription drugs. For centuries people have turned to natural aloe to deal with the negative elements associated with modern lifestyles.

Taken medically aloe is praised as useful in the treatment of stomach ulcers and for all colon problems - although it may take time to have the desired results. It has been recommended as a hangover treatment and because of its anti-toxic properties, is also used to treat skin problems internally. Externally and internally, it is also recommended for arthritis as it reduces inflammation. It counteracts excess stomach acid, like heartburn, caused by pregnancy or eating habits. The juice concentrate is used for mouth sores, sore throats (gargle, swish in the mouth and swallow), dandruff and scalp problems. Studies have shown it inhibiting the reproduction of herpes, measles and the HIV virus.

Externally, it encourages skin regeneration by increasing the flow of blood to the area of application. It has been used for burns, skin irritations (wet eczema, radiation dermatitis, pressure sores, psoriasis, herpes and frostbite), open wounds, fungus, mouth ulceration and -sores, bites, hives, acne, insect bites, jellyfish and blue-bottle stings, pigmentation, sunburn and wound ulcers. The gel has been found useful in muscle, joint and

ligament sprains, arthritic pain, for haemorrhoids and varicose veins. The salicylates (known for its pain killing and anti-inflammatory actions) are found in aloe and are beneficial for inflammation and bruising. An enzyme in aloe has been found which inhibits the forming of bradykinin. Bradykinin produces the pain in inflamed tissue.

The anti-microbial and perhaps the immune stimulating effects of aloe are less well understood. An extract of aloe, Carrisyn, appears to stimulate the body to produce more immune-protective substances and more T-lymphocyte helper cells.

Instead of using alcohol based products as an after shave, which burns and dries the skin, moisturise it with this soothing, odourless gel.

Recently, medicine has begun to recognise the important role that mucopolysaccharides play in the health process. They can be found in every cell of the body and play a significant role in the performance of bodily functions. They provide a strong barrier against bacterial invasion for each cell. They form a lining throughout the colon to keep toxic waste from re-entering the body. They are beneficial for the lubrication of joints. They are vital in the absorption of water, electrolytes and nutrition in the gastrointestinal tract. The human body stops manufacturing mucopolysaccharides at about 13 years of age and from then on must obtain them from a nutrient source. Aloe is one of the best sources. It has also been discovered that Muco-polysaccharides promote the immune system and this has untold benefits for the body.

Aloe has an amazing list of benefits. It is a natural cleanser, while firming and toning with gentle astringency. It penetrates deeply into tissues. It relieves the pain deep beneath the skin surface. It is mildly antibiotic and is antibacterial. It is anti-inflammatory, its action being similar to steroids. It is antipyretic, relieving the heat associated with burns. It is antipruritic, relieves itching. It is nutritional, providing a wide range of nutrients. It is an effective humectant, promotes the retention of water in the skin tissues. It dissolves and digests dead cells through the action of proteolytic enzymes, enhancing the degenerative phase of healing. It stimulates normal cellular growth and re-balances skin pH.

Ginseng and Camomile have been added to Aloe Vera Plus for the following reasons:

Ginseng is one of the herbs containing a trace mineral called germanium, considered to be one of the superior anti-oxidants found in nature. It strengthens the emotional system, enabling one to cope with and to control stress. Experience shows that it helps in the process of learning, putting together of concepts and aiding in the making of practical thought patterns. It is considered as an aphrodisiac. Studies prove that pregnancies occur 50% more frequently and 28% fewer miscarriages after consistent use of this herb.

Camomile is known as a relaxant, which induces sleep, calms the nerves and alleviates headaches, which makes it good for people who are overtired and irritated. It helps to regulate and normalise females' monthly cycle, alleviate severe cramping and irregular flow. It is beneficial for bladder infection. It relieves distressing cold symptoms and feverishness. It aids digestion and will soothe upset stomachs caused by eating wrong foods.

AMITONE

The two main ingredients of Amitone consist of the amino-acids Arginine en Ornithine. In their isolated forms, they perform their unique functions. Because amino acids compete for absorption Amitone should be drunk on a stomach empty of other amino acids. It will then have its maximum performance. It could mean taking it up to 3 hours after a protein rich meal.

The main uses for Amitone are:

- its function in the immune system,
- the role it plays in fertility with men,
- The forming of lean tissue mass and the using of fat as energy, specially in sport and in calorie poor diets and
- in the forming of creatine, needed for power and high intensity sports.

a. Immune system:

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Arginine and Ornithine increases the activity of the killer-T cell three-fold. The growth of cancer and tumour cells is retarded. The increased growth hormone (GH) level helps with the faster healing of burn wounds and injuries. This can be ascribed to the ability of arginine to stimulate the immune system and to create a resistance against infections. It decreases the loss of lean tissue mass during hospitalisation after injuries.

b. Fertility of men:

Studies indicate a relationship between a low sperm count and low levels of arginine. In a study 80% of males who had a low sperm count and took arginine, showed a substantial improvement after taking 4g arginine/day. Many of their spouses fell pregnant after their husbands were treated.

c. Fat burning and muscle growth:

Amitone stimulates the pituitary gland in the brain to form GH. The function of GH is to:

- build lean tissue mass and
- to make stored fat in the body more readily available as a source of energy.

For body builders:

Instead of using anabolic steroids and receiving the accompanying risks as a bonus, take Amitone to ensure lasting results. There is no shortcut to success. It will not ensure muscle growth if you are not genetically inclined to be so. It still means hard work, but your body is been given a fair opportunity to reach its potential. The results are lasting and do not disappear when the use of the product is ceased, as in the case of anabolics.

Body builders seek muscle definition called "ripping". There is not subcutaneous fat visible, except for the muscle fibre. To use the body's stored energy no carbohydrates are taken as energy. At a point, the body does not readily give up its fat stores as energy, as a way to protect itself.

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This creates a plateau that can not easily be broken by the athlete. He too does not have energy to continue his hard training sessions. The only way to get going again is to start taking in calories. This inhibits the burning of stored fat.

Amitone enables the body builder to supply energy from his own fat stores to provide for his high energy needs. Drink the tablets an hour before exercise on an empty stomach to ensure that it reaches its highest levels in the blood stream ready for use. During training, the muscle may be damaged (micro-trauma). The replacement of amino acids is essential to repair it by supplementing with Nutrishake or Protein powder. Supplement at least with 2g/kg per day with amino acids.

Endurance sports:

Sports lasting for hours have the inherent challenge of supplying energy to maintain performance. Amitone will fulfil in this need. There are ample energy supplies stored in the body as fat. Unfortunately, there are limitations that prevent one from using this as a primary source of energy. A shortage of GH and patience are the main causes. People who have to lose fat usually train at a too high training intensity, preventing the body from using fat as energy. As the training intensity increases, the body prefers to use readily available and easier sources of energy, like carbohydrates (glycogen). As time progresses, the glycogen stores become depleted. The body cannot maintain that particular training intensity and the pace has to be reduced to one for which it can supply, i.e. fat. This intensity may be too low for many to be perceived as exercise. Amitone releases fat as free fatty acids into the blood stream for immediate use by the muscles. On the one side it uses the body's fat to become leaner. On the other hand, it is a valuable way of saving the muscles and liver's glycogen stores. It is available for a time during competition when a high demand for its use may arise as in the final moments of competition like in a sprint. It will enable those who need to train at a higher intensity, but who would prefer to do so, to save his glycogen stores and use primarily fat.

There are certain conditions under which Amitone should be taken to ensure optimal results. Use it on a stomach, absent of other amino acids and if weight loss is the main objective, of carbohydrates too. Carbohydrate inhibits the use of body fat as energy. Amitone functions well in a fatty environment. A fatty diet, e.g. pizza's, serves as a source of energy for Amitone. Try using medium chain triglycerides (MCT's) as energy, e.g. grape seed oil to maximise the energy supply from Amitone.

Dieters:

Dieters may use Amitone for all the above mentioned reasons in a calorie poor diet. (See the proposed weight loss plan). Expect not only a loss in weight, but one in cm too. It may happen that you do not lose weight, but become leaner. Fat loss is negated by muscle mass increase.

d. Forming of creatine for power and high intensity sports:

Creatine (Cr) is a source the body derives energy from when working at high intensity. Typical events will be strength and speed events. Supplementing with products that contains Cr can cost as much as ± R2000/kg in pharmacies. Amitone contains a cheaper alternative to help the body produce creatine itself. The physiological level where Cr. is used as a source of energy will be identified as one where you function continuously near maximum levels. It is where lactate levels and fatigue are at its highest. It is where mainly Adenosine Tri-phosphates (ATP) sources are used for energy. Low levels of Cr. in the muscle are around levels of 3 g/kg wet tissue or 100 mmol/kg dry tissue. The saturation level lies at 4.6 g/kg wet tissue or 150 mmol/kg dry tissue. An increase from depletion to saturation can help improve performance up to 5%. It means improving a 100 m sprint of 11 sec. to 10.45, 5000 m of 15 min to 14:25 min, cycling a 40 km TT of 58 min to 55.06 min, lifting weights of 200 kg to 210 kg etc.

The body synthesises Creatine from arginine, which is found in great amounts in raw red meat. A shortage of arginine creates a shortage of Cr. This manifests as decreased endurance and muscle soreness after intense training. Vegetarians and white meat eaters have a greater shortage of Cr.

Cr. continuously breaks down to creatinine, which is eliminated from the body through the kidneys. It can be replaced daily by taking Amitone. 95% of all Cr. in the body store in skeletal muscle and the rest in other tissue.

Dosage:

Up to 30g Arginine/day was used in particular cases to establish particular results. Optimal dosages are dependent of individual needs. Whether you take one tablet/day for 90 days or whether you take 9 tablets/day for 10 days, the same amount of fat is mobilised. It is only the period in which this occurs, which differs. For Cr. supplementation you will have to start at a high dosage (9) for a period (\pm 2 weeks) and then with a maintenance course (3). Personal experience has taught that 9 tablets/day will ensure results.

Tablets can be taken an hour before training and even during training.

Normally the motivation of persons following calorie poor diets are poor as they do not have enough energy to sustain them from meal to meal, without falling for the temptation of nibbling. This is due to a low blood sugar. Normal activities must be scaled down, because there is no energy for it. The guideline dieters should follow is to take 3-4 tablets on an empty stomach before retiring. Through the night energy is mobilised, which will be available through the duration of the next day. All depending how quick the feeling of hunger is experienced, the dosage can be adjusted in the evenings. A person with a higher metabolism will need more than one with lower levels of activity. As soon as the time between meals is survived with success, you know that the dosage is ideal.

CAROTENOID COMPLEX™

Nature's Super heroes: Carotenoids enhance immunity and more!

The introduction of Carotenoid Complex™ has revolutionised the supplement industry. Unlike so many other companies, Golden Neo-Life

Diamite did not rush to market with a supplement containing only beta-carotene. The research scientists behind the product knew that rarely does a single carotenoid occur in food. In fact, experts believe that carotenoids may contribute protective benefits most effectively by working together as they are found in foods. Even with all the carotenoid products that have surfaced since its introduction in 1992, Carotenoid Complex™ remains the only supplement to deliver the nutritional protective benefits of carotenoids as they are found in whole foods.

THE GNLD DIFFERENCE IN A CAROTENOID SUPPLEMENT

- Made entirely from whole food ingredients. Carotenoid Complex™ is made from tomatoes, carrots, spinach, red bell peppers, strawberries, apricots and peaches.
- Broad-spectrum carotenoid supplementation. Each capsule delivers alpha-carotene, beta-carotene, gamma-carotene, zeta-carotene, cryptoxanthin, lutein, lycopene and more.
- Produced using the latest technology. A brand new technology was developed to protect the nutrients during processing. The resultant NutriMax Process™ uses low temperature processing and oxygen-free encapsulation to guarantee high potency.
- Full-spectrum carotenoid supplementation. Each capsule of Carotenoid Complex™ provides the full lipid-soluble antioxidant profile of an optimal serving of carotenoid-rich fruits and vegetables.
- Objective scientific research support. Exciting scientific research, including a U.S. Government study confirms the potent antioxidant benefits of supplementation with Carotenoid Complex. See our Research Review.

CRUCIFEROUS PLUS

Current statistics indicate that cancer strikes a quarter out of all families. Breast and prostate cancers have the highest incidence rates of all. One in eight women will develop breast- and one in six men will develop prostate cancer in their lifetimes. However, we are not helpless. Cruciferous Plus is the latest of the trio of phyto nutrients complementing Carotenoid- and Flavonoid Complex, giving protection to our cells in different, but complementary ways. Carotenoids protect the fatty and Flavonoids the watery portions of the cells of oxidative damage. Phyto nutrients from cruciferous vegetables protect the cell as a whole from the destructive action of carcinogens. It is found in cabbage, broccoli, brussels sprouts, kale, cauliflower, radish, black and brown mustard and watercress. These are not popular vegetables eaten daily by the majority of the population. One tablet supplies the nutrition of one helping of cruciferous vegetables, an easier way of eating broccoli or cabbage!

Two decades of research and more than 200 studies have shown that diets rich in these vegetables protect our cells' vulnerable genetic material against the damaging effects of cancerous activity, including the cancers we fear most, breast, uterine-lining, lung, digestive tract and prostate cancers. Researchers at the John Hopkins School of Medicine in Baltimore found that a substance in cruciferous vegetables, Isothiocyanate, containing sulphoraphane, a phytochemical, stimulates the action of protective Phase II enzymes, which helps the body against tumour growth. They claim that it may be the one most potent protective agent against cancer discovered to date.

Indole Carbinols, a substance in cruciferous, appear to alter the biological pathway in which oestrogen is converted from good to bad forms. They can trigger growth of tumours in oestrogen sensitive sites, such as the breast. Women with breast cancer seem to have higher levels of oestrogen than normal. Cruciferous helps control the amount of oestrogen circulating in the bloodstream and so protects against the effect of cancer.

Scientists do not yet fully understand how cruciferous and other fruit and vegetables prevent cancer, but it is likely that they stimulate enzymes that detoxify cancer-causing agents and flush them from the body, neutralise toxins and prevent chemicals from becoming active carcinogens and block interaction of carcinogens with cell DNA. In addition to reducing cancer risks,

research shows that compounds in cruciferous vegetables may help lower cholesterol, regulate the immune system and positively influence metabolism.

The "Plus" is other health promoting phyto nutrients, including limonene from oranges, chalcones from liquorice root and isoflavones from soybeans. Research has shown that these three "pluses" also protect cells from reactions that may lead to breast and prostate cancer.

GNLD's Scientific Advisory Board (SAB) participates in the leading edge of global health and nutrition research. They aggressively translate science into real health benefits. They spent 5 years researching the health benefits of cruciferous vegetables and looked for the raw materials that would provide the ideal amount of active phyto nutrients found in an optimal serving of cruciferous vegetables. They added three other health-protecting phyto nutrients from plant extracts, offering us the broadest spectrum of these nutrients with the strongest biological activity available.

CHEMOTHERAPY

Notes of Dr. Arthur Furst of the GNLD Scientific Advisory Board (SAB) on supplements during chemotherapy.

What to take during Chemotherapy

Use normal amounts of all the antioxidants such as Vit C, E, Carotenoids, Flavonoids whilst undergoing the treatment, but avoid therapeutic amounts if the chemo is oxidative in nature (communicate with your oncologist). Include 2 Multi-mineral & Alfalfa for loss of minerals and electrolytes during the treatment (hair loss). Add 1 Zinc tablet as it aids in healing. It concentrates in hair and skin cells and may assist in improving the common alteration in taste. A decrease in taste acuity very often leads to a loss of appetite, which in turn reduces nutrient intake.

Very often people become nauseous on chemotherapy so while supplements may be beneficial one needs to be sensitive to the fact that

they may not be able to swallow them all. They should be taken with food. Drinking plenty of water should also be beneficial, preferably purified.

What to avoid during Chemotherapy

Do not take the following products simultaneously with chemotherapy. **No Vitamin B.** Vit B will stimulate the liver enzymes to prompt the liver to perform its detoxifying function. This counter the negative effect of chemotherapy. Avoid Nutrishake, Formula IV and Beta Guard (all sources of Vit B). These can be given after the treatment is completely over or during intervals between treatments, depending on how long they are.

DETOXIFICATION PROGRAM

Dr. Arthur Furst, the father of chemotherapy originally designed the detox program, to act as a detox for people after receiving this therapy. He realised that many times more people die of the treatment of the poison introduced into the body to kill the cancer, than the disease of cancer itself. He is astonished to see that the medical profession gives chemo, but never give the antidote afterwards.

For most of our lives, we are exposed to pollution through the air we breathe, water we drink and food we eat. We shall more and more become exposed to chemical pollutants to safeguard us against other kind of diseases, e.g. chlorine in water to prevent us from getting cholera, pesticides and herbicides to see to it that we get to the fresh produce first, before the bugs do. Most of these eventually become hazardous waste as it stores in the body. As levels of certain pollutants in our body increase, like heavy metal poisoning, the risk to get certain life-threatening diseases becomes bigger. Some of them can be avoided like cancer, Alzheimers and others.

The majority of people are constipated. The average person takes up to 3 days to excrete the meal he had today. Even the best food, left to rot at 37 degrees in a dark place, will eventually become toxic waste. If we do not eliminate the food we eat within 12 hours we are at risk of becoming prey

of the same thing that was meant to do us good. Not getting rid of the toxic matter in our bodies creates a feeling of malaise, bloatedness, fatigue, compromised immunity and unexplained medical conditions.

Water acts as a carrier for and solvent of toxins that are in the body. The purer the water (with nothing diluted in it like sugar or any other substance – thus no coffee, fruit juices etc.) the better the solvent it is and the less water we eventually have to drink. Using purified water, supplied by a suitable water purification system, and detoxing one month per year with the following program guarantee us to feel our best vibrant. Questions frequently asked are, when is it the best time to take the program, before, during or after taking the Feel Better Program? It all boils down to budget, but it may make good sense detoxing first, because who likes to feed his tapeworm his expensive supplements? Kill it first. If you do not have one, use the programs together. It will not clash or cause smoke to come from your nose or ears!

BETA GUARD

Dose: 6/day. Through a special formulation of anti-oxidants, Beta-guard loosens toxins stored in the cell. These toxins may be in the fatty depots of the body, brain or other vital organs like the liver and lungs.

MULTI-MINERAL & ALFALFA

Dose: 6/day. The multi-minerals bind with the loosened toxins to alter it into a water-soluble salt, which could be disposed of easier.

STAGE 6

Dose: 6/day. The esters and oils of the prunes and senna leaves help with the elimination of the toxins out of the cell, whilst in their water-soluble state. It acts as a mild laxative, without the negative effects of a laxative, like irritating the digestive system and losing valuable electrolytes or being habit forming. Normally with conventional laxatives, it would mean the release of fluids through the bowels, creating a flush and dehydration. However, be warned. Rather start with 3-4 per day if you are not normally

constipated, because it may permanently cure you of coughing and sneezing!

The toxins are carried as waste into the lymphatic system. The lymph, after passing through the nodes, is dumped into the digestive tract and excreted from the body.

GARLIC ALLIUM COMPLEX

Dose: 6/day. Garlic acts as a natural anti-biotic and kills organism like tape and hookworms, intestinal parasites and bacteria, e.g. candida albicans. The Allium already starts its function in the lymphatic system, killing unwanted and harmful organisms. The period to kill off certain of these organisms may take up to four weeks of exposure to the active ingredient of Allium, called allisin. The amount of 6/day will do the job. An indication of the effective way in which the Allium does its job is to measure it by its smell. When you experience garlic body odours, it means the Allium is in contact with toxins and is fighting. When these odours disappear, it means there are no toxins with which it is coming into contact.

FIBRE TABLETS

Dose: 35-40g/day. Take note that your diet already contains fibre. The tablets only make up for the deficit. Now that the toxins are released into the digestive tract from the lymphatic system, you want to decrease the period of contact with the digestive system on the one hand, but on the other you want to protect it from reabsorbing the waste. Fibre acts as a carrier medium for this waste and acts as a colon "scrub", by getting rid of waste lying in the folds of the colon, which may be lying there rotting and not being eliminated from the body.

GNLD'S FEEL BETTER / OPTIMUM ENERGY PROGRAM (GOEP)

FORMULA IV PLUS - NUTRISHAKE - CAROTENOID COMPLEX

The 'GOEP' consist of three products, Formula IV Plus, which is the multivitamin & -mineral supplement, Nutrishake, the amino-acid supplementation and Carotenoid Complex, the super anti-oxidant: made from certain fruit and vegetables.

Through specific studies of research, it has been indicated that \pm 60 known essential nutritional elements need to be present daily in the diet to maintain cellular health and optimal energy levels. Most of us are overfed and undernourished. We do not lack energy, since it is stored as potential energy in the form of fat around the waist or organs. However, despite all this stored energy most people feel tired. In turn they eat more energy-laden foods, but which do not give the desired results. Simply explained it means people are filling up the fuel tank, but their engines lack the spark plugs to ignite the energy in the tank. All that people are doing is adding on extra fuel tanks thinking that this will solve the problem.

The chain is as strong as the weakest link. The smallest deficiency in an essential foodstuff that the body only needs in miniscule amounts can have serious consequences on health and perceived levels of energy. We need not eat more in general, but rather supply in all of the needed food elements to address this nutritional challenge.

One of the latest ideas in nutrition today is the need for anti-oxidants. The breakthrough came with the discovery and development of Carotenoid Complex in the 90's. All three products and the technology around the Energy Program are world firsts and they supply all 60 nutritional elements in combination. After more than 6 years of research it has been found that the Carotenoid family forms part of the essential elements for the body. With the Flavonoids and Cruciferous complex it forms the complete trilogy of the super anti-oxidant range.

There exists a relationship between feeling tired, being diseased and eating habits. Doctors readily accept that lifestyle and gaps within the diet

cause this. The aim of the researchers was to establish which kind of foods are we not eating any more, compared to man before the industrial revolution, that is the period before food were refined. It was of interest to know what effect it would have on us if we would re-introduce it into the diet. Research on individual cells of the heart, lungs and muscle was done. They established the benefit each foodstuff has on our health. They found out that you can give someone enough of a particular food, but if not absorbed and assimilated by the cell, he will still experience a nutritional deficiency. A person's health is as good as the weakest link in the "chain of life". This chain exists of protein, vitamins, minerals, enzymes, carbohydrates and lipids/sterols. Anything that strengthens the chain assures good health. Food Supplement supplies everything to maintain health, except carbohydrates, of which we have enough in our diet.

Health is only possible when food can enter the cell to feed it and energy to be formed from it and when waste can be eliminated through the cell membrane. Around each cell is a protective layer of free fatty acids. Food Supplement supplies all 3 essential fatty acids. Lacking it, the cell could become sluggish, auto-toxic and eventually cancerous. Vitamin E and the Carotenoid Complex fulfil an anti-oxidative function for this protective layer around the cell. Vit C, Flavonoids and Cruciferous Complex protect the watery substance on the inside of the cell from cancerous activity.

There are still unidentified growth factors in our natural food. Man-made supplementation is a copy of chemical structures present in nature. The body, however, can distinguish between a synthetic and the natural product. Like a true connoisseur it prefers the natural one. All Golden Neo-Life Diamite's products are derived from natural sources, having the same bio-availability as nature intended. Researchers are currently trying to find and identify these growth factors. Certain foods can now be linked to the prevention of certain diseases as:

Cauliflower, broccoli and Brussels sprouts -Contain substances that prevent breast cancer.
Cabbage - breast tumours.
Bananas - lowering of blood pressure.
Onions and garlic - reduce heart diseases that are caused by high blood pressure.

The exciting new field of the Super anti-oxidants has been introduced to the world through the discovery of Carotenoid Complex. All fruit and vegetables containing colour, as green, yellow and red contain carotenoids. They are nature's crayons. There are already 600 identified kinds, each having an own function in the body. Certain diseases manifest when the carotenoid family of food is absent from the diet. You can reverse the condition by supplementing. For e.g.:

Diabetes: Cinnamon, kidney beans, lentils and bay leaf.
Arthritis: Orange, grapefruit, and broccoli.
Osteoporosis: Cherries, strawberries.
Sleeplessness: Hops beer, valerian root and passion flower.
Prostrate cancer: tomatoes.
Car illness: Ginger beer.
Stomach ulcers: liquorice.

The manufacturers of the product have located the active components in these fruits and vegetables. They have made it available in a supplemental form, because we are incapable of consuming enough of it in a natural way to fulfil our body's need. The purpose of supplementing it is not to replace the eating of fruit and vegetables. The purpose is to fill the nutritional gap that we may have towards this particular foodstuff. We need to eat 2-4 portions fruit and 3-5 portions vegetables per day, containing at least 6 mg of complex carotenoids. The average diet contains 1.5 mg/day, because the popular fruit and vegetables eaten by the broad population do not contain carotenoids. These are apples, bananas, white grapes, potatoes, lettuce, etc. As an anti-oxidant the carotenoids function with Vit E in the fat portion of the cell.

There are 400 Flavonoids that are found in the colours of fruit, leaves, flowers and root vegetables. They have bright blue, purple, and shades of blue and green, but particularly emerald green. With Cruciferous, they fulfil their function mainly in the watery substance of the cell.

What Carotenoid Complex can do for you:

As a Super anti-oxidant, it protects the body against free radical activity. The process of ageing of the body is due to an oxidation or a "rust" process. If the cell could be kept healthy, healthy tissue, a healthy body and high cellular energy levels can be maintained. Protecting the cell from oxidation can prevent various diseases like cancer, cardio-vascular, arthritis, cataracts, etc. When cancer cells were covered in the laboratory with Carotenoid complex, the uncontrolled growth ceased immediately. As metal is protected against rust, caused by oxygen, by covering it with oil, so is the body's cell protected against oxidation by covering it with Carotenoid complex.

According a US Dept. of Agriculture study, the intake of GNLD's Carotenoid Complex increases the body's lymphocyte count from the baseline with 37% and killer T-cell activity with 20% in 20 days. Immunity of the body against diseases can be measured by measuring the levels of these two fighters in the body.

For the active person it means a shorter recuperation time after intensive training. It reduces the feeling of tiredness by limiting the exposure of free radicals to the body and the process of oxidation.

Nutrishake is the only amino-acid supplementation on the market, which can be called a complete protein. It contains all 22 amino acids. For the Thymus gland to form the killer T cell it needs to have all 22 amino acids present in the body simultaneously. It was never intended for the body to become ill. Nutrishake ensures the immunity and health by supplying the building blocks for the coding of the T cell. Its function is to protect the body from intruders like germs and viruses. It identifies and neutralises it. In the process it changes its own structure and stores in the Thymus gland for future use. When the same virus later in life attacks the body it has already formed the coding for the T cell for that particular intruder, giving you life-long immunity.

People suffering from high cholesterol normally cut on their protein intake to limit the intake of fat, associated with meat and dairy products. Nutrishake supplies in the demand for protein by giving one third of your daily need for protein per serving. Active people have an increased demand for amino acids to repair damaged tissue. Women in menopause need more too, as

amino acids are essential in maintaining hormone levels. People today are overfed and undernourished. In as much as we are inclined to skip meals, eating irregularly or replacing meals with junk food, Nutrishake will supply a complete meal. Per serving it only contains 80 Kcal. It is valuable to people following a calorie poor diet.

The Ultimate Energy Program consists of Nutrishake, Phyto Defence and the Daily Vitality Pack, offering a more comprehensive protection and an ultimate solution for the person whose lifestyle places a great demand on his energy levels. GNLD puts their money where their mouth is and offers users of the Optimum and Ultimate Energy Program a 100% money back guarantee if you do not have complete satisfaction of having more energy after 30 days' use of the products!

FIBRE

At the beginning of the century it was considered that fibre in the diet could keep the internal parts of the body healthy. The Western diet started containing less and less fibre because people thought that roughage was an irritant to the intestines. In 1969 this idea changed after the British doctor, Birkitt, observed that certain populations in Africa do not suffer cancer of the colon and rectum. The high fibre content of their diet ensured this. This was the turning point of the discussion around fibre in the diet. Today we know that fibre may protect against cancer, reduce the risk of coronary heart disease, and help control obesity and diabetes. Dietary fibre consists of the cell walls of the plant, which is digested and absorbed in the large intestine. There are two kinds of fibre, soluble and insoluble. You daily need a complex of these different fibres.

Insoluble fibre: Beneficial for a healthy digestive system, because it is a bulking agent.

Present in whole grain, husks of grain, rye, rice, maize and cellulose.

- Beneficial in the treatment of diverticulosis (15-30g/day). A low fibre diet for diverticulitis (NB), because the digestive organs need rest.
- Reduces the risks for some types of cancers like colo-rectal cancer, which are caused by carcinogens present in food. The eating of fibre lessens the period of exposure of the toxins and carcinogens to the body. Through the action of the fibre in the bowel, it eliminates it from the body much faster. Eating too much fat can cause cancer of the colon. Calcium has an important function in the colon, but fat prevents the absorption of Calcium. Insoluble fibre coats the lining of the colon, which reduces the effect of a fatty diet.

Soluble fibre: Good for maintenance of cholesterol, diabetes and weight control.

Is present in fruit, dried peas, beans, oats, pectin, etc.

- Decreased total cholesterol in a study up to 23% and 24% of the low-density lipids (LDL), after 3 weeks of eating ± 200 g fibre per day. Fibre is digested through a bacterial process in the colon and changed to short chain fatty acids, which inhibits the forming, and by binding with the cholesterol, prevent the reabsorption of free cholesterol. It has been proven that this fibre binds with bile in the intestines and reduces the absorption and digestion of fat. The body forms bile for fibre digestion from the cholesterol, present in the blood. The relation in which the LDL cholesterol (bad kind) and HDL should stand with one another is 1:2.
- Diabetics - fibre creates an increased tolerance against glucose by slowing down the digestion and absorption of carbohydrates and thus reduces the rise of blood sugar after a meal. The soluble fibre helps to regulate the rate of absorption of glucose and has shown that insulin-requiring diabetics need lesser amounts of insulin. It makes insulin hundreds of times more effective.
- Controls the appetite by filling the stomach and leaving less space to be filled by food.

Dosage:

A typical western diet contains 10-15g fibre per day. The daily recommended amount of fibre is 40-60g. Increase steadily. Fibre may bind the digestive enzymes preventing it from digesting. This manifests through diarrhoea and drifting stools. Too much insoluble fibre can cause gas and gastro-intestinal discomfort. Too much soluble fibre can cause a feeling of satiation for a long time (for some this is good). Reduce your fibre intake. Increase your multi-vitamin and mineral intake simultaneously.

HIGH-FIBRE DIET REDUCES RISK OF DIABETES

Feb 11, 1997

CHICAGO (Reuters) - The risk of developing diabetes was 2 times lower among women who ate a low-sugar, high-fibre diet, according to a study published Tuesday.

Diets laden with such foods as white bread, cooked potatoes, white rice and cola beverages increased the risk of developing the disease, which affects 14 million Americans.

Healthy foods found to be low in "glycemic load" included whole grain breads, high fibre breakfast cereals, yoghurt, beans and peanut butter, Harvard University researchers said.

"Beyond the well-known risk factors for (adult-onset diabetes) of age, obesity, family history, sedentary lifestyle and smoking, our finding supports the hypothesis that a diet with high glycemic load and a low cereal fibre content increases risk of (diabetes)," author Jorge Salmeron of the Harvard School of Public Health said.

The study, published in the Journal of the American Medical Association, examined data from the multifaceted Nurses' Health Study and included more than 65,000 nurses 40 to 65 years old, 915 of whom developed diabetes. Women who consumed the most sugar and who ate the least fibre had 2 times more risk of contracting the disease than women who ate little sugar and a lot of fibre.

The nurses were questioned on diet and diabetes beginning in 1986 with a follow-up six years later. The study supported the findings of a smaller one involving Israeli men.

"Because these results are so strong and consistent with previous evidence about the protective benefits of a high fibre diet, we suggest that grains be consumed in a minimally refined form to reduce the risk of diabetes," co-author JoAnn Manson, an associate professor of medicine at Harvard, said.

Among sources of dietary fibre cited by the researchers, cereal was associated with a 28 percent reduced risk of developing diabetes while fruit and vegetable fibre had little impact either way.

The researchers said people with diets high in sugar and low in fibre were likely to develop chronic high demand for insulin, a hormone produced by the pancreas to convert blood sugar. If the pancreas cannot respond to that need, and insulin resistance exacerbates the effect, glucose tolerance and diabetes can result.

Diabetes has been found to increase the risk of heart disease and stroke and is the leading cause of new cases of blindness in adults, kidney failure and nerve damage.

FLAVONOID COMPLEX™

Powerful Antioxidant Protection: Flavonoids Against Disease and Ageing

Since 1958, GNLD has been dedicated to developing breakthrough nutritional formulas based in nature and backed by science. Now, GNLD is proud to introduce our exclusive new Flavonoid Complex™, the first and only supplement that offers the nutritional protective benefits of flavonoids as they are found in whole, natural foods.

The GNLD Difference in a Flavonoid Supplement

Made entirely from whole food ingredients. Flavonoid Complex™ is made from whole cranberries, kale, green tea (with caffeine removed), beets, elderberries, raspberries, blueberries, red and black grapes, oranges, lemons, and grapefruit. Natural vitamin C is added to enhance absorption and protect potency.

Broad-spectrum flavonoid supplementation. Research shows that flavonoids are important for protection against the diseases associated with ageing. Flavonoid Complex™ provides laboratory-specified amounts of flavonoids from each of the important flavonoid groups, exactly as they occur in whole fruits and vegetables.

The only flavonoid supplement with ellagic acid. Closely related to the flavonoid family, ellagic acid is found in nuts and berries (particularly cranberries and raspberries) and has been shown to have strong cancer protective action.

Natural. Contains no artificial colours, flavours, preservatives, or sweeteners.

Each tablet of Flavonoid Complex™ provides the full water-soluble antioxidant profile of an optimal serving of the most flavonoid-rich fruits and vegetables.

SCIENTISTS STUDY FLAVONOIDS

Apr 18, 1997

SAN DIEGO - AP: So what's so great about spinach, anyway? Maybe it's the flavonoids. For years, food gurus have preached the merits of not just spinach but all sorts of fruits and vegetables. Indeed, it is one piece of dietary advice that all the experts seem to agree on. Around the world, people who get lots of these foods seem healthier. Why, though, is less clear. A single piece of fruit contains thousands of nutrients, and picking apart their effects is daunting, especially since the combination may be more important than any single ingredient.

Nevertheless, scientists are trying to learn exactly what these nutrients do inside cells that may be good -or possibly even bad. "Finally, we are getting to the point of taking diet and nutrition to the molecular level in the prevention of cancer," said Dr. Henry Thompson of the AMC Cancer Research Centre in Denver.

Thompson, for instance, studies what happens inside cells to explain why animals on low-cal diets have less cancer. Others are examining the microscopic effects of many other compounds, such as vitamins, natural oestrogen blockers and such esoteric items as phenethyl isothiocyanate, a broccoli ingredient that might ward off lung cancer. One that impresses them the most is a class called flavonoids. "They do everything but clean the kitchen," quipped one scientist wandering among the presentations on the subject Wednesday at a meeting of the American Association for Cancer Research. Researchers are looking at the effects of flavonoids on some of the body's most basic processes. They are finding intriguing evidence that they may ward off cancer by interrupting cell division.

At the University of Kansas, Dr. Jill Pelling is studying the effects of a flavonoid called apigenin. This nutrient is part of many vegetables and fruits but is especially abundant in apples and onions. Anybody who eats a healthy diet takes in about a milligram of it a day.

Pelling examined the effects on apigenin on cells and found it temporarily stops them part way through the process of dividing. This may help prevent cancer, because it gives cells a chance to fix genetic errors that creep in when their DNA is copied. This pause during division "is a natural defence mechanism that all cells have. Apigenin just promotes that," Pelling said.

Another report, by Dr. Henry Ciolino of the National Cancer Institute, found an entirely different benefit of flavonoids. He looked at quercetin, the most common flavonoid in the diet, and found that it deactivates cancer-causing substances. In the test tube, he exposed cells to dimethylbenzanthracene, a chemical used to induce breast cancer in experiments. The chemical does its damage only when it is broken down inside cells, and Ciolino found that quercetin prevents this from happening.

Flavonoids have other powers, too. Indeed, they are probably best known as powerful antioxidants, substances that offset the damaging effects of oxygen in the body. Some think this makes flavonoids good for the heart, too, because they may prevent damage to the blood vessels. Red wine is a particularly good source of flavonoids, and some have even suggested this might explain the French paradox, the puzzle of why the French get away with eating so much fat and still have a low risk of heart disease.

"We still have a lot of work to do to understand how flavonoids work," said Dr. Elaine Jacobson of the University of Kentucky. "But what we know underscores the old dietary advice: Eat two to four servings of fruit and three to five servings of vegetables every day."

PURPLE GRAPE JUICE MAY HELP PREVENT HEART ATTACKS

Mar 18, 1997

ANAHEIM, Calif. (Reuters) - Purple grape juice contains "flavonoids" similar to those found in red wine that may help prevent heart attacks, a U.S. researcher said Tuesday.

Flavonoids are found in many foods and beverages including orange and grapefruit juices but some are better than others at reducing platelet activity that can contribute to heart disease, Dr. John Folts of the University of Wisconsin Medical School told an American College of Cardiology conference.

"That's not to say orange and grapefruit juices don't contain flavonoids -- they do -- and both juices are good for you for a number of reasons. However, our findings suggest specific flavonoids in purple grape juice and red wine have stronger antiplatelet and, quite possibly, antioxidant properties than those in orange and grapefruit juices."

Platelets are small blood particles that play a major role in blood clotting and can worsen clogged arteries. In a study supported by a juice manufacturer, Folts said he measured platelet activity in humans, monkeys

and dogs before and after they drank the three juices. All three reduced the activity but purple grape juice had a stronger effect, he said.

"Daily consumption of grape juice may reduce the incidence of coronary artery disease and acute platelet thrombus formation," Folts said. "Grape juice may be a better source of grape flavonoids than red wine for those who should not drink alcoholic beverages."

Folts said his colleagues some years ago thought he was "crazy as a loon" when he and others suggested aspirin could be a heart attack fighter. Aspirin is now an established way to combat coronary artery disease and "I see the aspirin story repeating itself all over again with flavonoids," he said.

IRON

Iron is essential for all forms of aerobic life. Haemoglobin transports iron in the blood, which is necessary for respiration. At cellular level, it is the backbone for providing oxygen and the creating of energy in the mitochondria. Iron is needed in the forming of carnitine, which is necessary for the oxidation of free fatty acids. It is needed in the forming of elastin and collagen, main components of connective tissue, maintenance of the immune system, production and regulation of different brain neural processes. It fulfils a function in the prevention of cellular oxidation

Resistance against infections depends on the function of the white blood cells, in particular the lymphocytes and neutrophils. The reduced activity of Ribonucleotide reductase, an enzyme needed for forming DNA, can, in the case of iron deficiencies, lead to reduced T-cell numbers. The neutrophils kill bacteria through free radicals, derived from oxygen. Certain proteins form it, but which need oxygen to do it. Candida and herpes simplex infections are more common with people having iron deficiencies.

More than 50% of all pre-menopausal women and 30% of all children in Southern Africa experiences iron deficiencies. Worldwide more than one billion people suffer from it. Runners and endurance athletes experience the same deficiencies, because of their activities. Iron supplementation is

essential for most people as a result of their daily choice of foods, which have an iron deficiency. The typical western diet contains 6mg iron per 1000 Kcal. People on a calorie poor diet need extra iron. Our dependency on refined foods creates iron deficiencies. By cutting cholesterol and fat from the diet, by avoiding red meat, people are avoiding the best source of iron. For example, 85g red meat supplies 7.5mg iron. The source from where GNLD finds its iron is a mixture of chelated iron glycinate and a mixture of molasses, a natural source of organic iron. Each tablet contains 25mg iron. Two Formula IV Food Supplement tablets contain 4mg and the Multi-mineral and Alfalfa tablet 9 mg of iron. Our daily intake ought to contain 10-18 mg per day for adults, pregnant and lactating mothers. The simultaneous intake of calcium with iron could limit the absorption of iron. Iron absorbs best in an acidic environment. For this reason Vit. C, taken simultaneously, increases the absorption. The best time to take iron would be between meals when the acid in the stomach is undiluted.

Symptoms of an iron deficiency:

Iron deficiency can happen with or without being anaemic (lit: without blood). There are fewer red blood cells in the blood. Anaemia is not an illness, but an indicator of the presence of an illness. Fatigue, paleness, difficulty of breathing, etc. are visible symptoms. The lack of stamina, behavioural problems as poor concentration and mental capabilities, decreased muscle tonus and low immunity are due to an iron deficiency. The oxygen carrying capacity of the blood decreases and less oxygen is supplied to the muscles.

A full blood count, including haemoglobin and haematocrit readings, will determine whether you are anaemic. Someone low on iron will have a low serum iron count and a normal or increased serum transferrin when taking a haematocrit.

MANY WOMEN, TODDLERS IRON DEFICIENT

Mar 25, 1997

NEW YORK (Reuters) -- The first national survey of blood iron levels in 20 years finds nearly 1 out of 10 women and small children suffering from iron deficiency.

"Iron deficiency and iron deficiency anaemia are still relatively common in the United States among women of childbearing age... (and) also remain quite common among toddlers," according to researchers at the National Centre for Health Statistics, a branch of the Centres for Disease Control and Prevention (CDC) in Hyattsville, Maryland.

Around 10% of adolescent girls and women of childbearing age are iron deficient, based on a nation-wide survey of the blood iron levels of nearly 25,000 people.

According to the CDC, 2% to 5% of adolescent girls and premenopausal women have iron levels low enough to induce anaemia. The study also found that 9% of 1- to 2-year-olds lack sufficient iron, with 3% of toddlers anaemic.

"These prevalences correspond to approximately 700,000 toddlers and 7.8 million women with iron deficiency; of these, approximately 240,000 toddlers and 3.3 million women have iron deficiency anaemia," they say.

Toddlers may have more restricted diets than older children, experts believe, leaving them more prone to iron deficiency. The blood loss involved in menstrual flow can leave pre-menopausal women more vulnerable to the condition as well.

Just 1% to 2% of adolescent boys, adult males, and postmenopausal women report iron deficiency anaemia, the CDC say.

Iron deficiency, or its more dangerous counterpart, anaemia (a lack of iron leading to low levels of blood haemoglobin), can impair the immune response, bring on lethargy, and hamper work performance. The condition can cause slow mental development in young children.

The CDC say the problem first came under public scrutiny in the 1960s, when various studies revealed that between 8% to 64% of the American

public were anaemic. They say these "intensified efforts to combat iron deficiency." One initiative, the iron-fortification of certain foods, may be the primary reason the condition is now less common, they say. However, among women and small children, lack of iron "remains a relatively prevalent nutritional condition." In addition, the study finds the condition striking in poor and minority women and children, who have up to double the rates of iron deficiency found in affluent whites.

Among women, iron deficiency and anaemia affect "especially those who are black or Mexican American, poor, and have 12 or fewer years of education, or four or more children," write the researchers.

The CDC is investigating the use of routine national screening for iron deficiency. Although screening across the population may not be feasible, they say "some form of screening may still be useful in young children and females of childbearing age." The National Academy of Sciences has already advised similar measures, and the CDC will issue their own recommendations on national screening soon.

SOURCE: The Journal of the American Medical Association. 1997; 277(12): 973-976.

LOW IRON INCREASES MORTALITY

Jan 28, 1997

NEW YORK (Reuters) -- Low blood levels of iron are linked to an increased likelihood of death in the elderly population, a study shows.

Unlike previous findings in middle-aged men in Finland, the new study found no link between high levels of iron and an increased risk of heart attack. On the contrary, low blood levels of iron in this report were tied to a significantly greater chance of cardiac death, and an overall increase in the risk of dying.

The Finnish study gained much publicity in 1992, with media reports giving the impression that "iron might be causing all sorts of bad things to go on," said Dr. Jack M. Guralnik, chief of the epidemiology and demography office

at the National Institute on Ageing (NIA), Bethesda, Maryland, which conducted the new study.

The NIA investigation focused on nearly 4,000 men and women, ages 71 years and older. Guralnik says this allowed the researchers to study a much broader range of iron levels than were included in the Finnish study. "So we had a lot of people at risk along the whole spectrum of iron," he said. "And in fact, we saw pretty much opposite the results of the Finnish study. Low iron seemed to confer a high risk of both total and coronary heart disease mortality (deaths). And in the upper ranges of iron, people were at lower risk."

More specifically, the five-year study found that men with the highest iron levels had only 20% the risk of dying of coronary artery disease compared with men in the lowest iron category. In addition, women with the highest iron levels were about half as likely to die of heart disease compared with those in the lowest iron category.

In looking at death from all causes, the NIA team found that men with higher iron were at 38% less risk, and high-iron women were at 28% less risk compared with people in the low-iron categories.

Guralnik noted, however, that the study "doesn't totally exclude the idea that very high iron could put you at some increased risk. But in the general older population, we saw a clear trend in the direction where the higher the iron, the lower the risk."

However, the researcher cautioned that the challenge is interpreting the new findings. He explained that blood levels of iron are involved in many processes in the body.

"Iron level is affected by many things, nutrition being only one of them, and the general burden of disease -- how ill a person is -- is another very important one. People who have multiple chronic diseases can be anaemic and have low serum iron even in the face of normal intake of iron from the diet," Guralnik said.

Therefore, iron levels may be a good "barometer" of disease burden. "And anything that's a good barometer of disease burden is a predictor of mortality -- the greater that burden, the greater the mortality," he said. "And so, to say that simply taking more iron will prevent these outcomes is too simplistic," he added.

The new findings have implications for doctors treating elderly people. "One message that is pretty clear is that physicians should not just write off low iron as something that happens to older people. And it's also clearly not the case that you're at less risk for heart disease if you have low iron," concluded the researcher.

SOURCE: American Journal of Cardiology (1997:79;120-127)

FDA ORDERS LABELING ON DRUGS, VITAMINS WITH IRON

Jan 22, 1997

WASHINGTON (Reuters) - Drugs and dietary supplements containing iron must have a warning label to protect children from accidental poisoning, the Food and Drug Administration said Wednesday.

In addition, the new FDA rules require any product containing 30 mg or more iron per unit must be packaged as individual doses, such as in a blister pack, that will limit the number of pills or capsules a small child could consume.

Despite child resistant packaging, accidental iron overdose is a leading cause of poisoning in children under six. Thirty-five children have died since 1986 and there have been more than 110,000 incidents of iron poisoning.

"Parents, care-givers and grandparents the children may visit need to know that iron-containing products can be toxic in large doses, and even fatal, if swallowed by a small child," Food and Drug Commissioner Dr. David Kessler said.

Many prenatal iron products contain more than 30 mg, and those dietary supplements are often found in households with young children.

OMEGA-3 SALMON OIL

All fish contain two Omega-3 fatty acids, Eicosapentaenoic Acid (EPA) and Docosahexaenoic Acid (DHA), two of the very best oils for your circulatory system. Cold water fish contain higher quantities of these substances. Salmon oil is one of nature's richest sources of Omega-3 fatty acids. Omega-3 (high-density fat) and Omega-6 (low density fat) are both polyunsaturated fatty acids that must be obtained from our diet. Modern eating habits have led to a decreased intake of the necessary Omega-3 fatty acids. Studies in America showed that in 1850 grains grown had 40% Omega-3 oils and 60% Omega-6 oils. The last study showed that Omega-3 was down to 5% and Omega-6 up to 95%. Important to note is that Omega-3 does not reduce the total blood cholesterol, but the production of cholesterol from Omega-6 in the liver. It rectifies and maintains the ratio between the HDL (high-density lipids) and the LDL (low-density lipids) of cholesterol in the body. Because of the decreased intake of Omega-3 fatty acids, cardiovascular diseases increased, strokes are more severe as well as varicose veins problems.

BENEFITS OF OMEGA-3 FATTY ACIDS

1. High cholesterol

Cholesterol is a necessary part of every cell in the body and is found in the cell walls. It is a waxy, fat-like substance with no smell or taste. In food, it is invisible. It is found in foods from animal source (meat, milk, and cheese). It has a few important functions in the body, including the formation of Vitamin D and some hormones. It is circulated by lipoproteins (lipo "fat like") via the blood. Above average amounts of cholesterol in the blood cannot be circulated and is left behind forming a build-up of fatty deposits on the walls of the arteries, causing hardening. When fatty deposits narrow arteries, the blood flow is reduced, arteries become hard and less elastic. This condition is called arteriosclerosis. Not enough oxygen is carried to the cells. The blood flow to the heart muscle is reduced and causes severe chest pains (angina). When the obstruction becomes severe, it can mean a sudden heart attack. Pressure can build up to such an extent that it causes a coronary occlusion - the heart blows open, almost like a flat tyre.

Coronary occlusions have gone up with 300% in one year. When the obstruction occurs in the arteries to the brain, it causes a stroke, to the kidneys it will result in high blood pressure, and to the legs, varicose veins, and in severe cases gangrene.

Omega-3 fatty acids appear to reduce the development of hardening of veins. It actually becomes part of the blood vessel wall, thereby protecting it. It soaks the fatty deposits, dissolves it, and with the blood it is taken to the liver, from there to the gall bladder and then discharged. With angioplasty (where a balloon is inflated in a blocked artery), a study was done to determine the safety and benefit of Omega-3. It was proven to be safe and reduced the early narrowing of arteries.

The Japanese did studies on the Eskimo's in Iceland. It was found that they have the healthiest cardiovascular system on earth because of their high fish diet, which contain Omega-3 fatty acids.

2. Blood Clotting

Recent studies have shown that Omega-3 also affects blood clotting. It appears to become part of the membrane of platelets (a blood clotting factor) and slows down the tendency of platelets to stick together (the first step in the formation of a blood clot).

3. Swelling and Bruising

It reduces swelling and bruising and relieves pain, particularly in the spinal column and joints.

4. Inflammation

Any inflammatory condition (condition with the extension "-itis", like sinusitis, bronchitis, tendonitis, tonsillitis etc.) can be relieved by using Omega-3. For a condition like arthritis, take at least 3 per day with three Multi-mineral and Alfalfa and 2 Flavonoids. Omega-3 lubricates the joints. At first more pain may be experienced as the body breaks down the calcium crystal deposits and get rid of the toxins.

5. Muscle soreness

Athletes have proven that Omega-3 help them recover much faster after an event. Instead of using anti-inflammatories, use Omega-3.

6. Migraine headaches

Pollutants and toxic matter cause migraine, which attack the grey-matter cells of the brain. Some of the toxins, causing these problems, are from pork, shellfish, tinfoil and aluminium cookware. Aluminium is one of the major causes of mental senility, Alzheimer disease and breast cancer. Deodorants containing Aluminium Tetrachloride and -Chlorohydrate can cause breast cancer. These substances plug the lymph the lymph glands and the poisons, which are supposed to leave the body with the perspiration, return. The spleen secretes platelets, which assists the brain to fight off pollutants. The platelets swell, stick together and cause severe headaches. It takes about three days for the platelets to come apart. Omega-3 separates them, allowing them to work independently and thereby eliminating migraine.

7. Body detergent

The pig is a diseased animal (as is shellfish). They eat rot, death and decay. Biology studies have proven that pork is full of bacteria, viruses, parasites, tape and hookworm. These enter your body, live and grow. The pig has enzymes that can handle what it eats, but your enzymes cannot! This is when the grey-matter cells of the brain are attacked. Omega-3 will help the platelets to clean out the pollutants. After a rich meal take some Omega-3 - it acts as a body detergent - it cleans up.

8. Mental fitness

The grey-matter of the brain is bathed in a substance called AcetylCholine. It helps the brain to store knowledge and function properly. Omega-3 contains Choline, which assists the body in producing AcetylCholine. A normal healthy brain has 16-30% AcetylCholine. A mentally retarded brain however, only has 8-10%. Even when ageing you can keep yourself mentally fit by supplementing with Omega-3. It aids children with learning

problems. They should take three capsules per day. For the unborn child Omega-3 fatty acids should already be available to cross the placenta between the 26th and 40th weeks of pregnancy. This is for the grey-matter cells in the brain and for the tissue and cell membrane of the retina to develop properly.

9. Prostate Gland

The prostate is a small gland, situated just below the bladder of men. Any enlargement interferes with the flow of urine - in severe cases, it stops completely. Prostate cancer is a killer and most men die within 3 years, even after it has been removed. More men die of prostate cancer than of heart disease. Of all men 75% over the age of 50, suffer from this problem. Because of the embarrassing nature they do nothing about it, or fear surgery. The gland dries and forms a tumour. It breaks up into little pieces and the process is called metastasis (disease migrates from its original site to another by bacteria or through diseased cells). The pieces land up in the liver and the bones. The prostate gland is kept moist with the ingredients, which is needed for the manufacture of semen (which takes place in the prostate). Salmon oil is the number one ingredient to keep this gland moist. Don't wait for symptoms! Have regular check-ups. With prostate problems take six Omega-3 and two Zinc tablets daily.

CONCLUSION:

- Golden Neo-Life Diamite's Omega-3 provides a rich source of the two fatty acids without the necessity of cost of eating large amounts of fresh cold water fish.
- It is the result of 5 years of research and testing, using pure, natural and concentrated ingredients. Natural salmon oil from the salmon of the cold waters of the Northern Hemisphere is used.
- The salmon are health screened and disease free and carefully selected for human consumption.
- The oil is extracted from the edible part (muscle) and not from the organ or tissues where the majority of contaminants such as pesticides and herbicides would accumulate. There is no risk of accumulated toxins - a factor common to some forms of fish.
- Omega-3 contains no hidden Vitamin A or D.

- It has less than 2 mg of cholesterol per capsule.
- Its laboratory certified potency is guaranteed a full 2 years after manufacture.

FISH DIET REDUCES FATAL HEART ATTACK RISK

Apr 9, 1997

BOSTON (Reuters) - Regularly eating fish can cut the risk of a heart attack by 42 percent, according to a long-term study published in Thursday's New England Journal of Medicine.

The research, led by Dr. Martha Daviglus of the Northwestern University Medical School in Chicago and published in Thursday's New England Journal of Medicine, was only the latest in a series of studies suggesting that a diet high in fish can cut the risk of heart disease.

Nevertheless, because several other studies have shown no such benefits for people who eat plenty of fish, the jury has been out on whether fish can play an important role in preventing a heart attack.

The research was based on a 30-year study of the diets of 1,822 Chicago Western Electric employees who helped manufacture telephone poles at the company's Hawthorne Works. They were signed up in 1957 and detailed information on 195 foods in their diets was collected.

Daviglus and her colleagues found that "the men who consumed 35 grams or more of fish per day had a 42 percent lower rate of death" from a heart attack, compared to people who ate no fish. Men who ate intermediate amounts of fish had proportionally lower heart attack rates. They said further studies are needed to definitively show if regular servings of fish protect against heart attacks.

The study was done in men, in part, because women usually do not develop heart disease until much later in life.

CATCH MORE BENEFITS FROM FISH

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Feb 24, 1997

NEW YORK (Reuters) -- The latest diet buzzwords: "less fat, more fish." In a report issued Monday, Australian researchers say eating a diet low in fat can help people get the most heart benefits from "friendly" fatty acids found in fish and fish oils.

Studies show these omega-3 fatty acids help protect against heart and blood vessel disease through a variety of ways, including prevention of blood clots.

Dr. Trevor A. Mori from the University of Western Australia in Perth led a team of researchers who studied the fatty acids' effects on platelets, particles in the blood that clump together to seal defects in injured blood vessel walls, but that sometimes form potentially dangerous clots that can trigger heart attacks or stroke.

Mori and his colleagues studied 120 generally healthy, non-smoking men between the ages of 30 and 60 who were considered at risk for heart attack or stroke because of mildly elevated blood pressure and cholesterol levels of roughly 220 to 260 milligrams per decilitre of blood. The men were randomly assigned to groups receiving various combinations of dietary fish, fish-oil capsules, or an inactive placebo capsule. They were also assigned to two different types of diets for 12 weeks: a high-fat diet in which fat accounted for 40% of daily energy intake, or a low-fat diet, in which fat accounted for 30% of energy intake.

For all groups combined, blood tests showed that the fish fatty acids significantly reduced platelet clumping. Further blood testing also showed that platelets exposed to omega-3 fatty acids clumped less, even when mixed with substances -- collagen and platelet activating factor (PAF) -- that normally stimulate clotting. Although the overall effect of the fish fatty acids on platelets was not large -- activity was reduced by 5% to 11% -- according to Mori, even this could be medically significant "since our subjects were men with cardiovascular risk factors."

IMPACT SOLUTIONS

The Australian team also found that the platelet effects depended partly on which platelet stimulator was used and whether the fatty acids came from the fish oil capsules or fish itself. A low-fat diet alone had no effect on PAF-induced platelet clumping and only a small effect on platelet clumping during collagen exposure.

Platelet clumping in response to PAF were reduced more by fish oil capsules than fish in a high-fat diet, "whereas fish had a greater effect when part of a low-fat rather than a high-fat diet," the researcher note. Thus, "omega-3 fatty acid effects on platelets are influenced by the background level of dietary fat," the researchers state.

"These results on platelet function, in conjunction with our previous findings of improvements in blood pressure and heart rate, and a substantial improvement in blood lipids (fats), suggest that dietary omega-3 fatty acids incorporated into a low-, rather than a high-fat diet have a wider spectrum of more favourable effects on cardiovascular risk factors," Mori and his colleagues state.

"From a nutritional and public health point of view, it would seem reasonable to recommend a diet reduced in total fat and including several fish meals a week," write the study authors.

"The reduction in platelet aggregation, in conjunction with our previous findings of improvements in blood pressure and heart rate and a substantial improvement in the lipoprotein profile suggests that dietary omega-3 fatty acids have more consistent favourable effects on these cardiovascular risk factors when given as part of a low-fat rather than a high-fat diet," they conclude.

SOURCE: *Arteriosclerosis, Thrombosis, and Vascular Biology (1997; 17:279-286)*

PHYTO NUTRIENT PROTECTION FROM THE CANCERS WE FEAR MOST

Two decades of research and more than 200 studies show that diets rich in cruciferous vegetables, such as broccoli, radishes, and watercress, protect us against certain cancers, including the two cancers we fear most, breast and prostate cancers.

Why are cruciferous vegetables such a potent source of protection? In addition to providing an abundance of vitamins, minerals, and fibre, cruciferous vegetables are loaded with particular types of protector phyto nutrients that we get only from those foods. Two particular phyto nutrients found in cruciferous vegetables, isothiocyanates and indole carbinols, may decrease our risk of developing certain cancers, including breast, prostate, and uterine-lining cancers, as well as lung and digestive tract cancers. Scientists do not yet fully understand how cruciferous vegetables and other plants help prevent cancer, but it is likely that they:

- stimulate enzymes that detoxify cancer-causing agents (called carcinogens) and flush them out of the body.
- prevent the conversion of "good" oestrogen (a hormone correlated with a lower risk for breast cancer) to "bad" oestrogen (correlated with a higher risk).
- neutralise toxins and prevent chemicals from becoming active carcinogens.
- block interaction of carcinogens with cell DNA.
- In addition to reducing cancer risks, research has shown that compounds in cruciferous vegetables may help lower cholesterol, regulate the immune system, and positively influence metabolism.

The Cruciferous Gap

According to the National Cancer Institute, the American Cancer Society, and the National Research Council, we should eat one serving of cruciferous vegetables a day.

In reality, Americans actually eat only one serving of these pungent foods a week, reports the USDA. In contrast, populations who enjoy some of the world's lowest cancer rates, especially of breast and prostate cancers, eat on average eight servings of cruciferous vegetables a week.

The Cutting-Edge of World-wide Cruciferous Research

Golden Neo-Life Diamite's Scientific Advisory Board/Technical Research Advisory Council (SAB/TRAC) participates in the leading edge of global health and nutrition research. Their aggressive effort to translate science into real health benefits has created exceptional products such as Cruciferous Plus. The SAB/TRAC members spent five years researching the health benefits of cruciferous vegetables. Then they looked for the raw materials that would provide the ideal amount of active phyto nutrients found in an optimal serving of cruciferous vegetables. They also added three other health-protecting phyto nutrients from plant extracts. GNLD's Cruciferous Plus™ offers the broadest spectrum of these phyto nutrients with the strongest biological activity available.

Powerful Phyto nutrient Protection

Cruciferous Plus™ is made from all-natural, whole-food concentrates and extracts of broccoli, radish, kale, black and brown mustards, and watercress. Each fresh-smelling tablet provides the density and diversity of the phyto nutrients found in an optimal serving of a wide variety of cruciferous vegetables. The "plus" in Cruciferous Plus™ is other health-promoting phyto nutrients, including limonene from oranges, chalcones from liquorice root, and isoflavones from soybeans. Research has shown that these three "pluses" also help protect cells from reactions that may lead to breast and prostate cancer. Based in nature and backed by science, Cruciferous Plus™ offers an excellent means of bridging dietary gaps and supplying unique phyto nutrients shown to help protect against the cancers we fear most.

The Key to Maximum Health

Mountains of scientific research show that we can help protect ourselves from disease by eating well-balanced, healthy diet, rich in cruciferous vegetables. Nevertheless, cancer is a frightening thought for many of us. Current statistics indicate that cancer strikes three out of four families and breast and prostate cancers have the highest incidence rates of all. In fact, one in eight women will develop breast cancer and one in six men will develop prostate cancer in their lifetimes. However, we are not helpless.

Take an active role in your peace of mind and long-term health by eating a diet rich in cruciferous vegetables, including broccoli, bok choy, radishes, turnips, and cauliflower, and supplemented with Cruciferous Plus™.

HATE BROCCOLI? IT MAY BE ALL IN THE GENES

Feb 16, 1997

SEATTLE (Reuters) - People who hate broccoli may be genetically predisposed to do so, a panel of researchers said Sunday.

"Taste sensitivities are genetic. Children who are 'super tasters' will not like broccoli or Brussels sprouts no matter what you do," Adam Drewnowski, a researcher from the University of Michigan, said at the annual meeting of the American Association for the Advancement of Science.

People identified as "tasters" can taste a bitter substance called "prop," or 6-n-propylthiouracil, which is found in foods such as broccoli, grapefruit juice and green tea, the researchers said. This may cause these tasters, who are more often women than men, to reject such foods, even though their consumption is associated with a reduced risk of cancer. Other people, non-tasters, do not taste this substance, while a third group, the super tasters, are especially sensitive to bitter flavours.

Tasters or super tasters actually have more taste buds than non-tasters, who make up about one-quarter of the white population of the United States, the researchers said. However, the researchers disagreed on what genetically influenced food preferences meant for health and nutrition.

Drewnowski is studying women with a history of breast cancer with an eye toward finding out if women's status as tasters is a barrier to eating a healthier diet, one rich in foods such as kale and broccoli. "Super tasters will add cream sauce, cheese sauce or butter" to bitter vegetables to make them more palatable, he said, while also increasing their chances of obesity and of developing cancer.

But another researcher on the same panel found that super tasters were more sensitive to the feel of fatty foods in their mouths and tended to avoid fat as well as sweets, which may taste twice as sweet to them.

Laurie Ann Lucchina of the Yale University School of Medicine said her research found that women who were super tasters were likely to be thinner and thus have a lower risk of heart disease, diabetes or cancer than other women.

Reporters challenged the conflicting results, questioning how women who were super tasters could be simultaneously at a higher and a lower risk of developing cancer. "These are preliminary findings," said Linda Bartoshuk, also of the Yale School of Medicine. "There are conflicts in the data that have to be worked out."

Asked whether former President Bush's well-known aversion to broccoli meant he was a super taster, Bartoshuk said, "I've been hoping to test him. There is a real chance he is."

NEW STRATEGY FOR WAR ON CANCER

May 28, 1997

NEW YORK (Reuters) -- In the early 1970s, President Nixon declared war on cancer, but 25 years later, that war is far from over. The good news is that fewer people are dying from cancers of the cervix, uterus, colon, rectum and stomach, and in particular, fewer children are dying of cancer. Yet, the mortality rate from breast and prostate cancer, lymphomas, brain tumours and melanoma are stable or slightly increasing, despite improvements in detection and treatment.

A new plan of attack may be needed in the war on cancer, including a greater emphasis on preventing the disease from occurring in the first place, according to Dr. John Bailar and Heather L. Gornik of the Department of Health Studies at the University of Chicago in Illinois.

"The effect of new treatments for cancer on mortality has been largely disappointing," they reported in this week's issue of The New England Journal of Medicine. "The most promising approach to the control of cancer is a national commitment to prevention, with a concomitant rebalancing of the focus and funding of research."

The cancer mortality rate climbed by 6% from the 1970s to 1990s, despite the passage of the National Cancer Act in 1971 to expand cancer research programs. The mortality rate finally plateaued in 1991 at 203 deaths per 100,000 people, and since then has declined by about 1% per year -- mostly due to declining cancer deaths in black males and people younger than 55.

"Some declines are clearly a result of reduced incidence or earlier detection (cancer of the cervix, other cancers of the uterus, and cancers of the colon, rectum and stomach)," Bailar and Gornik wrote. "Similarly, recent changes in mortality from lung cancer are certainly due to changes in smoking patterns over the past few decades." The lung cancer death rate has declined steadily in those under 55, and is beginning to decline in men over 55, but is rising steadily in women over 55 -- increasing fourfold since 1970.

For children, the cancer rate has dropped significantly since 1970, about 50% for all types of cancer. That drop is due to better understanding of cancer and improved treatment -- but because so few children get cancer, the decline has a minimal impact on the cancer death rate overall.

"Hopes for a substantial reduction in mortality by the year 2000 were clearly misplaced," the researchers wrote. While research into cancer treatment should continue, there also should be a greater emphasis on cancer prevention.

Prevention includes everything from finding new ways to help people to quit smoking, to understanding how the diet and genes predispose some individuals to cancer, as well as reducing exposure to carcinogens and improving cancer surveillance.

"In our view, prudence requires a sceptical view of the tacit assumption that marvellous new treatments for cancer are just waiting to be discovered," Bailar and Gornik concluded. "We, like others, earnestly hope that such discoveries can and will be made, but it is now evident that the world-wide cancer research effort should undergo a substantial shift toward efforts to improve prevention."

Source: *The New England Journal of Medicine* (1997; 336:1569-1574)

WEIGHT LOSS & MANAGEMENT PROGRAM

People are prepared to do anything to lose weight permanently. There are so many diets on the market. Each one is used with mixed results. The characteristics of a good calorie poor diet are those that:

- ⇒ do not have malnutrition as a result,
- ⇒ cause an energy depletion which inhibits your daily activities,
- ⇒ affects your immune system negatively,
- ⇒ has a permanent weight loss as a result and cultivates a lifestyle of weight control and
- ⇒ do not cost you more than you would have spent on a healthy meal.

The following is a program, which can be followed for 10 - 14 days. Follow up with a balanced diet afterwards, but replace one meal per day with a glass of Nutrishake and 2 Formula IV Food Supplement tabsules as part of a maintenance program.

Daily Products:

- ⇒ 3 portions Nutrishake in a 250 ml glass with 2% fat milk 630 Kcal

- ⇒ Fibre Energy bar x 3 450 Kcal
- ⇒ Formula IV Food Supplement - (multi-vitamin and -mineral) one tabsule 3 times per day.
- ⇒ Fibre tablets - 2-5g three times /day.
- ⇒ Amitone x 4 - 6 per day.

Total Kcal per day ± 1100 Kcal.

Detoxification program:

- ⇒ Stage 6 - 3 to 4 per day
- ⇒ Betaguard - 2 x 3 per day
- ⇒ Alfalfa - 2 x 3/day

Application:

Take fibre tablets half an hour before meals with enough water. A meal consists of a glass of Nutrishake and one Fibre Energy Bar. Take with each meal at least one Formula IV tabsule. Drink the Amitone when retiring or at any point during the day when you may require extra energy, but ± 2 hours after the last glass of Nutrishake was drunk. It mobilises the body's fat stores as energy. The total energy value of the diet per day is 1100 Kcal.

Fat loss:

Follow the following principles to ensure fat loss. The initial weight loss is the loss of mainly water as the body uses its glycogen stores. For each gram of glycogen used, 3 grams of water releases. This characteristic of water and glycogen to bind with one another explains the sudden increase in weight when ceasing with a crash diet and eating normal again. After the initial accelerated weight loss, the losses will start stabilising from an exponential to a linear one. Follow a training program too to ensure fat loss. The intensity should be low enough to ensure the burning of mainly fat and not carbohydrates.

The following is a typical example of a normal person following the program and who wants to calculate the amount of fat mass he can lose per day:

The following are assumptions:

The total Kcal intake per day is: 1100 Kcal.

The basal metabolism: ± 2000 Kcal.
(Energy needed per day to sustain life and to maintain energy levels without an increase in weight)

Total Kcal loss:

The person's maximum training intensity for oxidising mainly fat can vary from 4 - 14 Kcal/min. Energy expenditure: 2 hrs of training at an average of 10 Kcal/min fat burning intensity = 1200 Kcal + 2000 Kcal basal metabolism, minus 1100 Kcal intake = 2200 Kcal loss. 1 Kg fat contains 9000 Kcal.

Of the total weight loss ± 244 g/day will be fat loss or 1.7 kg/week.

Energy expenditure: 90 min at fat burning intensity - 900 Kcal

Of the total loss 200 g/day will be fat loss or 1.4 kg/week.

Dangers:

It is common that persons following a weight loss program after a while compromise their immunity and become ill. They lose their motivation to continue with the program.

We are constantly exposed to pollution in our water, food and air. The chance that toxins like heavy metal poisoning, present in it, may stay behind and affect our bodies. Fat is one of the main sources where these toxins store. During the process of losing weight and using it as energy, the toxins release and affect the body again. The faster fat is lost the greater the exposure to these toxins to which the body has been exposed to for

years. For this reason, it is advisable to follow a detoxifying program with a weight loss program.

Application of the detoxifying program:

Take the Stage 6 at bedtime with plenty of water. With the fibre taken as part of the weight loss program, it will cause a regular and soft bowel movement and a shortened period of exposure of the toxins to the digestive tract. The Betaguard and Alfalfa neutralise the heavy metals as Aluminium, Mercury and Lead in the body by changing it into water-soluble salts. The Carotenoid Complex in Betaguard, which acts as a super antioxidant, will increase the immune levels of the body, after about 3 weeks use, with more than 30% from base level. It will help to eliminate and protect the body against free radical activity caused by the poisons.

Correct training intensity:

By training too hard someone can lose weight, which he gains again after his next meal. Liver and muscle glycogen were used and replaced. There is a training intensity where the body proportionately uses more fat as energy. This intensity correlates with a particular effort and heart rate. If this level was not determined clinically, use the following guideline to establish it. As long as the activity is at an intensity where you have enough breath to talk to someone, the intensity is not too high and in the correct zone. Regular training will cause an increased metabolism after one month. The body will be like a car idling at higher revolutions, causing higher fuel consumption.

Motivation:

Throw away the scale and use a measuring tape to measure progress of your program. Muscle mass created through training will replace the weight, lost through fat loss. Muscle mass has a higher density than fat. You become thinner by reducing in volume. Being plagued by hunger pains may be because of your expenditure of energy that may be higher than your energy intake. Counter a low blood sugar by releasing more fatty acids into the blood stream as an energy source. Increase your Amitone

intake to survive from meal to meal. You use your fat as energy to live from.

Americans Still Getting Fatter

January 16, 1997

NEW YORK (Reuters) -- Despite crash diets, ab crunchers, and countless New Year's resolutions, more of us are overweight than ever, researchers say.

"The prevalence of overweight among American adults increased by 5% between 1987 and 1993," according to a report from the Centres for Disease Control and Prevention (CDC).

Not only are more Americans losing the battle of the bulge, researchers also fear "the increase in overweight among adults is accelerating." They say data from another survey shows the percentage of obese adults "rose from 21.6% in 1983, to 24% in 1985, to 27.5% in 1990." The current survey puts that number at 26.7% for men and 25.4% among women.

Rates varied among social subgroups, the survey says. Black males displayed the most marked increase, with an additional 1.5% of that population becoming obese every year. Men living in north-eastern states were close behind, at 1.4% per year, according to study authors.

The study also found that weight gains might be occurring most often in those who can least afford it. "The upward shift in weight appears to be most substantial among those who are already overweight," they explain.

In addition, data collected by the CDC shows, which states had the thinnest --and heaviest --populations in 1994. Researchers found that 26.7% of all Americans were overweight. Faring worse were those living in Alabama, Michigan, Mississippi, West Virginia, and Wisconsin -- all states where over 30% of residents are considered overweight.

The states with the fewest overweight citizens: Hawaii, where 19.7% of residents are overweight, and Colorado, at 19.9%, led the nation in keeping the pounds off.

The CDC says the reasons for the continuing rise in obesity remain unclear. Researchers speculate that a 3% reduction in smoking since 1987 "may have accounted for some of the 5% increase in overweight." However, they also point out that overall weight increases occurred among smokers as well.

While fat consumption is thought to have either dropped slightly or stayed steady, researchers say, "it is also possible that persons may truly be compensating for a reduction in fat consumption with an increase in the amount of calories consumed," from other food sources. More time in front of televisions and computer screens may be contributing to expanding waistlines as well, they say.

Whatever the reasons, the CDC say the survey results are cause for concern for the long-term health of Americans. The study authors warn that "obesity increases the risk of many chronic health conditions, including hypertension, type II diabetes, hypercholesterolemia, gall bladder disease, osteo-arthritis, and some cancers."

SOURCE: American Journal of Public Health (1996; 86(12): 1729-1735)

THE SCIENTIFIC ADVISORY BOARD (SAB) OF GOLDEN NEO-LIFE DIAMITE

Senior Member: Arthur Furst, Ph.D., Sc.D., D.A.T.S

Dr. Arthur Furst, toxicologist and Distinguished University Professor Emeritus at the University of San Francisco, is the Senior Member of the SAB/TRAC. Of his many honours, Dr. Furst was recently reconfirmed as diplomat of the Academy of Toxicological Sciences, a distinction held by less than 100 scientists nation-wide. He is recognised as the world's

foremost authority on toxicology. He is also internationally recognised as a pioneer cancer researcher, is a member of 15 scientific societies and a fellow of five, and has written more than 250 publications.

Arianna Carughi, Ph.D., C.N.S

Dr. Arianna Carughi is a Fellow at Stanford University for her post-Doctoral research and a Certified Nutrition Specialist, a title granted by the American College of Nutrition. She is also the recipient of the Neizer Fellowship from Stanford University and a National Institute of Health research grant in experimental nutrition.

Kenneth Hirsch, MD

Dr. Kenneth Hirsch is both Chair of the Department of Pathology at a government hospital in Northern California and a Fellow at the College of American Pathologists and the American Society of Clinical Pathologists. Dr. Hirsch was recently appointed to the Volunteer Clinical Faculty as Assistant Professor of Pathology at the School of Medicine, University of California at Davis.

Fred Hooper, Ph.D.

As an expert in the field of human nutrition and biochemistry, Dr. Fred Hooper has written numerous scientific publications, studies, articles, abstracts, and presentations in the field of nutrition. He has participated in research on vitamins, hormones, lipids, and amino acids, and is a noted product formulator and educator.

John R. Miller

With a background in engineering, Mr. John Miller has researched, developed, and marketed more than 500 products in 25 countries, leading to his current position as International Vice President of Science and Technology and member of the SAB/TRAC.

Lester Packer, Ph.D.

Dr. Lester Packer is currently a Senior Scientist and Professor at the University of California, Berkeley. In the past five years, Dr. Packer has published 17 books and more than 119 scientific journal articles. In 1992, he was awarded the Henkel VERIS Award for significant contributions in clinical applications of vitamin E. He is the internationally recognised leading researcher of antioxidants.

David Shepherd, Ph.D.

A world-renowned biochemist and expert in phyto chemicals, Dr. David Shepherd's nearly 20 years of experience include the writing of 6 scientific publications and the development of 12 patents. He also has extensive food industry experience in more than 40 international markets. Dr. Shepherd currently directs research efforts at the Golden Neo-Life European Technology Centre in France.

Gorden W. Newell, Ph.D.

A graduate of the University of Wisconsin, he received a B.A. in Chemistry and an M.S. and Ph.D. in Biochemistry. After completing his studies, Dr. Newell joined Stanford Research Institute as the senior biochemist. During the next 28 years, Dr. Newell directed the development of one of the first toxicology departments in the United States, which included aquatic toxicology as well as in vitro and in vivo mutagenesis laboratories. Dr. Newell held many positions and conducted various chemical and environmental research in the fields of biochemical toxicology, food additives, industrial chemicals, and drugs and pesticides. He has also designed and evaluated laboratory research facilities. Dr. Newell has served as Associate Executive Director for the Board on Toxicology and Environmental Health Hazards, National Research Council/National Academy of Sciences. He later became Senior Program Manager for Health Studies at the Electric Power Research Institute. Dr. Newell has written more than 80 technical publications and papers plus several hundred client-confidential reports. He has been an invited speaker and participant at numerous national and international scientific meetings. He has also served as a member and Chair of numerous advisory and review committees, such as the Society of Toxicology, American College of Toxicology, Environmental Mutagen Society, and Society for Risk Analysis.

Dr. Newell has been honoured as a Fellow in the Academy of Toxicological Sciences, an organisation he has been affiliated with since 1981.

Laszlo P. Somogyi, Ph.D.

Dr. Somogyi is a senior consultant at the Health and Food Industries Practice of SRI International (formerly Stanford Research Institute) in Menlo Park, California and a member of the Industry Advisory Council to the Department of Food Science and Nutrition, University of California, Davis. Born and raised in Hungary, he was educated at the University of Agricultural Sciences of Budapest, and received M.S. and Ph.D. degrees from Rutgers University in New Jersey. He then held a post-doctoral research position at the University of California, Davis. Dr. Somogyi spent 16 years in various technical positions in the food industry, and was a senior food scientist at Stanford Research Institute. Dr. Somogyi has developed specialised professional expertise in food processing and product development, the technoeconomic aspects of food ingredients and additives, and the harvesting and storage for fruits and vegetables. Dr. Somogyi is the author of more than 40 scientific papers. He has contributed to and edited a number food science and technology textbooks. He served on the Editorial Board of the Critical Reviews of Food Science and Nutrition. Dr. Somogyi is a Fellow of the Institute of Food Technologist (IFT), the largest global organisation of food scientists. He is serving in the Executive Committee of IFT, and he has been a Chairman and "Outstanding Member" of the Northern California chapter. In addition, he is a member of the American Association of Cereal Chemists and the American Oil Chemists' Society.

William J. Vaughn, Ph.D.

Dr. Vaughn is currently Research Director of a marketing consulting firm. A graduate of the University of Miami, Dr. Vaughn received his B.S. in Physics and then earned his Ph.D. in Biophysics and Medical Physics from the University of California, Berkeley. He has served as Research Director and Research Scientist for several respected laboratories and companies in California. During his more than 18 years in the fields of ageing research and preventative medicine, Dr. Vaughn was responsible for the formulation of nutritional products for athletes. His current projects include researching

data in the fields of gerontology, preventive medicine, and biochemistry to extend a healthy life span, reduce the risk of major diseases, and optimise athletic performance. Dr. Vaughn is the author of "Low Salt Secrets for Your Diet," the first book of its kind for people with high blood pressure