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NEWS YOU CAN USE

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Fruits, Vegetables and their Phytonutrients take the world stage in the fight against chronic disease.

In a huge and powerful effort to draw attention to the dramatic increases in chronic disease world-wide, the World Health Organization (WHO) published its most compelling report ever. Titled "Preventing Chronic Disease: A Vital Investment" the report points to the alarming reality that the occurrence of chronic disease world-wide is increasing faster than the population. In 2005 60% of all deaths, about 35 million, was attributed to chronic disease. By 2015—just over 8 years from now—they expect that number to rise 17% to 41 million!

Chronic disease is preventable!

The WHO considers the top 5 causes of death to all be chronic diseases—all of which are preventable, or at least delay-able. And they're not the only ones. The US Centers for Disease Control and Prevention (CDC) and most major health authorities world-wide agree. To fight the ever-increasing risk and presence of chronic disease we need to do three things: stop smoking, get active, and FIX OUR DIETS!!!

Top Five causes of death world-wide are all "chronic diseases"

- Heart disease
- Cancer
- Stroke
- Chronic respiratory diseases
- Diabetes

Source: World Health Organization (2006) www.who.int/chp/en/

The WHO sees nutrition as the foundation of health. The formula is simple and compelling; Poor nutrition equals poor health and greater disease. Good nutrition equals good health and less disease. It's simple and it's irrefutable.

Fruits, vegetables, grains and fish hold the keys to prevention.

Healthy whole foods and the powerful protector nutrients they contain is the arsenal the WHO, the CDC, the USFDA, the American Heart Association, the U.S. National Cancer Institute, and others point to as our best weapons in the fight against chronic disease.

For Heart Disease and Stroke prevention the American Heart Association recommends:

(www.americanheart.org) See Healthy Lifestyle

- Vegetables and fruits: Eating a variety of fruits and vegetables may help you control your weight and your blood pressure.

- Whole-grain foods: contain fiber that can help lower your blood cholesterol and help you feel full, which may help you manage your weight.
- Fish: at least twice a week. Recent research shows that eating oily fish containing omega-3 fatty acids (for example, salmon, trout, and herring) may help lower your risk of death from coronary artery disease

For cancer prevention the U.S. National Cancer Institute says: (www.cancer.gov)

- Populations with diets high in fruits and vegetables tend to have a lower cancer risk.
- Fruits, vegetables, and grains contain a number of nutrients, including carotenoids, vitamin-A, and vitamin-C.
- Numerous studies have found evidence that carotenoids reduce the risk of some cancers.

For Diabetes prevention the American Diabetes Association recommends:

(www.diabetes.org/nutrition)

- Eat lots of vegetables and fruits. Try picking from the rainbow of colors available to maximize variety. Eat non-starchy vegetables such as spinach, carrots, broccoli or green beans with meals.
- Choose whole-grain foods over processed grain products.
- Include fish in your meals 2-3 times a week.

American diets lack fruit and vegetable protector nutrients!

Publishing their report card on the American diet in the September 2006 issue of the *Journal of the American Dietetic Association* researchers from the USDA and the US National Cancer Institute report too many Americans are failing to get the fruit and vegetable nutrition needed for optimal health. They point out that more than 60% of Americans fail to reach the 5 servings per day minimum recommendation—let alone the 9 to 13 servings per day optimum intake recommendations! Some population groups were surprisingly bad. For boys 14-18 only 0.7% reached the 5-a-day minimum target. For women 51-70 the number was 17%. Other groups fared similarly poorly, prompting researchers to write "A large portion of the US population needs to increase their fruit and vegetable intake if recommendations are to be met. Barriers to increasing consumption...should be investigated and strategies for appropriate programs and interventions should be developed."

The GNLD Scientific Advisory Board has focused a great deal of its research and investigative activities into understanding the importance of fruits and vegetables to health protection and disease prevention. Research begun in the late 1970's

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lead to the development and introduction of the world's first whole-food supplements derived entirely from fruits and vegetables, including GNLD's Carotenoid Complex,[™] Flavonoid Complex,[™] Cruciferous Plus,[™] and Garlic Allium Complex.[™] The amazingly powerful whole food, human food chain, fruit and vegetable nutrients these products deliver continue to dominate nutritional science as new research shows their fundamental importance to human health, vitality, and longevity.

Carotenoid-rich vegetables linked to lower risk of stomach cancer.

In their report published in the October 2006 issue of the journal *Cancer Epidemiology Biomarkers & Prevention* (Vol. 15, pp. 1998-2001) researchers from the Karolinska Institute in Sweden reported that people who had the highest fruit and vegetable carotenoid consumption in the 7-year study of more than 90,000 participants had a 46% to 57% lower risk of stomach cancer compared to those with the lowest intake. Lead researcher Susanna Larrson concluded "We are evaluating the association between dietary intake of carotenoids and risk of gastric cancer. These findings add further support to the current dietary recommendations to increase vegetable consumption."

EPIC study shows garlic and onion protect from gastric cancer.

Results from the European study known as EPIC (European Prospective Investigation into Cancer) published in March of 2006 in the *International Journal of Cancer* (Vol. 118, pp. 2559-2566) showed that Allium food family members garlic and onion could help protect against stomach cancer.

New study on the carotenoid Lycopene shown to benefit heart health.

Research published in the September 2006 *American Journal of Clinical Nutrition* showed that the bioactive carotenoid, Lycopene has the ability to inhibit the build-up of platelets in the blood by inhibiting a compound called "glycoprotein IIb/IIIa." This effect decreases the accumulation of platelets and thus reduces the risk of forming a blood clot. "As a functional food or dietary supplement, tomato extract (lycopene) may have a role in primary prevention of cardiovascular disease."

European study of more than 220,000 confirms fruit and vegetable nutrition protects the heart.

France's highly regarded Pasteur Institute teamed up with researchers from two other major institutions to look at data from 129,701 women and 91,379 men and found an inverse relationship between the presence of fruit and vegetable (F&V) nutrients and heart disease. When F&V intake was high, heart disease was low. When F&V intake was low, heart disease was high. Published in the September 2006 issue of the *Journal of Nutrition* (Vol. 136, pp.2588-2593) the researchers concluded "This meta-analysis of cohort studies shows fruit and vegetable consumption is inversely associated with heart disease risk."

Factoid: Chronic disease causes twice the number of deaths from all infectious diseases (including HIV/AIDS, tuberculosis, and malaria), maternal and perinatal conditions, and nutritional deficiencies combined.

A wise man ought to realize that health is his most valuable possession and learn how to treat his illnesses by his own judgment.

Hippocrates

Four new Vitamin-D studies you should know about: Three point to an anti-cancer role for the nutrient; one points to lung health.

1. Higher intakes of vitamin-D might reduce risk of some cancers as much as 50%!

Publishing their results in the February 2006 issue of the *American Journal of Public Health*, researchers from the University of California's Moore Cancer Center pointed to a strong connection between vitamin-D status and cancer. Using data gathered from a systematic review of 63 cancer studies, they showed that when vitamin-D levels are high cancer risk is lower and vice versa. "A preponderance of evidence from the best observational studies the medical world has to offer, gathered over 25 years, has led to the conclusion that public health action is needed." said lead researcher Dr. Cedric Garland. "The high prevalence of vitamin-D deficiency (as much as 60%) combined with the discovery of increased risk of certain cancers in those who are deficient, suggests that vitamin-D deficiency may account for several thousand premature deaths from cancer annually." The researchers recommend a vitamin-D target of 1,000 IU's per day.

2. Higher vitamin-D levels may curb the development and progression of breast cancer. According to Dr. Carlo Palmieri of the Imperial College, London, vitamin-D status is a critical indicator of breast cancer risk. Publishing his work in the October 2006 issue of the *Journal of Clinical Pathology* (doi.10.1136/jcp.2006.042747) Dr. Palmieri's work adds to that of several before him displaying a direct and important link between vitamin-D status and the risk of various cancers, including breast, colorectal and prostate.

Factoid: Over one million women worldwide are diagnosed with breast cancer every year, with the highest incidences in the U.S. and the Netherlands. China has the lowest incidence and mortality rate of the disease. The National Cancer Institute estimates that 13 percent of American women will develop breast cancer during their lives.

3. Vitamin-D could halve pancreatic cancer risk. A joint study by researchers from Northwestern and Harvard Universities looking at data gathered from more than 120,000 participants in the "Nurse's Health Study" showed that people who got at least 400 IU's per day of vitamin-D had a 43% decreased risk of pancreatic cancer. Publishing their evidence in the September 2006 issue of the journal *Cancer Epidemiology Biomarkers and*

Prevention the researchers concluded “In concert with lab results suggesting anti-tumor effects of vitamin-D, our results point to a possible role of vitamin-D in the prevention and possible reduction in mortality from pancreatic cancer. Because there is no effective screening for pancreatic cancer identifying controllable risk factors for the disease is essential for the development of strategies to prevent it.”

4. Vitamin-D is a lung health protector too! According to researchers from the University of Auckland in New Zealand, high levels of vitamin-D may help develop and maintain lung function and health. Publishing in the December 2005 issue of the journal *Chest* (volume 128, number 6), researchers looked at lung function and vitamin-D levels in some 14,000 study participants and showed some pretty amazing results concerning lung health between those with the highest and lowest levels. “The difference in lung function between the highest and lowest levels of vitamin-D is significant,” wrote lead researcher Dr. Peter Black. “Our research shows that vitamin-D may have a strong influence on lung health, with greater levels of vitamin-D associated with greater and more positive effects on lung function.”

GNLD has long promoted the need for natural Vitamin-D. We know it is not just essential to health, but the tendency for people to avoid the natural production of the vitamin from sunlight exposure makes it all the more important. To help people assure they receive a healthy abundance each day we include 400 IU's of vitamin-D in Formula IV,[®] Formula IV Plus, Stress 30,[™] Sports 30,[™] Active 40+[™] and Vegetarian Multi.[™] Additional Vitamin-D can be found in our GR² Control[®] Protein Shakes, Chelated Cal-Mag[®] (capsules) and Cod Liver Oil.

Factoid: In the 1940's researcher Frank Apperly was the first to demonstrate a link between vitamin-D and cancer when he showed a connection between latitude and death from cancer. He suggested that vitamin-D from sunlight gave “a relative cancer immunity.”



SAB HAS THE ANSWERS:

Q. Are there pesticides in any of GNLD's products?

A. There are no pesticides in any of our products. We have very strict demands that our suppliers test and confirm every single batch of their raw material to have no detectable amount of pesticides or many other contaminants! Through our “trust but verify” approach to assuring the highest possible quality and safety we test raw materials repeatedly to assure compliance.

Q. Are GNLD's Nutriance[®] products hypoallergenic?

A. “Hypoallergenic” is a term that describes a specific type of testing done on products manufactured in the U.S. However, tests conducted on Nutriance products go far beyond that which is required to be classified as “hypoallergenic.” Tested in Europe's most prestigious dermatological research facility, each Nutriance product meets and exceeds stringent testing methods required to assure allergic reactions do not occur. When testing our product line, we went far beyond the simple skin-reaction tests putting our Nutriance products through some of the most sophisticated and advanced cosmetology tests available today. These procedures are more rigorous than standard hypoallergenic testing, resulting in high product quality and low allergic potential.

Q. How long has GNLD had a drug license? Why is having a drug license important?

A. GNLD has maintained a drug license for about 25 years. Holding a Drug Manufacturing License issued by the State

of California and enforced by the US Food and Drug Administration (FDA) and the Food & Drug Branch (FDB) of the State Department of Health Services, means that our products are made to pharmaceutical standards and every aspect of our operation is open to unannounced inspection by the federal FDA and the state FDB to confirm we follow Good Laboratory Practices (GLP) and Good Manufacturing Practices (GMP), assuring highest possible quality, safety, and efficiency.

Q. What is the difference between glycemic index and glycemic response?

A. The glycemic index (GI) rates foods based on how quickly a standardized amount (50 grams) of a food's carbohydrates raises blood sugar levels. The GR² Weight Loss Program bases its effectiveness on the glycemic response (GR) time of one serving of a particular food or meal. The SAB developed the GR² Control[®] Weight Loss Program using both the glycemic index and the glycemic load ratings of foods as tools to help figure the glycemic response time. In addition, they considered the caloric content, along with the health value of commonly consumed foods. In order to keep the GR² program simple to comprehend and easy to comply with day-to-day, the SAB created the Enjoy and Avoid guide. This useful tool removes the burden of calculating food figures while listing a large variety of food choices.

Vitamin-E: New study affirms its importance to overall health.

New evidence published in the November 2006 issue of the *American Journal of Clinical Nutrition* (vol. 84, pgs 1200-1207) from the randomized, double-blind, placebo controlled study known as the ATBC (Alpha-tocopherol, Beta-Carotene Cancer Prevention) Study showed that those participants with the highest concentrations of vitamin-E in their blood had the lowest disease risk and highest health potential.

The study, lead by U.S. National Cancer Institute researcher Dr. Margaret Wright, followed nearly 30,000 men for up to 19 years. Men with the highest levels of vitamin E in their blood had a 21% lower risk of death from cancer, a 19% lower risk of dying from heart disease, and a 30% lower risk of death from other causes.

Dr. Wright and her colleagues note that there are several proven mechanisms by which vitamin-E conveys its benefit, including its powerful antioxidant capacity, and its ability to boost immune system function and prevent tumor blood vessel growth.

“Our findings support a more robust role for circulating (vitamin-E) in overall, cancer and CVD mortality than was suggested in previous studies.” This new evidence builds upon similar CVD risk reduction shown in the Women’s Health Study (WHS) and all-cause mortality risk reduction for men in the “Supplementation en Vitamines et Mineraux Antioxydants (SU.VI.MAX) Study”—both published within the last year.

Going NUTS for the holidays? Two new studies show they protect the heart.

It seems that the holiday season always brings out the nut-filled snack trays. But whether or not nut nibbling is a good thing has remained somewhat of a controversy. Nuts have long been known to contain beneficial nutrients but their high fat content has often given them an undeserved bad reputation when it comes to heart health. Two new studies clarify the issue by showing nuts are heart-health protective.

One study looked at peanut consumption amongst 400,000 Europeans and found that 2 servings per week of peanuts equated to an 11% reduction in risk of death from coronary heart disease. These new results, presented at the 2006 World Cardiology Congress in Barcelona, provide increased validity for the health benefits of nuts.

A second study, published in the *Journal of the American College of Cardiology* (doi:10.1016/j.jacc.2006.06.057), showed that walnuts also offer heart health benefits. The joint U.S.-Spain research project reported that blood flow in the arm, so-called flow-mediated dilation (FMD) in the brachial artery, was improved (24 percent increase) in the people with high cholesterol after consumption of the walnut-supplemented meal.

Before you go completely nuts about nuts though, remember that they are calorie packed and thus a little goes along way!

Omega-3 fatty acids shown to benefit lung function!

A diet rich in omega-3 could improve lung function for COPD (chronic obstructive pulmonary disease) sufferers, reports a study from Japan. This is great news for people who suffer with this compromised lung function disease, which is associated with smoking and is the Number 5 killer world-wide. Of additional importance though was the substantiation of the anti-inflammatory mechanism of omega-3 fatty acids in the process. Inflammation in the lung and pulmonary system, like other tissues and systems of the body, is associated with increased risk of disease.

The two-year study was conducted in Japan and followed 64 patients with COPD. The patients were randomly divided into two groups; one received an omega-3 rich diet and the other ate a normal diet. After 15 months, levels of leukotriene B4 (LTB4), a marker for inflammation, were significantly lower for the patients receiving the omega-3 fatty acid enriched diet. Shortness of breath also decreased, while the control group showed no improvement. The study was published in the November 2006 issue of the journal *Chest* (vol 128, no 6, pp 3817-3827).

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