



Twelve Steps to Ageing Well

1. EAT A WELL BALANCED DIET.

GNLD's Energy Plan -

Nutrishake (a Soya based Protein drink containing all 22 Amino Acids).

Formula IV (A high potency multi-nutrient formula containing Protein, Vitamins, minerals, Tre-en-en oils, Essential fatty acids, digestive enzymes. Added Tre-en-en is always a great idea... take 3 caps per day to obtain optimal health and vitality!

Carotenoid Complex (Antioxidant formula containing a complex of 600 Carotenes).

- Added extras include GNLD supplements such as Calmag, Omega 3 Salmon Oil Plus, Digestive Formula, Garlic, Aloe Vera Plus.
- Your diet should be high in fruits and vegetables and low in saturated fats.
- Cut down on fat laden meats, fatty cheeses, butter etc.
- Especially important are legumes, whole grains, cold-water fish and soy. The Japanese who have a low rate of breast cancer, prostate cancer and heart disease eat a diet, which is high in tofu and other soy products.
- Include more slowly releasing carbohydrates in the diet such as pasta's (But without all the cheese and cream laden sauces... Rather included a tomato-based sauce that is full of Lutein, which is known to help prevent in hormonal related cancers, particularly breast and prostate cancer.

2. KEEP YOUR IMMUNE SYSTEM STRONG by eating lots of colored vegetables and fruits and supplementing with extra antioxidants such as Carotenoids, Flavonoids, Cruciferous compounds, Zinc and Vitamins C and E.

With each illness that pervades one's system, the more ageing takes place.

So the less one catches colds, flu etc the better chance one has of not ageing.

Damage occurs with every bout of illness. Don't get sick in the first place.

3. AVOID EXCESS SUN EXPOSURE...Protect your skin and vision...by avoiding excess sun exposure - wear sunscreen and sunglasses. Eat foods that contain vitamins A, C and E as well as carotenes, beta-carotene, Lutein, and zeaxanthin...(Use GNLD's Carotenoid Complex).

4. PROMOTE A HEALTHY CIRCULATION...Lower the risk of arteriosclerosis, heart disease, high blood pressure, stroke and cancer by limiting Stress, Saturated fat and Cholesterol in the diet and increasing intake of Essential Fatty Acids, Omega 3 oils, vitamins B12, C, D, E and Folate.

The minerals calcium and selenium, as well as fiber, garlic and antioxidants such as Carotenoid Complex, Flavonoids, and Cruciferous are also recommended.

5. KEEP MENTALLY FIT AND HEALTHY with B complex vitamins, Antioxidants, Omega 3 oils, and Zinc. Exercise the Brain as well. Read, study and meditate.

The Mind Enhancement Formula containing a complex of herbs to enhance and speed up brain function and to help in the prevention of senility, memory loss, and Alzheimer's etc.

6. PROTECT BONES FROM OSTEOPOROSIS with a diet rich in calcium, magnesium and Vit. D.

Take extra Omega 3 Oils and Carotenoids for the lubrication and protection of the joints, which help in the prevention of Arthritis, Rheumatism and Gout.

7. KEEP REGULAR...Make sure of healthy elimination by including lots of fibrous foods in one's diet... and supplementing with GNLD's extra Fibre Supplements. Poor elimination



may lead to headaches, poor skin tone, cellulite, and cancer of the colon, diverticulitis, crones' disease, and constipation. Fiber may assist with the lowering of cholesterol thus helping to stave of heart disease and sugar diabetes. A build up of toxins in the body may lead to all kinds of cancer. Poor digestion has also been linked to all sorts of inflammatory diseases, indigestion, heartburn, flatulence, bloatedness etc. Take GNLD's Herbal Digestive formula to help alleviate all kinds of digestions problems. The Aloe Vera Plus is a great tonic and aids digestion. GNLD's Herbal Stage 6 also helps alleviate constipation.

8. EXERCISE... To maintain strong muscles, mix aerobic exercise with muscle strengthening activities such as weight training. Weight bearing exercises also keep bones healthy. When combined aerobic exercises, they also keep weight down. Nutrishake (Protein drink) comes in handy for building up the muscles.

9. MANAGE YOUR WEIGHT... Carrying excess weight has been linked to heart disease, certain forms of cancer and Onset diabetes. The GNLD weight loss program is designed to help you lose weight healthily and effectively and permanently keeping your weight off by properly managing your health.

10. GIVE UP BAD HABITS... SMOKING AND EXCESSIVE DRINKING.

11. Diminish stress, pressure and worrying by using Omega 3, Vitamin B complex and Calmag.

12. Drink at least eight glasses of purified water every day. See section on the benefits of drinking water

