



## HEALTH TIP #15 – ALL NATURAL FIBRE FOOD & DRINK MIX

### WHY YOU MAY NEED THIS PRODUCT:

- When the colon doesn't do its job all organs suffer.
- Un-eliminated waste materials soaks back through the colon wall into the lymph glands throughout the system. & when these glands become overloaded with toxins, disease will set in.
- Are you having irregular bowel movements?
- Do you have to strain to have a bowel movement?
- Are you having less than one bowel movement a day?
- Boosting fibre intake can help maintain regularity naturally, without habit-forming drugs.
- The National Cancer Institute recommends a dietary intake of 20 to 30 grams of fibre per day for adults (with an upper limit of 35 grams).
- However, the average person consumes only 10 to 20 grams per day — about half of the recommended amount.

To add 15 to 20 grams of fibre to your daily diet, you would need to eat:

- 10 servings of beets, *or*
  - 12 bananas, *or*
  - 7 slices of whole wheat bread, *or*
  - 200 peanuts
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- Scientific research has linked diets low in fibre with increased risk of disease, including cancer of the colon, cardiovascular disease, and diabetes. Fibre sufficiency, on the other hand, has been shown to reduce the risk of those same diseases.
  - Many scientists believe that by increasing fibre in our diets, we can decrease the incidence of a wide range of conditions and diseases.

### BENEFITS:

- Helps to detoxify the colon
- The presence of ample fibre in the GI tract increases fecal bulk, which may dilute the concentration of cancer-causing substances in some foods

- Recent studies have shown that water-soluble dietary fibres, commonly found in beans and oat bran, can help reduce blood cholesterol levels.
- Dietary fibre slows the rate of sugar absorption from the intestines into the bloodstream, which helps regulate blood levels of glucose and insulin.
- Fibre plays an integral role in weight control because it provides the bulk that makes you feel full, without the calories. Additionally, fibre-rich foods like fruits, vegetables, and whole grains tend to have a naturally high nutrient content, more crucial than ever while you're eating less to lose weight.
- Fibre is also helpful in preventing constipation. Because fibre attracts and holds water in the gastrointestinal tract, fecal bulk increases and, as a result, keeps you "regular."

## WHY GNLD ALL NATURAL FIBRE?

- Very high dietary fibre
- **Complete fibre.** All-Natural Fibre Food and Drink Mix features a blend of soluble and insoluble fibres from 12 natural, whole-food sources, including whole oats, fruits, and vegetables, because different types of fibre provide different health benefits.
- **Provides cellulose, hemicellulose, gum, lignin, and pectin** — all five types of dietary fibre necessary to maintain good health.
- **Concentrated and delicious.** Each serving of All-Natural Fibre Food and Drink Mix provides 8 grams of dietary fibre, plus added protein, fructose and complex carbohydrates for good taste and smooth texture.
- **Exclusive Neo-Polyfibe.** Features soy polysaccharide (the "cellular matrix" of the heart of the soybean), blended with specially selected whole oat and acerola cherry fibre, to help absorb cholesterol and carry it out of the body without robbing trace nutrients.
- Contains no corn or wheat proteins, no preservatives, no salt and no sulfites.
- **Naturally sweetened and flavored.** Fructose provides wholesome good taste with no added sucrose; whole fruit and nut powders create delectable flavor and texture.

## HOW TO TAKE:

For beverages, add 3 well-rounded tablespoons to milk or juice or nourishake which provides you with 8 g of fibre\*\*

You can also use All Natural Fibre for baking in muffins, cookies, pancakes, meatloaf, sprinkle in scrambled eggs or omeletes.

For severe constipation & irregularity, you can do a bowel cleanse.

## ***Before going to bed***

Take 3 Tablespoons of All Natural Fibre Food & Drink Mix in a glass of purified water and 3 – 5 Neo Lax

## **Upon rising in the morning**

Drink one glass of purified water.

Continue this until bowel movements are regular

***\*\*if you are just starting to add fibre to your diet, start with 1 tablespoon of All Natural Fibre a day & increase slowly.***

It is also very important to drink lots of pure water as fibre cannot work without water.

***I recommend ½ cup of pure water every half hour for good health.***

## **HOW TO ADD MORE FIBRE TO YOUR DIET**

- Choose a breakfast cereal with  $\geq 5$  g fibre / serving
- Add 1 tbsp flaxseed to cereal, smoothies, soups
- Choose fruits, vegetables, and nuts as snacks
- Choose whole grain over white
- Choose sweet potato over white
- Include legumes (peas, beans, lentils)
- GNLD All Natural Fibre Food Drink Mix

## **TESTIMONIES:**

My story begins as a child suffering from poor bowel function, with doctors telling my parents that it is normal for her and this is how her system works, bowel movements 2 times a week is ok!! So naturally having lived my whole life in this manner, as an adult I did not really understand that I had digestive issues, I had even heard many product trainings on digestion and never made the connection for myself. One day this all changed for me when I was diagnosed with diverticulitis at the young age of 34. I was shocked. Even the doctors could not understand how a young person could have a disease found usually after the age of 50-60. Within one year I was hospitalized 3 times with severe attacks, and put on large doses of IV medications to clear the infection. The doctor's recommendation after the third attack was that I would need to undergo a bowel resection surgery because he was afraid that I would perforate my bowel if I experienced even one more of these attacks. Lucky for me Nada again pointed me in the direction of the GNLD digestive products, and I went to see a gastroenterologist who was willing to try a course of treatment that included changing my diet and using the digestive aids, as at a young age surgery is not always the best option.

I thought that my diet was good, but I quickly found out that to keep a condition like this under control a large amount of fibre is very key to good bowel function and keeping things moving through the system, so I am very careful to eat foods that give me good fibre, as well as I use the GNLD all natural Fibre drink to maximize my fibre intake to about 35g per day. I also depend on betagest and digestive enzymes with every meal to ensure proper digestion of my food, and I complete my day with a couple of acidophilus and a drink of aloe at night to help with good bowel movements. I also have felt good relief from drinking the Aloe after an attack has occurred, as it really helps with healing.

I can say with confidence that the GNLD products along with diet changes saved me from an operation that I am not sure would have kept my condition under control as well as I have. It has now been 3 years since I last felt the excruciating pain of one of those attacks, and I continue with the same program every day, thank you GNLD for great products that really work!!!  
Brenda Nother, Orangeville, Ontario

My 4 year old son suffered from severe constipation problems for many years. We had taken him to two pediatricians with no success. The first doctor had put him on mineral oil for 6 months. It caused him to have diarrhea and as soon as we stopped the mineral oil, his constipation returned. The second doctor told me that we could not do anything as that was just how his system worked. I was very frustrated and tired of seeing my son with constant stomach cramps, and sitting on the toilet silently crying in pain. He was not growing like my other son and had a very extended stomach.

I had even tried going to a Naturopath, but with no success. In the summer of 2002, I was telling my story to an old school friend, Maryellen, and she suggested that I try the GNLD products. The ironic thing was many of the products she suggested were the same name of product that the Naturopath had prescribed which had not worked. I started my son on the aloe, acidophilus, vita squares, nourishake and All Natural Fibre. After three weeks to the day of starting the products, my son started having regular bowel movements. I have taken my son to a Gastroenterologist five weeks after he started the products and he commented on how my son was doing better than most of his patients.

It is a pleasure to see my son pain free and looking so healthy. He is even doing better in school now that he doesn't have stomach pain. His stomach is no longer distended; he is growing, gaining weight, and a happy healthy boy.  
G.H., Oakville

Ever since my daughter, Valentina, was born (she is now five years old) she continually had problems with constipation and gas. For years we tried different methods but when the doctor's told me she would have to be on laxatives and stool softeners for almost a year before we noticed a difference, I knew it was time to try the GNLD supplements.

We started her off with acidophilus and aloe juice, I then added the children's liquivite (this contains Tre en en) and the Nourishake (protein shake). I immediately noticed a difference. Many people asked me how this was different from medication. The GNLD supplements are



non-habit forming. They heal and correct the problem rather than “masking” the problem like most medications do.

Within weeks Valentina began to have daily, normal bowel movements. She does not need the acidophilus and aloe juice on a daily basis, but we will give it to her occasionally to keep things on track.

Rose Morra, Brampton, ON