



HEALTH TIP #10 – Betagest By Maryellen Vandenbrink, RNCP

WHY YOU MAY NEED THIS PRODUCT:

- Excessive gas, belching or burping after meals
- Abdominal bloating, distension.
- Indigestion or sourness two to three hours after eating.
- Heavy, tired feeling after eating.
- Burning sensation in stomach.
- Full, loggy feeling after a heavy meal containing meat.
- Loss of former taste or craving for meat.
- Constipation
- Heartburn, sore throat, indigestion or difficulty swallowing are all signs of reflux
- Lactose intolerant
- Most people believe indigestion results from too much stomach acid, but low stomach acid is a much more common cause. This often occurs around the age of 30 and is aggravated by overeating, alcohol consumption or habitual use of antacids.

BENEFITS:

- Relieves uncomfortable and painful symptoms of poor digestion: gas, belching, bloating, tiredness, etc.
- **aids absorption of calcium, phosphorus, iron, magnesium, and vitamin B12.** For instance, a protein called intrinsic factor is required for the absorption of vitamin B12. An acidic environment is necessary for the protein to bind the vitamin. Without sufficient stomach acid, a dangerous condition called pernicious anemia can develop.
- **Needed to begin “opening up” protein molecules** from foods so that protein-digesting enzymes (proteases) can break them into smaller building blocks (amino acids) which the body can use. This process, called denaturing, is essential for proper protein digestion.
- **Kills harmful bacteria and other microorganisms** that enter the gastrointestinal tract in foodstuffs.

WHY GNLD BETAGEST?

- **Non-habit-forming.** Addresses *causes* of indigestion in the stomach, not just symptoms!



- **Ideal ratio.** Together, betaine hydrochloride, lactase and protein-digesting enzymes help supplement normal stomach digestive secretions that can be compromised by age, stress, alcohol or overuse of antacids.
- **100% plant-sourced** in a base of dried beet, licorice root and lemon. No animal ingredients.
- **Hydrochloric acid.** Prepares protein for enzymatic activity and assists with mineral and B-vitamin absorption.
- **Focused delivery.** Betaine hydrochloride and enzymes, including protease and papain, support protein digestion.
- **Assists lactose digestion.** Contains the enzyme lactase to aid in the digestion of lactose (milk sugar) found in dairy and other products.

HOW TO TAKE:

1 -2 tablets before meals depending on the size of the meals

Note: Betagest should not be taken if an ulcer is present – start with aloe vera plus to heal the ulcer first

TESTIMONIES:

My name is Nada St. Germain, I have been a distributor for 20 years now and would like to share my story on Allergies.

I suffered from Allergies for years. When I started the GNLD products 20 years ago, I could not believe it my allergies improved to a level where I did not need to use anti-histamines!!!!!!!!!! I had used anti-histamines year round and I really depended on them for sinus relief.

When I started using the GNLD products, they seemed to help a little, and I had some hope. I then learned that because I had poor digestion I was not utilizing the nutrients in my food. I added the Beta Gest and Enzymes, and within a few months my allergies improved and within 6 months I was off all anti-histamines.

It has been 20 years now and I still have no allergy symptoms.

Thank you GNLD.

**Nada St. Germain
Orton, Dec. 2009**

Eight months ago I was experiencing major digestive problems. It started with a feeling like I was having an anxiety attack. Then it turned into a burning in my throat, and I would lose my voice at night. I had a constant heaviness in my chest that would take my breath away.



I had to take antacids all day long. From the moment I woke up until I went to bed.

I had talked to Nada about it, but we had to wait to see if I had a Hiatus Hernia.

At the end of August I got the results back from my tests, and it was a very severe case of acid reflux. It had burned my esophagus, in two spots. The doctor said in 27 years of practice he had never seen such severe burns.

After one week on Aloe Vera Plus, and Vitamin A, I was already feeling relief. I was taking a lot at first. 3 ounces of Aloe (one once 3 times and day), and 5 Vitamin. A every morning. I started chewing one Neo cal and Vitamin C with every meal.

I then added Beta Gest and Enzymes with every meal, and I am 95% healed and feel great. I am going to continue for I know it will take time to completely heal.

Thank you GNLD

**Laurie,
Alliston, ON
Dec. 2009**