

HEALTH TIP #31 – CRUCIFEROUS PLUS

By Maryellen Vandenbrink, RNCP

WHY YOU MAY NEED THIS PRODUCT:

Do you turn up your nose at broccoli, cauliflower, brussels sprouts and collard greens? Even if they're not your favourites, they've got something you need: crucifers! Research links a cruciferous-rich diet with healthy, normal cells and tissues — primarily of the breast and prostate, as well as colon, uterus, ovaries, digestive tract and more. Crucifers also support healthy cholesterol levels!

For optimal health, experts recommend eating one serving of cruciferous vegetables per day. If you're eating fewer than that, meet the “cruciferous challenge” with GNLD's revolutionary Cruciferous *Plus*™! Only Cruciferous *Plus* delivers the protective phytonutrients found in an optimal serving of cruciferous vegetables!

BENEFITS:

Researchers believe that these compounds:

- help your body neutralize and flush out environmental toxins
- promote normal hormonal balance
- help keep “good” estrogen uncorrupted
- support healthy cholesterol levels
- help regulate your immune system
- promote normal metabolism, and more!

WHY GNLD CRUCIFEROUS PLUS?

- **Broad-spectrum phytonutrients** from cruciferous vegetables and other foods, including *isothiocyanates* and *indol carbinols*.
- **Whole-food ingredients.** Contains GNLD's exclusive cruciferous blend, derived from broccoli, radishes, kale, black mustard, brown mustard and watercress.
- **1 tablet = 1 optimal serving.** An important GNLD Difference, each tablet conveniently provides the phytonutrient value of an optimal serving from a wide variety of cruciferous vegetables! To help you meet the recommendations of the National Cancer Institute, the American Cancer Society, and the National Research Council to consume one serving of cruciferous vegetables every day. *We actually only eat one serving a week*, according to the United States Department of Agriculture.
- **Other bioactive phytonutrients:** The “plus” in Cruciferous *Plus* comes from antioxidant compounds: *d-limonene* from oranges, *chalcones* from licorice root, and *isoflavones* from soybeans — research has shown can protect cells from cancer and are shown to support optimal cellular health.

- **Contains sulforaphane**, an important phytonutrient in cruciferous vegetables that has been shown to help neutralize carcinogens (cancer causing agents) and other toxins. Research shows that sulforaphane can help protect against the development of hormonally mediated cancers.
- **Exclusive SAB-developed formula** combines the latest scientific research with cutting-edge technology! Using powerful, protective cruciferous compounds, the SAB designed this formula to help regulate normal cellular growth, especially in tissues of the breast and prostate, which are regularly impacted by hormonal activity.
- **Scientific proof.** The active ingredients in Cruciferous Plus have been shown to inhibit the growth of breast cancer cells and block enzymes that stimulate cancer growth
- **Standardized formula** ensures guaranteed consistency of laboratory-specified, concentrated cruciferous nutrients, serving after serving!
- **Whole-food ingredients** provide several important phytonutrients with health benefits (neutralizing toxins, lowering cholesterol, boosting immunity, influencing metabolism, reducing menopausal symptoms) in addition to lessening the risk of cancer.
- **100% natural.** Cruciferous *Plus* contains no artificial colors, flavours, preservatives, or sweeteners.

HOW TO TAKE:

Take 1 tablet daily.

TESTIMONIES:

C MATTHEWS, MISSISSAUGA, ON

After the birth of my daughter I was diagnosed with a fibroid. This condition was causing me constant pain all month long and my doctors could give me no relief. After my friend Liz told me about the research behind the Cruciferous Plus, I decided to give it a try. I noticed the pain started to subside almost immediately and within three months it disappeared completely. Thank you GNLD!

Vyvan de Ryck's testimonial on the Heart Program

In October 2001 I suffered a heart attack and was hospitalized for 10 days. I was told that one of the arteries in my heart was blocked and that was what caused the attack.

Two weeks after my release from hospital I made the decision to wean myself off of the heart medications within the month and go on the GNLD's heart program. My daily regime of vitamins consisted of:

1 package of Phyto Defense (contains 3 carotenoids, 2 flavonoids and 1 cruciferous plus)

5 Lipotrophic

3 Salmon Oil



- 3 Lecithin capsules
- 3 garlic tablets

In addition to my Nourishake and Formula 1V+

At my 3-month check-up on January 12, 2002 I created quite a stir in the clinic. I was given an ultra Sound at which time the technician thought the machine was broken because she could find nothing wrong with my heart. She called in the cardiologist who was baffled and remarked how strong my heart was beating. He insisted on my having further tests because he just could not believe what he was seeing. A CAT scan of my heart and 2 stress tests later he agreed that my heart was healthy and if he had not been the attending physician at the hospital he would not have believed that I had suffered a heart attack. He asked what I had done and I shared GNLD information with him.*

Today, I have a healthy heart, am physically fit, and have not taken any heart medication since 2001. My heart maintenance program consists of:

- 1 package PhytoDefense
- 3 Lipotropic
- 2 Lecithin
- 2 Salmon Oil
- 2 Garlic
- 1 - B-Complex

I continue to take my Formula 1V+ daily and my Nourishake.

Vyvyan de Ryck
Newmarket, Ontario

*My cardiologist knows all about GNLD and the science behind the products. He referred his mother to us and she happens to be one of our best clients.