



HEALTH TIP #9 – Enzymes By Maryellen Vandenbrink, RNCP

STOP BEING AFRAID OF THE FOODS YOU LOVE!!

WHY YOU MAY NEED THIS PRODUCT:

- Aging, overeating, eating too quickly, and poor food choices causes: Enzyme insufficiency & digestive trouble
- Non-habit forming: Addresses causes of improper intestinal digestion, not just the symptoms

BENEFITS:

- A properly functioning digestive system is absolutely critical to good health
- Helps alleviate the distressful symptoms of indigestion – no more bloating & gas – flat stomach
- Supports optimal digestion of proteins, fats, and carbohydrates
- Helps maximize nutrient availability and absorption

WHY GNLD ENZYMES?

GNLD Enzymes support the body's natural digestive process with:

- Potent, broad spectrum, natural source digestive enzymes
- Targeted delivery technology uses a special enteric coating to protect tablet contents from destruction by stomach acid & ensure enzymes reach the intestines & work where needed
- Health benefits: no more bloating, sluggishness, gas & fat stomach

HOW TO TAKE:

Take 1 -2 before meals. If you are eating a large meal, you may need more.

TESTIMONIES:

Ever since I can remember I've had digestive problems, as far back as 4 years old. No matter what I ate I would suffer from cramping, bloating, gas really just excruciating pain that would also send me to the washroom constantly. As I got older I was one of those people who after a meal couldn't wait to undo the top button on my pants because of the bloating I suffered with. I also had very dark rings around my eyes and lacked energy. I had a good diet. We cooked

everything from scratch and we always had plenty of fruits and vegetables but I still suffered. I used various over the counter remedies but nothing worked and all the doctors could say was that it was something I should learn how to live with. And it wasn't only the pain I suffered with, it was also the embarrassment of being in a room and the people beside me or across from me could hear all the activity in my stomach.

Well in 1992, I came across GNLD's Enzyme Digestive Aid and almost immediately they changed my life. All those symptoms vanished! Later on that year, I became pregnant with our second son Justin and experienced a lot of heartburn. So I started the Betagest and like magic my heartburn was gone.

Today 12 years later I'm still using Betagest and Enzymes and have never felt better. Not only did my digestive problems go away but so did the dark rings around my and just by adding Formula IV I gained back all my energy I thought was gone forever.

Jackie Rondeau

I began having problems in 2001 and visited the Dr. with my issues. "You're fine". In 2002 I returned with the same complaints. "You're fine". In 2003 the response changed. "You've got hemorrhoids". I *knew* that this was not the only problem I had. Anyone with Colitis will understand the worry, pain and urgency for bathroom pit stops. It's embarrassing and a nuisance. The worry was the worst part as I stressed myself out creating other health issues affecting other body systems. It was a vicious cycle. I was a mess both mentally and physically. By 2004 it was unbearable. More referrals and visits to the Dr. and finally a colonoscopy in March 2005. "You've got colitis". I was given steroids right away for 8 weeks to calm the situation down. After that I had a follow up visit and was given anti-inflammatories to be taken 6 times a day. This did not sit well with me. I had never taken pills and have always been a healthy person. I realized then and there I would have this for life. No thanks. I began digging and researching on my own. I removed dairy and red meat from my diet right away. I began to feel better and lost some weight. I started to study Nutrition at school and met Maryellen in my class. We got together one day to discuss my health issues and by October 2005 I was using Salmon Oil and Tre-en-en. The more I learned at school and the more I learned about GNLD, the better I felt. No more worrying. No more Colitis setbacks. Shortly after October, I added Beta-Gest and Enzymes to my daily routine. Along came Aloe juice and Cal-mag. I have definitely experienced a lifestyle change and it's all for the better. I have lot's of energy and feel great. I'm much healthier and happier. I am ever so grateful to the people I have met this past year who have helped me along the way. A special thanks to Maryellen, GNLD and their products.

Thanks for listening!

Steph of Brampton