



**HEALTH TIP #19 – FULL MOTION  
GET IN MOTION – STAY IN MOTION!!  
By Maryellen Vandenbrink, RNCP**

**WHY YOU MAY NEED THIS PRODUCT:**

- Joint pain
- Prevent osteoarthritis
- Reduce pain and other symptoms associated with osteoarthritis
- Gout
- Help build, repair and regenerate cartilage to reverse the osteoarthritis process
- Slow down the breakdown of cartilage
- Knee, elbow, shoulder, & back pain

**WHY GNLD FULL MOTION?**

**Provides 1500 mg of glucosamine**, the “therapeutic” dose shown in studies to reduce pain and stiffness associated with osteoarthritis.

- **Pharmaceutically pure, biologically functional glucosamine** from Glucosamine Hydrochloride—easy to digest and sulfite-free—minimizing digestive discomfort and allergic reactions.
- **Natural, high-quality source of purified glucosamine.**
- **Herbal Comfort Complex**, an exclusive blend of Bromelain (reduces swelling of joint and muscles), White Willow (reduces pain and inflammation), and Boswellia (supports connective tissue and joint structure). Ingredients strongly associated with the body’s natural mechanisms for minimizing joint pain and inflammation to boost the body’s natural anti-inflammatory capacity and provide additional comfort.
- **Regenerative Mineral Complex**, an exclusive blend of synergistically critical Zinc (stimulates both growth and calcification involved in the synthesis of collagen), Boron (Reduces calcium loss and bone demineralization, restores boron concentrations in bone and synovial fluid), and Silica (supports bone growth). These are key minerals for joint health to help ensure the abundance of biologically critical minerals necessary for healthy comfort.



- **3D Advantage**, our unique manufacturing technology that maximizes the three critical steps of digestion to deliver optimal bioavailability:
  - **Disintegration**-tablets break down quickly
  - **Dissolution**-active ingredients dissolve smoothly and efficiently
  - **Dispersion**-active ingredients spread widely and efficiently throughout body

By assuring these three steps take place quickly and efficiently, GNLD's *3D Advantage* makes *Full Motion* the undisputed leader of the pack when it comes to product performance and user benefit..

## **HOW TO TAKE:**

Adults: Take 1 tablet three times daily with 8 fl oz of water. For best results, take each tablet just before mealtimes.

Note: I find it easier to take all 3 tablets at breakfast.

## **OTHER IMPORTANT STEPS FOR MAXIMIZING JOINT HEALTH**

- A low fat, high fiber diet providing optimal levels of vitamins, minerals and other food factors is the basis of good health, and this applies to the joints as well.
- Regular moderate, low-impact exercise is critical to retain mobility, keep joints flexible and build the strength of supporting muscles. Swimming laps, water aerobics and other aquatic exercises are especially helpful because they involve minimal stress on weight-bearing joints.
- Rest! It is important to recognize when to stop or slow down.
- Protect joint to prevent strain or stress on painful areas. Knee braces, splints and shock-absorbing shoes can provide extra support to weakened joints.
- Weight control to prevent extra stress on weight bearing joints. The force of one knee with each foot strike is two to three times as great as the body weight, so weight loss of just 11 pounds takes 22 to 33 pounds off the knee. A healthy diet and regular exercise help reduce weight.

## **TESTIMONIES:**

Before Full Motion I used to get sharp pains in my knees whenever I walked up and down the stairs. I am a gardener and do a lot of bending. After years of bending, my joints started to really bother me. After taking 3 Full Motion a day for 6 months the pain disappeared!!!!!!! I also had problems with my finger. Every morning after waking up it would take me an hour to



move my fingers, they were very stiff and painful. Now it only takes a few seconds and the stiffness is gone! Thank you Full Motion!!!!!!!!!!!!!!

Emma Ivancic, Caledon, Ontario

My testimony is one of relief and excitement. I am a school teacher that is active with school sports as well as I continue to play recreational hockey and baseball in weekly leagues. I have not been able to keep up to my activities without pain for years. I have tried other glucosamine products, in fact I took one for about 4 years in hopes that it would help and I also had to wear knee and ankle braces during my sports activities. It was getting to the point that just daily routines were causing pain especially in my knees, just walking up stairs or bending down to pick up our small dog was a problem. My wife Sue suggested trying GNLD Full Motion to see if I could get some relief, and it was amazing. Within 10 days of taking the product I was able to carry out my day without any pain, people that I worked with were amazed! The good news does not stop there; I am playing sports without the aid of my knee and ankle braces and feel great!! I have shared this great product with others and they are also getting the same great results.

Greg Atherton, Orangeville, Ontario

I used to play a lot of volley ball in my younger years causing wear and tear on my wrists. I found that whenever I tried doing push ups, I could never complete them. My wrist would collapse and feel achy.

I started taking Full Motion and was pleasantly surprised when I recently joined a Yoga and Pilates class at the gym and I could not believe it. I could bare all my weight during the exercises and hold my position as long as the instructor. My wrists are strong and do not ache!!!!!!!!!!!!!!

Nada St. Germain, Orton, Ontario

In my youth I preferred athletics. From public school and into high school I enjoyed tennis, basketball, track and field, martial arts and cross-country running. At the time I was not aware of the stress these sports put on my knees. When I was fifteen I went to see my doctor as I was experiencing a deep pain in the center of my knees and experienced swelling and a few bouts of water-on-the-knee. He told me that all of the activities that I was involved in as well as the fact that I grew very quickly during this time (I am 6' 5' now) contributed to the pain. He told me if I did not quit all of these activities immediately that I would not be able to walk within a few years.

Obviously I followed my doctor's advice and quit all sports. Over the last twenty plus years I have experienced chronic knee pain. Walking up stairs was almost always painful and sports were out of the question. I had my knees x-rayed a few times to see if there was something that could have been done. In each case the only option was surgery that would include a long recovery period and a low chance of success.

I heard of the benefits of glucosamine for joint pain and tried some drugstore brands with little or no results. When Full Motion was introduced I was excited to give it a try. After using it for one month there was a noticeable reduction in the pain I was so used to. In the following months I saw continued improvement and noticed I could walk the stairs pain-free. This has impacted my

life in so many ways. I now walk/run at least 3 miles a day and as a result have lost over fifteen pounds of unwanted fat. I am planning on getting back into the martial arts and basketball. Full motion has given me the opportunity to finally enjoy the things that for the longest time I could only watch.

Nelson Toews, Burlington, Ontario

I used to be an extremely active person. Camping, running, weight-lifting, golf, and hiking were part of the lifestyle I shared with my husband. In one moment, though, that lifestyle was taken from me. Eleven years ago, I was on a motorcycle when suddenly a car cut between two other cars and struck me. I remember thinking; I am way too young to lose everything, as I hit the pavement, my bike on top of me, the footrest snapping my foot.

The prognosis was bleak. While the doctors were able to save my foot, they were convinced I would never be able to walk unassisted, return to work, or bear the weight of a normal pregnancy. But I was determined that with vigorous physical therapy and GNLD products I would recover. I returned to work after a year, walked with crutches and a cane, and five years ago gave birth to a beautiful child. My recovery was not complete; however, I still depended on pain-killers to get me through the day and only had partial mobility. I was unhappy and scared of the long-term effects of prolonged pain-killer usage.

When I was approached to be a part of the trial, prior to the Full Motion launch, I readily accepted the opportunity. Within days, I no longer began my day reaching for pain-killers. After several weeks of using Full Motion, it no longer takes me 15 minutes to loosen up my foot in the morning. I can get out of bed ready for my day!

“I now walk without assistance or a limp, play 18 holes of golf without a cart, and camp and hike with my family-and a recent x-ray shows that my bone is actually regenerating!

“Full Motion didn’t just give me my health back-it gave me back my career and my active lifestyle with my family. You just can’t put a price on that!”

Debbie Abbott, Toronto, Ontario

Over the years playing soccer both indoor and outdoor had really taken its toll on my knees and ankles. In 2004 I decided that I could no longer play due to the pain. The constant sprinting and stopping had become unbearable but the thought of giving up something I loved was even more painful. In May of 2005 I was introduced to Full Motion and really was hoping for it to give me some pain relief not really expecting to ever return to soccer. After taking the product for a couple of weeks I noticed that my knees felt better and that my ankles didn't feel so stiff. Shortly after that I didn't even notice that my knees and ankles didn't even hurt anymore. In January of 2006 I started playing soccer again only this time pain free!

Jackie Rondeau, Mississauga, Ontario

In 1992 in my early 30's I was struck by car as a pedestrian; I suffered multiple injuries including multiple fractures to my pelvis, (2) femurs the biggest bones in your body, right fibula and right cheekbone. To say the very least I had constant muscle tenderness and severe swelling of the joints and pain. I also suffered with migraines so bad I would lose days with the pain and the heavy duty medications would put me in drug induced stupor.

In 2002, I started taking the salmon oil initially to treat the migraines and I noticed a significant reduction in headaches within a few days. Plus I got several other benefits I wasn't expecting! The swelling around my knees was gone (I couldn't even sit crossed legged prior), and a reduction in my bad cholesterol. I now have improved range of motion as result of reduced swelling and less pain.

A couple years later Full Motion came out; I had taken glucosamine products before. Inconsistent results and concerns about the ingredients and their sources made me very skeptical of any glucosamine products. With GNLD I don't have to worry about their sources, know they are guaranteed to be safe and the products do continue to work. Salmon Oil and Full Motion have given me my life back. Thank you Maryellen for introducing me to these fabulous products!

Jan Baron, Mississauga

My name is Donald Bailey, I was born in Coventry, England and can't even recall what age I started playing sports I do remember the joy of playing every competitive sport around and by the age of seven I was meddled the fastest runner in my school. I moved to Mississauga, Canada at the age of eleven and I continue playing sports to this day, even though there was a time I thought my sports days were coming to an end.

At the age of around thirty I developed a slight discomfort in my left ankle, the visit to my doctor proved to be quite fruitless, he sent me to a specialist that did a series of test (x-rays, MIR, tension reflex etc). The diagnostic result of those tests reveled nothing and the highly intelligent conclusion from my doctor was a possible hairline fracture.

Still conflicted and coping with random agonizing pain flare-ups in my ankle I attended a social networking event and while there I struck up a conversation with a health nutritionist, she let me know I could have a form of arthritis called Gout – “a breakdown of calcium in your ankle cause by uric acid build up”. She also let me know that “I could control or limit my Gout attacks by changing my diet and eating habit”, that proved too strenuous and culturally challenging for me.

I informed my doctor of my new found revelation (Gout) he then hesitantly prescribed Vioxx that fights pain and inflammation, he let me know to be restrictive and use one pill before you play any games and one just after. Shorty after using Vioxx it was violently pulled from the market due to a high increase in public concern. Then he prescribed Celebrex a non-steroidal anti-inflammatory drug that can cause serious stomach side effects, such as bleeding and ulcers. The years followed as I remained very skeptical and reluctant in the use of Celebrex usually reverting to endure the periodic excruciating pain flare-ups.



It was one of those enduring times when my daughter's soccer coach (Jackie Rondeau) saw me hobbling to a soccer practice. Jackie asked me what was wrong, I let her know I had a form of arthritis called Gout in my left ankle and every once in a while it flairs up but it has been more on than off lately. She then went on to tell me she knows about Gout and could fix it...a co-worker friend of hers had the same Gout attacks – he now enjoys a pain free life style – mainly because he used a product named Full Motion. I hovered over her conversation with dismissal until a month or so after when Jackie saw me again hobbling to another one of my daughter's soccer practices – she didn't have to say too much, because I knew my wonky ankle was affecting my life style. We arranged a time and date for when I could purchase a bottle of Full Motion.

I purchased my first bottle of Full Motion on a Tuesday and started to feel a change in my ankle the next day by Thursday I could notice a big difference. The agonizing feeling I usually get in my left ankle when I roll out of bed was not there. I did feel some minor remnants of historic pain however I knew something exciting was happening but I wanted to remain cautiously optimistic.

The local soccer game I have been unable to attend regularly on Fridays will be the big test for Full Motion effectiveness. I'm now pain free and recommend GNLD's Full Motion to my friends and family along with my own testimonial.