

## **HEALTH TIP #12 – GR<sup>2</sup> CONTROL WEIGHT LOSS**

### **DON'T FEEL HUNGRY – FEEL GR<sup>2</sup>EAT**

**By Maryellen Vandenbrink, RNCP**

#### **WHY YOU MAY NEED THIS PRODUCT:**

- You want to lose weight and get back in shape after the holidays
- Fit into your favourite jeans & look amazing for your winter getaway in the sun or this summer
- Have lots of energy
- Look and feel your best ever

#### **BENEFITS:**

- Simple to follow
- you lose inches and weight loss
- Amazing energy
- Keeps you in the fat burning zone
- Keeps blood sugar levels low and steady
- Reduce feelings of hunger
- **SAFE & HEALTHY WEIGHT LOSS**
- Explosion of health benefits: reduced risk of heart disease, reduced risk of diabetes, reduced risk of joint disease & longer life expectancy

#### **WHY GNLD GR<sup>2</sup> CONTROL WEIGHT LOSS?**

**Scientifically-based on the eating and lifestyle habits that are proven to produce healthy and sustainable weight loss for life**

- Glycemic Control
- Mindful eating
- Small frequent meals
- Overall lower fat and calorie intake
- Daily fitness activity

## **GR<sup>2</sup> CONTROL SCIENTIFIC PROOF**

- Proven in human clinical trials to control glycemic response
- Results published in the Journal of American College of Nutrition

## **GR<sup>2</sup> Control Meal Replacement Protein Shake**

- Balanced ratio of high protein, low fat, glycemic control-inducing carbohydrates, all 22 amino acids, plus 2 g fiber
- Tested and proven in Human Clinical Trials to deliver a controlled glycemic response
- Two delicious flavors – Chocolate Dream and Vanilla Whisper

## **GR<sup>2</sup> Control Appetite Reducer**

- Helps make you feel full and satiated on smaller portions of food
- 6 natural fiber sources including Konjac
  - Stimulates satiety
  - Slows carbohydrate metabolism

## **GR<sup>2</sup> Control Thermogenic Enhancer**

- Exclusive GNLD formula based on 7 herbs that stimulate natural fat burning
- Stimulates thermogenesis and energy production at the cellular level
- Promotes fat utilization; Inhibits fat creation (lipogenesis) and storage
- Helps prevent water retention

## **GR<sup>2</sup> Control GR<sup>2</sup>eat Bars**

- The perfect, convenient mini meal – great when you are on the run
- Ideal ratio of protein, fat, and carbohydrates for glycemic control
- 15 grams of high quality protein & 150 calories per bar
- Two delicious flavors - Luscious Lemon and Creamy Caramel

## **HOW TO TAKE:**

Breakfast: Meal Replacement Protein Shake, 2 Appetite Reducers and 1 thermogenic with large glass of water.

Mid morning: one mini meal (see list of mini meals attached)

Lunch: Meal Replacement Protein Shake, 2 Appetite Reducers and 1 thermogenic with large glass of water.

Midafternoon: one mini meal

Dinner: Sensible, portion-controlled meal following Food to Avoid/Enjoy list attached. Two Appetite Reducers and one thermogenic enhancer.

Note: You receive a package with a Success Guide, Weight Tracker and List of Foods to Avoid & Enjoy

## **TESTIMONIES:**

**Liz Turnbull, Milton:** I am very involved in fundraising for Parkinson's disease and was asked to be a model in a fashion show at a fundraising event. Although I worked out regularly, I felt I had gained a lot of weight in my stomach area and was no longer the size 6 I used to be. I talked to Maryellen at the gym and she told me about the Gr2 Weight Loss Programme. I started attending her weight loss support group and the results were amazing. I realized that I was not eating properly and that I was causing my body to store fat. I started on the programme and found I could eat more food, and had so much more energy. I went from a size 10 to a size 6 with a total weight loss of 16 pounds and 8.5 inches lost! In fact, my picture was on page 3 of the Milton Champion modeling for the "Parkinson's Research" Not only do I look and feel better, but I noticed a surprising amount of difference in my stamina level, flexibility and health! I would recommend the programme for everyone.

**Jackie Rondeau, Mississauga:** My name is Jackie Rondeau and I've been with GNLD for 13 years. I'm a busy mother of 3 children and in my spare time play soccer on a ladies team, so I'm pretty active.

I'm not really sure when my story of weight gain started to happen because it really did creep up on me. I've known for awhile that I had progressively put on a pound here, a pound there but really didn't pay much attention until last summer where during a soccer game, got injured and low and behold would be out for 6 – 8 weeks. During this time I indulged in all the little extras that summertime brings and with the lack of activity continued to put on more weight. The simplest things would leave me feeling winded.

So, in January I decided that these extra 13 pounds I was carrying around just had to go. I started the GR Control plan with the shakes, appetite reducers and thermogenics first thing in the morning and at lunch, and also in between would have delicious mini-meals and then eat a healthy dinner. I was never hungry because I wasn't starving myself, I was actually eating more now than I was before GR Control. And because the plan gives you examples and choices of what to eat, meal planning is simple and so the plan is easy to stick to.



The first week I lost 5 lbs and the second week I lost 2 ½ lbs. I was starting to feel good because the lost inches were starting to show. I really stuck with the plan because I knew that this weight would come off. I increased my exercise to at least 3 times per week and attended weekly GR support groups at Maryellen's home which really helped, as it kept me motivated. By the end of February I had lost a total of 13 lbs and 10 ¾ inches. Amazing!!! I'm continuing with the shakes in the morning and the delicious food choices and have no problems keeping the weight off. I allow myself to cheat once in awhile but then I get right back on track.

So whether it's a little bit of weight or a lot of weight that you want to lose the GR2 Control program works! All you have to do is make the decision to try it.

**C. Maiorano, Georgetown, ON:** For a year and a half after my second child was born I suffered from constant fatigue. I had to take a nap every afternoon or else I could not function for the rest of the day. I would go the gym and "fake" a workout because I did not have the energy for it. Then a friend at the gym recommended GNLD supplements and I started taking **Formula IV** and **Nourishake**. My third week on the products – WOW – I felt a surge of energy and have not taken a nap in the afternoon since! I have energy, feel healthy, my mood is more constant, have more confidence with people, and I am back to doing aerobic classes at the gym!

It has been life changing for me. Without these products I probably would have severe depression by now, due to the constant fatigue. Instead, thanks to my increased confidence, I am sharing the information about the supplements with my family and friends and have created my own little "store" from home. All my family and friends are having great results on the products and so it makes me want to tell *everyone* about them!

Recently, I wanted to loose that last 10 pounds of "baby-weight" so I went on the GNLD **GR2 Control Weight Loss Program** and lost 10 pounds in 2 weeks! I got to eat 5 times a day, didn't feel hungry and had lots of energy. Best of all, it taught me how to maintain my weight because I feel so good eating the way it has taught me. My husband and children also have enjoyed the change in menu items, so I will never go back to my old eating habits!

Thanks GNLD for improving the quality of my life, allowing me to have my own home-based business and helping me lose weight! The results: a healthier, happier me!