



HEALTH TIP #20 – GARLIC ALLIUM COMPLEX

By Maryellen Vandenbrink, RNCP

WHY YOU MAY NEED THIS PRODUCT:

- Lower risk of certain cancers (especially gastrointestinal)
- High cholesterol and triglyceride levels
- High blood pressure levels
- fungal and yeast presence
- intestinal parasites
- help prevent cold & flu

BENEFITS:

Laboratory studies have identified key compounds in garlic and onions responsible for many of their benefits. In addition, population and clinical studies show that regular consumption of allium vegetables is associated with:

PROTECTION FROM INFECTIOUS DISEASE

- **Inhibition of bacterial growth**
- **Inhibition of fungal growth and yeast overgrowth**
- **Inhibition of intestinal parasites**

PROTECTION FROM CARDIOVASCULAR DISEASE

- **Reduced levels of blood lipids (cholesterol and triglycerides)**, which in turn lower the risk of stroke, heart attack and other cardiovascular diseases.
- **Inhibition of blood clotting** (reduces platelet aggregation and helps dissolve clots)
- **Lowered blood pressure.** (High blood pressure is a major risk factor for stroke.)

PROTECTION FROM CANCER

- **Decreased risk of cancer, especially gastrointestinal cancer,** because they help:



- *detoxify carcinogens (cancer-causing substances)*
- *inhibit the formation of carcinogenic nitrosamines*
- *activate enzymes that detoxify carcinogens*
- *inhibit binding of carcinogens to DNA*
- *inhibit tumor formation, promotion, and growth*
- *modulate the immune system*
- *prevent cell damage caused by free radicals*

WHY GNLD GARLIC ALLIUM COMPLEX?

- **Broad-spectrum, whole-food supplementation. Delivers more than garlic!** Extracts and concentrates from 4 different allium vegetables: garlic, green onions, chives, and leeks — linked in numerous research studies to better health, and assures your daily intake of diverse, beneficial nutrients from the allium “family.”
- **Natural enzymes protected.** GNLD’s special technology protects the enzyme *allinase* from destruction by harsh stomach acid. Allinase is required for the formation of *allicin* in the intestine, the critical compound responsible for many of garlic’s extraordinary health benefits
- **Guaranteed allicin content. High potency.** Two tablets deliver 4,200 mcg of active allicin — the same amount found in a clove of fresh garlic — and the amount research shows promotes wellness! That’s potency you won’t find with dried, aged, cooked, deodorized or non-coated garlic
- **Targeted Delivery Technology.** Exclusive enteric coating delays disintegration until the target point in the intestines is reached, so the timely formation of fresh, active allicin is assured. Plus, an added benefit: Garlic Allium Complex does not cause repeating or garlic breath!
- **Contains rosemary**, a potent antioxidant herb which helps protect capsule contents.
- **Convenient.** Provides an easy way to reap the benefits of allium vegetables without having to eat a clove of fresh raw garlic every day.
- **Every batch is laboratory validated for purity, potency and consistency.**

HOW TO TAKE:

Suggested use: 2 tablets daily

If using it as part of a candida cleanse, see instructions attached.

If using as part of heart programme for arterial cleansing, 6 tablets daily along with carotenoids, lecithin, lipotropic adjunct, salmon oil & vitamin E

TESTIMONIES:

I have been taking GNLD products for many years now. I have definitely noticed that those products have helped to increase my immune system. I have been able to fight off bad colds and the flu for many years now. If I do get sick, it is a mild sore throat that lasts a few days and then is gone. As soon as I have signs of sickness I increase my vitamin c, garlic, vitamin a and antioxidants. This usually does the trick and chases the cold away.

I was also very prone to getting sinus infections. Signs of sinus infections are increased mucus discharge that is first clear and then turns bright green. In the past the only way I could get rid of it was with antibiotics, which I did not like to take.

When I read up on GNLD's Resp-Eleven, it stated that it is helpful for people prone to sinus infections. So I added Resp-Eleven to my program and would start taking it early fall before the cold season hit and right through until late spring.

This past winter I felt a cold coming on and this time it came with signs of an impending sinus infection. The first signs were clear mucus discharge and I knew if I did not take care of myself it could get worse. So I immediately increased my GNLD vitamins. I took extra vitamin c; 6-7 tablets, 3-4 carotenoids, 2-3 flavanoids, 5 vitamin a, 3-4 garlic and in addition 3-4 resp-eleven.

After 3 days I had nipped it in the bud, no sinus infection surfaced and my cold was on it's way out.

C. Balch, Grand Valley, Ontario, Canada

I am someone who has battled on and off yeast infections for most of my adult life, and as a teenager I was often sick with tonsillitis, bronchitis, and most colds that went by. I was prescribed many antibiotics as a result my digestive system was beginning to break down to the point that I would often request a prescription for a yeast infection kit, as I knew that it would show up like clockwork when I took the antibiotics. At the age of 27 I was married, and had my first child 11 months later and was suffering bouts of spontaneous yeast infections, as well as having the doctors diagnose me as asthmatic, even though I had never suffered an attack, and

give me yet another prescription, this time for Flo-vent. I at this time refused any more treatment with antibiotics, but continually seemed to be sick with colds, and the doctors over the last six years continually upped the dosage of the puffer to the point that I could not take any more. I panicked in the summer of 2003 and tried all other asthma medications to get myself off of the steroids but nothing worked, and in the mean time I was also diagnosed with hypo-thyroidism just to add to the list. I was at a point where family life was really suffering, my energy level was so low that I needed to nap on a daily basis just to get through the day, and I was suffering bouts of depression around the time of my cycle that would make me moody and cry for 3 days at a time. When I turned to the doctors for help I was recommended to begin a course of antidepressant medication, and that simply was not an option!

I began educating myself about yeast infections and found that all of the symptoms that I was exhibiting from the constant lack of energy, congestion/asthma, nagging cough, intense sugar cravings, mood swings, depression, and the list goes on, were normal with a condition called CANDIDIASIS. I began to understand now the connection between my symptoms and diet, and that certain foods containing sugars and simple carbohydrates were my enemy, and that specific diets and cleanses may be what I needed to focus on. I tried them all with only temporary relief.

I am so happy to say that when I tried the GNLD products in the summer of 2003, I found the answer. Acidophilus and Garlic are the magic combination. Within one week my congestion started to clear up, and within one month I was completely off of my puffers. By the end of the second week, I had dropped 10 lbs and my cravings for sugar were gone! My energy soared and my relationship with my husband and family was great! I am 32 years old and I cry as I write this, it is so wonderful to have my life back. Thank you GNLD

12 years ago, my father-in-law, Gerry, had a triple heart bypass. Then, in May of 1999 he experienced chest pain, had trouble breathing and was admitted to the hospital again. An ultrasound of his heart showed it was not contracting and pumping properly. The specialist classified the malfunctioning as category 3 - 4. Category 4 means a need for a heart transplant.

I immediately started Gerry on a 30 - day healthy heart program which includes 6 a day of Lipotropic Adjunct, Garlic, Salmon Oil, Vitamin E and Lecithin. After three weeks another ultrasound showed Gerry's heart functioning in the 2 - 3 category range. Both, the technician and the radiologist were quite surprised by the improvement.

After 30 days I had Gerry reduce his supplement intake by half. In September, 1999 Gerry had another ultrasound and the results were outstanding!!! His heart is now functioning at category 1, which is completely normal. His doctor asked the technician to come in and verify the results as he could not believe them. His comment was "hearts just don't revive like that". Now, Gerry's doctor's recommendation is to continue his heart health supplementation program because it is making such a positive difference. We are all very grateful that Gerry has recovered so well and thank GNLD for providing such excellent products that really work.

E. Black, Orton, ON

My husband for many years had perfect health. He is a big man and loves to eat and drink home

made red wine.

When Nada started her GNLD business, Joe did not think he needed the supplements because he was so healthy.

Then after one of his physicals the Doctor told Joe that his blood pressure was high, and he had to take medication.

As soon as Joe found out that he could not drink his red wine while on the drugs, he called Nada...and said " FIX ME UP"

Shortly after being on a program for high blood pressure he did not have to take any drugs. It has now been over 11 years!!!

Medication free.

Joe did the heart program, 6 Garlic, 6, Carotenoids, 6 Salmon Oil Plus, 6 Lecithin, 6 Lipotropic Adjunct, 6 Vitamin E, he also added 3 Cal Mag. He did this for only one month.

He is now on just a basic program, 3 Tre en en, 3 Salmon Oil Plus, 2 Garlic, 3 Cal Mag, 2 E, 2 Lipo, 3 carotenoids, and every 6 months his Doctor says, keep listening to your daughter!!!

Thank you GNLD

Emma Ivancic, Bolton, ON.