

HEALTH TIP #17– LIPOTROPIC ADJUNCT

By Maryellen Vandenbrink, RNCP

WHY YOU MAY NEED THIS PRODUCT:

- Amazing to improve circulation
- Contains extra folic acid beneficial in pregnancy
- High blood homocysteine may be the most consistent risk factor for heart disease & high homocysteine levels are linked with dietary deficiencies of certain nutrients.
- Lipotropic factors are essential for the production of lipoproteins, which help keep lipids emulsified in the bloodstream.
- B-vitamins help assure proper metabolism of homocysteine, a natural metabolic by-product that can damage arteries if it accumulates in blood.

BENEFITS:

- Lipo means fat, Tropic means seeking so its fat-seeking and it helps to break down fats and plaque and flushes it out through the liver in the form of bile.
- Contains, Vitamin B6, B12, Folic Acid, which is needed to lower Homocysteine levels.
- Support healthy glandular activity.
- Insulate us from excessive cold.
- Cushion and protect internal organs
- Improves circulation
- Folic acid plays a role in prevention of neural tubal problems in pregnancy

WHY GNLD LIPOTROPIC ADJUNCT?

- **Concentrated lipotropic factors (choline and inositol)** assist the mobilization and utilization of dietary fats.
- **Contains folic acid, vitamin B6, and vitamin B12, nutrients known to lower blood levels of homocysteine**, an amino acid that can accumulate to dangerous levels and damage blood vessels.
- **Betaine hydrochloride** helps create an environment conducive to vitamin B12 absorption. Betaine is itself involved in homocysteine metabolism.
- **Citrus bioflavonoids, including hesperidin**, support the health of the circulatory system. Carefully chosen components in Lipotropic Adjunct have been shown in scientific studies to benefit health and longevity in a number of ways:

- **B-vitamins**, vitamins B6, B12, choline and folic acid support healthy homocysteine levels and heart health.
- **Vitamin B6** (pyridoxine). A factor in multiple biological reactions. Essential for cardiovascular system health, aids in antibody formation, DNA/RNA synthesis, metabolism, and utilization of key nutrients.
- **Vitamin B12** (cobalamin) plays roles in energy production, metabolism of carbohydrates, fats and proteins, and maintenance of normal homocysteine levels.
- **Folic acid** promotes healthy cells and normal homocysteine levels, and is involved in DNA/RNA production.
- **Choline** supports healthy homocysteine levels and cardiovascular vitality, promotes liver health, normal metabolism and lipid transport.

HOW TO TAKE:

Take 2 – 4 tablets daily

TESTIMONIES:

I have a great testimony to share with you about my cousin Laura. Laura lives in Florida and at age 29 she started to develop circulatory problems and her toes went from pink to purple to black. They did not understand why this was happening, but diabetes and circulation problems do run in the family. Four of her Aunts and uncles have had their legs amputated. We were concerned and the Doctors wanted to amputate Laura's toes. Now I was dealing with this over the phone and because my family had been taking the products for many years they understood the purity and quality. Laura took 16 Lipo tropic adjunct a day and in a few weeks her toes went from black to purple to pink. She is now taking 3 a day and able to keep her circulation working properly!! We are all so grateful.

Nada st. Germain, Orton

I am truly grateful that I was introduced to GNLD before having children. I have been taking GNLD products for 18 years now. Looking back at both of my pregnancies, they were fantastic. I loved being pregnant. I felt great ate well and even though I had gained 60lbs I sailed through my pregnancies and delivered natural for both of my boys.

I have to share with you, even though I gained so much weight, I was told that taking Vitamin E makes your skin more elastic, and I HAVE NO STRETCH MARKS.....

I took 6 Formula IV, 3 E, 4 Salmon Oil Plus, Protein with All Natural Fibre, and 6 Neo Cal a day, 3 AM and 3 PM. . Taking Beta Gest and Enzymes with every meal I had no heart burn. I also took 3 B complex and **3 Lipotropic Adjunct**. I also took one acidophilus every day to keep the yeast in check., and one ounce of Aloe every night before bed. I knew that taking acidophilus would help prevent thrush. I slept great, and walked a few miles everyday right through my pregnancies.



I had read how important it was to take essential fatty acids during pregnancy. It played a big role in brain function, for Mom and baby. I never experienced Post Partum and know the Formula IV and Salmon Oil played a big part.

I heard so many Mom's complain about being constipated while taking Materna, even though I was taking 6 IV with all the extra iron I was never constipated, I knew because it was made from whole food, and not in large doses that is why it worked so well.

I was not concerned about my folic acid. There was enough in the B complex, and Lipo Tropic Adjunct.

I have two very smart healthy boys and know that taking GNLD during my pregnancies made the difference.

Nada St. Germain
Orton, 2008

E. Black, Orton, ON:

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.