

## HEALTH TIP #18 – NOURISHAKE By Maryellen Vandenbrink, RNCP

### WHY YOU MAY NEED THIS PRODUCT:

**Missed meals, a steady diet of fast food, or reduced calorie intake can lead to loss of stamina and vitality.** Consuming the proper ratio of protein and carbohydrates can provide sustained energy and prevent the “sugar blues” or between meal “blahs.”

■ **Those who have higher-than-average energy needs — including children, physically active people, or people under stress — need high-quality “fuel.”** High-quality protein and a balanced blend of simple and complex carbohydrates are required to meet the body’s needs.

“One-fifth of your body is made up of proteins, and these proteins all come from your diet. This is why the regular consumption of high-quality protein is critical to the healthy development of young bodies.” Dr. Ariana Carugi

### BENEFITS:

- Energy
- Healthy & thick hair
- Great nails
- Beautiful skin
- Recovery from exercise
- Great breakfast for children – helps them focus in school.
- Immune system, production of hormones and enzymes

### WHY GNLD NOURISHAKE?

**Exceptionally high-quality protein.** NouriShake is proven to have a Protein Digestibility Corrected Amino Acid Score (PDCAAS) greater than 1.35.

- **“Glycemic Edge” provides both quick and sustained energy.** Blend of simple and complex carbohydrates for sustained energy release for 3 to 5 hours.
- **Three delicious flavors.** Vanilla, chocolate, & strawberry.
- **Complete high quality protein.** Supplies the proper ratio of all 22 amino acids involved in human nutrition.
- **Exclusive Protogard Process.** Low-temperature processing and an exclusive plant-derived enzyme blend protect proteins and improve their digestibility.



- **Unique blend of whole-food carbohydrates.** Simple and complex carbohydrates provide quick energy without the “sucrose spike” that can lead to subsequent “sugar blues” (insulin reaction).
- **Low fat, no cholesterol, low lactose** (with added lactase for improved digestibility).
- **Naturally sweetened** with fructose and concentrated grape juice.
- **Plant-derived enzymes** for easy digestion.
- **Provides 1/3 the protein and 1/2 the calcium needed daily**, when mixed with milk.
- **Protein sparing.** Since long-lasting carbohydrates in Nourishake fuel energy, proteins are spared for the specialized functions of cellular maintenance, repair, and growth — critical functions that only protein can fulfill.
- As much fibre per serving as a slice of whole wheat bread
- **Low allergy: Wheat-free, corn-free low lactose Naturally sweetened**

## HOW TO TAKE:

Using a shaker or a blender, mix 2 heaping tablespoons (30 g) of Nourishake in 240 ml of chilled partly skimmed milk, soy milk, rice milk or your favourite juice.

For more variety, taste, and nutrition, add fresh or frozen fruit. For an even frothier, thicker drink, add a few ice cubes while blending.

See Shake Recipes attached for more ideas.

## TESTIMONIES:

GNLD'S Nourishake has given me back my energy! I used to get to the gym and my arms would feel like lead weights – I was too tired to workout even at 9:00 in the morning! I was taking a nap every afternoon and felt I couldn't even keep-up with my kids (2 and 5 yrs.) Then a friend at Club Meadowvale recommended Nourishake and I felt the difference! Now I have tons of energy, am back to working-out, don't take naps anymore and still have energy after the kids are in bed to get things done around the house! I even lost 3-4 pounds the first month because it cut my cravings for sugar and carbs. All the flavors taste fantastic and I make sure my kids get their Nourishake at breakfast every morning! It's such a high quality great tasting product that WORKS!

Christine Maiorano  
Georgetown, Ontario

The first time I tried Nourishake I was skeptical. I felt my energy level was O.K. and that I really didn't need this product. But after the first few weeks I noticed I didn't get that slump in the afternoon anymore! Now I won't miss my Nourishake at breakfast – sometimes I even pour it on

my cereal and have been known to pour it into my coffee! It really helps with energy level: something I really need since running my own business. And I know that it has helped me recover faster after my squash games as well.

Carmine Maiorano  
Georgetown, Ontario

My family & I have been using Nourishake for 7 years now. My son is in competitive hockey & 2 hours before his game he has a Nourishake & he has much more endurance than without having the shake. Myself, I have more energy throughout the day & find I'm in much better shape than I was 7 years ago. I wouldn't miss a day without the Nourishake & one of the great things about it, it tastes great!

In my late twenties, I started to experience peri-menopausal symptoms such as hot flashes, night sweats, trouble concentrating, and difficulty sleeping. I couldn't deal with them any longer and started taking hormone replacement therapy (HRT) with estrogen and progesterone. Four years after being on HRT, my doctor even recommended that I go off of it because of it's horrible long term side effects. At the time, I advised him that I would be a wreck without it and presently needed it to live day to day. I had already tried everything the health food store/health books recommended with no luck.

I was introduced to GNLD products by my friend Susan. I was skeptical when I heard they had products that might help with early menopausal problems. I had already had good results with GNLD supplements to help headaches and knee problems, and decided to give them a try.

Within six months of taking Formula IV Plus, nourishake, Female Herbal Complex, Vitamin E, Multi-Mineral daily, Cruciferous Plus, I was off HRT. My previous symptoms have not come back. I am now 37 and I couldn't be more pleased. Thanks for much to GNLD for their wonderful products.

J. Watson, Brampton, ON

Hi! Jason keeps reminding me to e-mail you. You're not going to believe what happened.

I had been diagnosed with ovarian cysts about 4 months after my son was born. I had one rupture and ended up in an ambulance, and then the emergency room at the hospital. After insisting that I wanted an ultrasound, they sent me to the technician who found 2 ovarian cysts; One was septated and they weren't sure if it was abnormal. I have had approximately 5 ultrasounds since, revealing that one cyst had ruptured and that the other one was continuing to grow in size. After one of the ultrasounds, they found that it measured 7 cm (at 5cm they operate and remove it as a standard practice). My OB/GYN told me that not only would they have to do surgery, but that they would have to most likely remove my ovary. I was really devastated. That's when I started taking the Nourishake. I took it for only 10 days before the next ultrasound. A week later, at my OB/GYN's office, she told me that there was no trace of any ovarian cyst!!!! She had nothing to say to me except " I guess we'll have to cancel your



surgery". I literally skipped down the hallway outside her office. I wish everyone who has an ovarian cyst had the opportunity to try this product. Thanks for all your help

**G.R. Oakville**

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