



HEALTH TIP #21 – RESP 11 By Maryellen Vandenbrink, RNCP

WHY YOU MAY NEED THIS PRODUCT:

- Allergies
- Respiratory complaints and infections
- Colds
- Food intolerances
- Sinus problems
- Hay fever
- Lung congestion
- If you are a smoker

HERB ACTIONS AND BENEFITS

Horseradish – root (*Amoracia rusticana*) Supports normal airflow in sinuses and lungs. Assists with normal digestion. Supports kidney function and the immune system.

Pleurisy – root (*Asclepias tuberosa*) Promotes clear, relaxed breathing, free of spasms and restrictions. Encourages normal moisture content of airway mucosa.

Fenugreek – seed (*Trigonella foenum*) Soothes and calms distressed tissue. May help to normalize body temperature.

Alfalfa – leaf (*Medicago sativa*) Rich in phytonutrients important for strong immune responses.

Cayenne – fruit (*Capsicum annuum*) Promotes healthy digestion. Encourages healthy circulation, stimulation of respiratory tract, and normal blood pressure levels.

Hyssop – plant (*Hyssopus officinalis*) Supports healthy, open airways, free of restrictions. Calms and soothes distressed tissues. Supports a strong immune response.

Bee Pollen Provides support for healthy immune responses. Rich in phytonutrients important for energy and vitality.

Slippery Elm – bark (*Ulmus rubra*) Calms and soothes distressed tissues; especially effective on airway mucosa.

Thyme – herb *Thymus vulgaris*) Encourages calm and unrestricted airflow; (healthy and clear lungs. Calms and soothes distressed tissue. Promotes vitality and healthy immune responses.

Yerba Santa – plant (*Eriodictyon Californicum*) Encourages normal moisture content of airway mucosa. Assists normal tissue renewal, especially in the respiratory tract.

Molasses Rich source of phytochemicals important for enzymatic reactions and energy metabolism.

WHY GNLD RESP 11?

- **Comprehensive formula.** Our unique “complete family” approach to the formula provides broad, synergistic effects of the herbal constituents, which optimize their ability to support a healthy respiratory tract.
- **Herbs are selected from many global traditions,** bringing you the best herbal knowledge from around the world.
- **Contains Horseradish root** which supports normal airflow in the sinuses and lungs and promotes a healthy immune response.
- **Contains Pleurisy root and Hyssop** which have been used to promote clear, open airways free of restrictions or excess moisture content.
- **Guaranteed purity, potency, and consistency.**
- **100% natural herbal formula** contains no chemical or animal products.
- Non-habit forming

HOW TO TAKE:

Take 2 – 4 tablets every 4 hours as required.

TESTIMONIES:

Two years ago, my husband Ted, spent most of the winter suffering from colds and sinus infections. This had been a build up over the last few years. After trying the normal over the counter drugs, cold medicines and antihistamines, without much success, he would eventually head to the doctor. Two or three sessions with prescription medications would clear it temporarily. The doctor finally said he felt that Ted had allergy problems and put him on a puffer along with antihistamines. Great - nothing like taking steroids, with all its known side effects.

Last spring I met Maryellen and we began discussing health issues and I told her of my concerns regarding taking a prescription that contained steroids. Ted and I met with her and she suggested he try RESP-ELEVEN.

I cannot begin to explain the difference in Ted. Not only did it clear his sinuses, which were the root cause of the infections, but it did so without any side effects. No longer did he fall asleep at 8:00 p.m. every evening after taking antihistamines and puffers. Nothing can get rid of the allergy problem that so many people suffer from, but to be able to clear it up with a totally natural product with no side effects is the answer.

Thanks to RESP-ELEVEN, GNLD and Maryellen.

Irene George

My name is Nada St. Germain. I have been a distributor for 15 years now and would like to share my story on Allergies.

I suffered from Allergies for years. When I started the GNLD products 15 years ago, I could not believe my allergies improved to a level where I did not need to use anti-histamines!!!!!!!!!! I used anti-histamines year round and really depended on them for sinus relief..

The products that really helped boost my immune system were Tre en en, Nourishake, Carotenoid Complex, Beta Gest and Enzymes with my meals, and 2 acidophilus a day. By improving my digestion I was able to utilize the nutrients in my diet much better and get the yeast under control!!!!!!!!!!!!

I also used the Resp-Eleven, which just helped relieve some of the symptoms. I would take them if going to someone's home that I knew had cats and in the morning before I found after waking up in the morning I was congested and the Resp- Eleven helped with that...

I felt great and did not need to use antihistamines, and used the R eleven instead. I was still a little sensitive to cats and still would take my R eleven when going to someone's home that had cats, but something amazing happened.

Nada St. Germain

My son, James is 14 years old and over the last 2 years, he has been suffering from allergies starting in the spring. Last year, he was in pretty bad shape as he was constantly blowing his nose and had itchy red eyes, starting when he woke up in the morning till the evening. I even remember him sticking Kleenex tissues up his nose to stop the dripping. For the sake of this testimony, I will add that the mucous leaving his system was in vast amounts!! His throat was constantly itchy. My heart went out to my poor son. I gave him anti-histamines which sometimes helped.

My good friend and sponsor, Nada St. Germain told me to give James Vitamin A, Resp-Eleven and Betagard. After about 2 months, James mentioned that he felt better. His morning sneezing ritual had dropped from "constant" to "sporadic". His eyes didn't look as bloodshot as they usually did.

Well, James started on the GNLD supplements last fall 2007, and since it is now the spring 2008, he is starting his sniffles. So far, his symptoms are so minor - a few sniffles and nose blowing in the morning.

I know that GNLD has helped James with his allergies. James is also on other GNLD products which I know have contributed to his overall good health. He takes Nourishake (good for hormones since he is 14 years!!), Formula IV, Tre en en, Salmon Oil Plus, Carotenoid Complex, Neo Cal. To keep his digestive system in good order, I also give him Acidophilus and periodically Aloe Vera Juice.

Leonie McCullough

I have been taking GNLD products for many years now. I have definitely noticed that the 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 were 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 its way out.

I knew that the addition of the Resp-Eleven was my lifesaver here. It helped to fight off the sinus infection. I was so happy.

So I wanted to share this with those of you who may suffer from this



problem. Add Resp-Eleven to your winter cold and flu preventative program. You will see the difference.

Resp-Eleven other than helping with viral infections is also helpful for those suffering from allergies, hay fever, lung congestion and for people who are around smokers or who smoke

Diana Madureira
