

HEALTH TIP #13– SALMON OIL PLUS – OMEGA 3 FATTY ACIDS

By Maryellen Vandenbrink, RNCP

WHY YOU MAY NEED THIS PRODUCT:

- Fatty fish is the richest source of healthful omega-3 fatty acids, but most of us do not eat the 2-3 servings per week that experts recommend for optimal health.
- Omega-3 fatty acids may prohibit overproduction of substances that cause inflammation and contribute to arthritis, menstrual pain, psoriasis, inflamed bowel and other conditions.
- Omega-3 fatty acids are crucial to the development of infant brain and eyes & are naturally present in mother's milk. Infants, whose mothers consume foods rich in omega-3 fatty acids, have higher omega-3 fatty acid levels compared to those whose mothers do not consume omega-3-rich foods.
- Help prevent migraine headaches
- Good to lower high cholesterol & triglycerides
- Reduce Stiff & painful joints
- If pregnant – helps prevent post partum depression & great for baby
- Helps reduce ADD & ADHD in children
- Omega-3 fatty acids may prevent asthmatic mothers from passing it on to their offspring.
- People who do not like fish can get the omega-3 fatty acids they need for optimal health from fish oil supplements without the fear of mercury.

BENEFITS:

- Youthful brain – slows aging of the brain
- Strong heart – lower triglycerides increase high-density lipoproteins and reduces blood platelet stickiness
- Flexible joints – reduces inflammation associated with joint use or injury.
- Reduce inflammation associated with rheumatoid arthritis
- Keep arteries and veins flexible & elastic – reducing hardening of the arteries
- Excellent for Mom & baby – GNLD was approached by the Royal College of Obstetrics & Gynecologists because we had a complete Omega 3 supplement. See attached article.

WHY GNLD SALMON OIL?

- Complete omega-3 supplement assuring standardized amounts of all eight members of the omega-3 family involved in human nutrition
- Ultra High Potency Omega-3 fatty acids and “molecular differentiation” to bring you the very best
- Potency guaranteed to deliver 460 mg EPA, 480 mg DHA and 80 mg mixed omega-3 fatty acids with every 3 capsule serving
- No risk of accumulated toxins. Only the finest, top-quality, health-screen fish selected for human consumption are used. All sources are screened for more than 200 potential contaminants with an allowable detection limit of ZERO
- 8 week study published in the American College of Nutrition showed a 17% reduction in Triglycerides and 68% reduction of inflammation in healthy people. See attached article with details of study.

HOW TO TAKE:

3 CAPSULES DAILY

(SOME PEOPLE FIND BETTER IF TAKEN BEFORE A MEAL OR AT NIGHT)

TESTIMONIES:

L. Borthwick, Mississauga, ON: I have been taking GNLD products for about 4 years. I have suffered from migraines most of my life and also developed some arthritis a few years ago and I had been going for chiropractic treatment of neck problems. After I started adding Salmon Oil I rarely have had a headache and if I do get one a few extra capsules usually get rid of it quickly. Also, after I moved into a two-level home four years ago, the stair climbing caused stiffness in my legs and hips. Thinking that the cause might be my new mattress, I changed to several different bedding materials, but no improvement occurred. After starting on the Salmon Oil the stiffness and my neck problems disappeared. With no more pain, I feel much healthier and am sure I am much easier to live with.

Hello My name is Emma Ivancic.

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 Lecethin, 6 Lipo tropic 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.

I began having problems in 2001 and visited the Dr. with my issues. "You're fine". In 2002 I returned with the same complaints. "You're fine". In 2003 the response changed. "You've got hemorrhoids". I *knew* that this was not the only problem I had. Anyone with Colitis will understand the worry, pain and urgency for bathroom pit stops. It's embarrassing and a nuisance. The worry was the worst part as I stressed myself out creating other health issues affecting other body systems. It was a vicious cycle. I was a mess both mentally and physically. By 2004 it was unbearable. More referrals and visits to the Dr. and finally a colonoscopy in March 2005. "You've got colitis". I was given steroids right away for 8 weeks to calm the situation down. After that I had a follow up visit and was given anti-inflamm's to be taken 6 times a day. This did not sit well with me. I had never taken pills and have always been a healthy person. I realized then and there I would have this for life. No thanks. I began digging and researching on my own. I removed dairy and red meat from my diet right away. I began to feel better and lost some weight. I started to study Nutrition at school and met Maryellen in my class. Oddly enough, she remembered my face from local business functions prior to. We got together one day to discuss my health issues and by October 2005 I was using Salmon Oil and Tre-en-en. The more I learned at school and the more I learned about GNLD, the better I felt. No more worrying. No more Colitis setbacks. Shortly after October, I added Beta-Gest and Enzymes to my daily routine. Along came Aloe juice and Cal-mag. I have definitely experienced a lifestyle change and it's all for the better. I have lot's of energy and feel great. I'm much healthier and happier. I am ever so grateful to the people I have met this past year who have helped me along the way. A special thanks to Maryellen, GNLD and their products.

S. Gemmell, Brampton