

## HEALTH TIP #3 - VITASQUARES

By: Maryellen Vandenbrink, RNCP

### **BENEFITS:**

- Fills nutritional gaps from food processing
- Keeps children's immune system strong
- Builds healthy cells for a lifetime of good health
- Aids optimal growth and development
- Aids physical and intellectual performance and supports children's emotional well being
- My client's children love them & their children are so healthy with them

### **WHY GNLD PRODUCT?**

- More than just a vitamin, the most complete children's food supplement available on the market
- Vita-Squares contain vitamins, essential minerals, lipids, sterols, and other whole-food-based nutrients that are deficient in many diets but that are essential for good health
- Includes choline & inositol to support brain function
- No added sugar, preservatives or artificial colourings
- Flavoured with all natural fruit essences
- Offers broad spectrum of antioxidants from the entire vitamin E family to support child's immune system
- Great tasting, chewable tablets

### **TESTIMONIES:**

#### **J. Watson, Brampton**

GNLD has really changed my children's health, ages 10, 7, 4. Since birth, all three have constantly been on antibiotics, puffers, over-the-counter medicine for fever and pain relief. I am a stay-at-home mother, and have always made sure the kids got good homemade meals, exercise and fresh air. It was really frustrating as the kids were always getting sick. Every time I called the school to say that they wouldn't be at school that day, I would feel embarrassed and was always going to the doctor's office. They got their flue shot every year and took their vitamins.

When I heard through a friend, Susan, that she knew of whole food supplements that might help my children experience health, I was really interested. I started the kids on the Vita-Squares and Vita-Gard, All-C and noticed a great improvement in their health.

The biggest change was with my oldest daughter. Angela – age 10, had been on puffers since she was three. She was prone to getting pneumonia, bronchitis, asthma and complained a lot about headaches, sore throat and stomach aches. She was resistant to most antibiotics and was prescribed stronger antibiotics the older she got and had to use inhalers a lot.

Angela is so healthy today and finds she can tolerate the cold weather better and will play out for hours without getting cold. No longer is she on constant antibiotics or puffers. She now takes Formula Four, Carotenoid Complex, All-C, and Vitamin A. After looking at her last report card, she was pleased to tell the GNLD office that “she thinks the vitamins are making her smarter” and enjoyed this year not getting her flu shot. (which in the past I would have to bribe them to get it done)

I am so thankful to GNLD for giving my children back their health. We continue to eat healthy and needless to say, the kids never go without their daily supplements.

---

### **Susan Faulkner, Mississauga**

I am a stay at home mom. I have 2 children, a daughter who's 8 and a son who's 10. When Michael was 6 he had numerous health concerns.

He was constantly having nosebleeds and he also had eczema on his feet and hands where he was peeling the skin off his feet and hands. When he had a bath, it would take less than 5 minutes where his hands would shrivel up like an old man and the skin would actually open.

I was spending so much money on different prescriptions that never worked. One of the last prescriptions that I bought cost me \$90.00 and it actually made his skin worse.

Another major concern was that he was losing his hair. He had bald spots on numerous parts of his scalp. The doctor said it was either stress or protein deficient.

So after spending so much time at the doctor's and not getting any results, I started looking for other alternatives. That was about the same time that I met Maryellen at the club where I work out.

She mentioned GNLD and that the products were made out of food. I felt safe in giving them to my children. So I started Michael on a program of Vita Squares, Vita Guard and Nourishake. Within a short time, I noticed an improvement in Michael. His hair started growing back and his nosebleeds stopped. His eczema improved but it wasn't until I started him on the Aloe drink (1oz. at bedtime every night) that his eczema cleared.

It only took 1 week to clear up completely and I had spent 9 months trying to find a solution with his pediatrician. Needless to say, Michael continues on these products every day and we never miss our aloe.

Michael plays competitive hockey and I know how important it is to have good nutrition to be able to stay healthy. I notice how Michael can be in a dressing room or at school surrounded by



sick kids and rarely gets sick. If he does, in 2 days, he's usually over the sickness and before GNLD it would take him 2 weeks.

I'm so thankful to be introduced to GNLD when I did. I'm enjoying life now instead of constantly running to doctors.

---

## **J. Prior, Alliston, ON**

When my son Andrew was **15 weeks old**, he was diagnosed with **Asthma** and put onto a puffer. The doctors had said that he would need to be on the puffers for a year or so.

By coincidence we had arranged to meet with Nada from GNLD the same week that Andrew was diagnosed. Nada recommended a vitamin regime for Andrew, within 6 weeks he was taken off of the puffers.

Andrew is now 15 months old and continues to be **free of any asthma symptoms**. He is a healthy, happy little boy.

---