

The GR² Weight Loss Challenge



Weeks 11-12 Newsletter: Health Maintenance with GNLD Core Products and Tips for Maintaining Weight Loss

Staying Healthy with GNLD

Congratulations for making it to the final weeks of the Challenge! If you've been following the GR² Control Program, making lifestyle changes, and increasing your daily activity, you should be experiencing a decrease in pounds and inches and an increase in energy and spirit. Remember that maintaining a healthy weight is a lifelong process that allows us to not just look and feel great but also achieve optimal health. And speaking of optimal health, we recommend you continue to use the GR² Control Products in addition to a number of other core GNLD products. Here are just a few.

- **Pro Vitality™**

GNLD's Pro Vitality™ is whole-food proactive nutrition for lifelong health and vitality. It is a convenient combination of three products that are essential for optimal health. Pro Vitality supports optimal cellular health with Tre-en-en® grain concentrates that feed your cells to energize your life, Carotenoid Complex that protects your cells to optimize your immunity, and Omega-III Salmon Oil Plus that balances and regulates your cells to maximize your good health.



- **Tre-en-en® and Formula IV® / Formula IV® Plus**

Tre-en-en® Grain Concentrates provide essential phyto-lipids and sterols from wheat germ, rice bran and soybeans to assure good nutrition at the cellular level. Formulated with Tre-en-en®, Formula IV® is the first multi-factor food supplement to provide vitamins and related food factors, minerals, and enzymes, as well as lipids and sterols. Formula IV Plus is iron-free.



- **TRÉ™**

GNLD's Tré is a bioactive nutritional essence and a unique combination of nature's most potent, health-enhancing ingredients: pomegranate, acai berry, and green tea. These phytonutrient-rich Super Fruits are then combined with Inflox, an exclusive proprietary blend of deep dark berries that support the body's natural ability to fight inflammation and oxidation, the evil twins of aging and disease. This unique blend is further enhanced with two powerful, scientifically-validated anti-aging



antioxidants, resveratrol and alpha-lipoic acid, to bring to you a potent essence of nature based on a foundation of science. Tré supports and promotes optimal cognitive agility for today and longevity for tomorrow.

- **NEW Chelated Cal-Mag® with 1000 IU Vitamin D**

Calcium and magnesium, necessary for strong bones and teeth, are also critical to many enzyme reactions, cardiovascular health, and nerve and muscle function.* Vitamin D is important since it is needed in the body to absorb and utilize calcium from the diet. A healthy diet and sufficient uptake of calcium may reduce the risk of osteoporosis later in life. GNLD's new Chelated Cal-Mag® with 1000 IU Vitamin D contains a preferred 2:1 ratio of calcium to magnesium and employs glycine mineral chelates to help support significantly higher calcium and magnesium absorption. In addition, it contains 1000 IU Vitamin D₃ from cholecalciferol, a high potency vitamin D that is readily absorbable and highly bioavailable.



- **Acidophilus Plus™**

Beneficial ("good") intestinal bacteria promote health, discourage the growth of disease-causing ("bad") bacteria and pathogenic fungi, and improve the balance of microbes which normally inhabit our intestines. GNLD's supplement of beneficial bacteria, Acidophilus Plus, combines potency with technology to guarantee that live organisms survive the stomach acid and reach the intestines to help support optimal digestive tract function. It provides broad spectrum beneficial lactobacilli, targeted-delivery technology with our exclusive Gel-Gard protection system, and guaranteed potency of 5 billion organisms sealed in every capsule.



GNLD has a complete line of nutritional supplement and herbal products to meet all your wellness needs. In addition, we have Nutriance skincare and GNLD Home care products. Check out our complete line of products at www.gnld.com.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Tips for Maintaining Weight Loss

Your mind and attitude have more to do with your weight loss efforts than you may realize. It's important to establish a final goal and keep your mind razor-focused on that end goal consistently throughout your day. Not having a goal is much like starting a trip in your car and not knowing where you're going. You won't know if you have deviated from your route or if you are lost unless you have your GPS. Once you make the commitment to change your eating and exercise habits, you have a responsibility to yourself to follow through on your goals. Maintaining a focus on your goals will allow you to establish an inner voice to help keep you motivated to achieve success.

Here are 5 great tips for obtaining and maintaining your weight loss goals.

1. Train your mind

The GR² Control Intro Pack includes a behavior modification CD entitled “Mind Talk” that offers some of the mental and emotional support you need to conquer poor lifestyle habits and acquire a winning attitude, knowledge and mental strategy to support you in reaching your health, fitness, and weight loss goals. Remember, you can choose to either be your own best friend or your own worst enemy. Incorporating positive mind-talk affirmations can help you to establish new habits to reshape your mind and your body.



2. Don't go it alone

Why not share your weight loss goals with your family, trusted coworkers, and friends? Declaring your goals publically will establish some implied accountability to help you keep your word. Studies show that individuals are more successful in weight loss when they are supported by other members of the household and less successful when they are not. Co-workers, friends, and partners make great exercise buddies during lunch breaks, before and after work, and on weekends. The buddy system is a great means of both eating and exercise support, knowing that you and your buddy are counting on each other to stay motivated and on track.

3. Be patient, but stay the course

Everyone experiences “plateaus” over time in weight loss. A plateau is a period of leveling off, or a holding pattern, during which time the amount of weight being lost seems to diminish despite ongoing weight-loss efforts. They are a natural part of the way our bodies lose weight and are very common at the beginning of a weight loss program and again periodically every few weeks to a month. The best way to deal with a weight loss plateau is to be patient, but stay the course. Follow the GR² Control plan as directed with your regular mini meals. Remember to keep your metabolism in high gear through regular exercise. Keep focused on your goals and you will succeed. If you are having a prolonged plateau period of a few weeks, you may need to reassess your activities. Use the GNLD Weight Loss Tracker to track what you eat which will help keep you focused. If you're not achieving the results you want, you can look back at what you have been doing regarding diet and exercise. This should give you a good indication as to where you are going wrong – and more importantly, in which areas you can make improvements.





4. If you fall down, get right back up

To err is human and no one is perfect. You should expect to have a few lapses of food choice judgment or periodic exercise laziness. Family events, holiday parties, vacations, and simply eating out are all perfect occasions to wreck all weight-loss efforts. In tough situations like these, remember your long term goals. Make the best of the food available by eating less of inappropriate foods and more of the appropriate foods whenever possible. When in doubt, bring along a planned mini meal. No time for exercise? Bring along your walking shoes and walk before or after an event. When setbacks happen, *and they will*, don't miss a beat! Don't beat yourself up — just return to the program with your very next meal.

5. Think like a slim person

Once you've achieved your weight loss goal, it's time to celebrate your newly-transformed body! The GR² Control Program is an indispensable ally in helping you to stay trim. You can drink one Meal Replacement Protein Shake for breakfast or lunch, have a GR²eat Bar as a healthy snack, continue to use the Thermogenic Enhancer and Appetite Reducer supplements as part of your healthy diet, and continue following the eating and exercise program for life. Thinking like a slim person means being proactive – learning to heed the fullness signals, keeping food portions under control, choosing to exercise regularly. You can think and act like a person who has control over their body. And celebrate the benefits of not just looking and feeling better but achieving optimal health.

Rainbow Fruit Salad

Spring and Summer are the perfect time to enjoy a fresh salad of colorful, ultra-nutritious fruit. Enjoy it as part of your main meal or as your mini meal.

Ingredients

- 1/2 watermelon
- 1 cantaloupe, peeled and seeded
- 1 (15 ounce) can pineapple chunks, drained
- 1 pint blueberries, rinsed and drained
- 4 plums, pitted and chopped

- 1 cup green seedless grapes
- 1 cup red seedless grapes

Directions

1. Use a melon baller to hollow out watermelon and cantaloupe into a large bowl.
2. Add drained pineapple, blueberries, plums, and grapes to the bowl with the melons. Gently mix all fruit together and serve.

Nutritional Information

Rainbow Fruit Salad

Amount Per Serving

Per 1/2 Cup Serving
Calories: 86

Total Fat: .8 g

Fiber: 1.7g

Protein: 1.3 g

Carbohydrate: 20.5 g

Source: AllRecipes.com