



# The 6 Stages of Nutrition

## Do you know the Difference Between Diet and Nutrition?

Diet has the distinction of being the only major determinant of health that is completely under our control. We may not be able to directly control the air we breathe, or the pollution we expose our bodies to, but we are ultimately responsible for choosing what we put into our mouths. Diet however, is only one part of the amazing science we call nutrition.

Nutrition is the physiological process of building strong, healthy cells from the nutrients we obtain from the foods we eat. In other words, diet is what we eat, but nutrition is what our cells actually receive. Nutrition is an ongoing process of feeding, renewing and protecting the cells of our bodies so that they are capable of operating at peak efficiency and capable of withstanding the daily assaults thrown at them from the environment in which we live. Without these basic building blocks and protective materials our cells would quickly degenerate, leading to a body ravaged by illness and disease.

**“Diet is what we eat, but nutrition is what our cells and tissues actually receive.”**

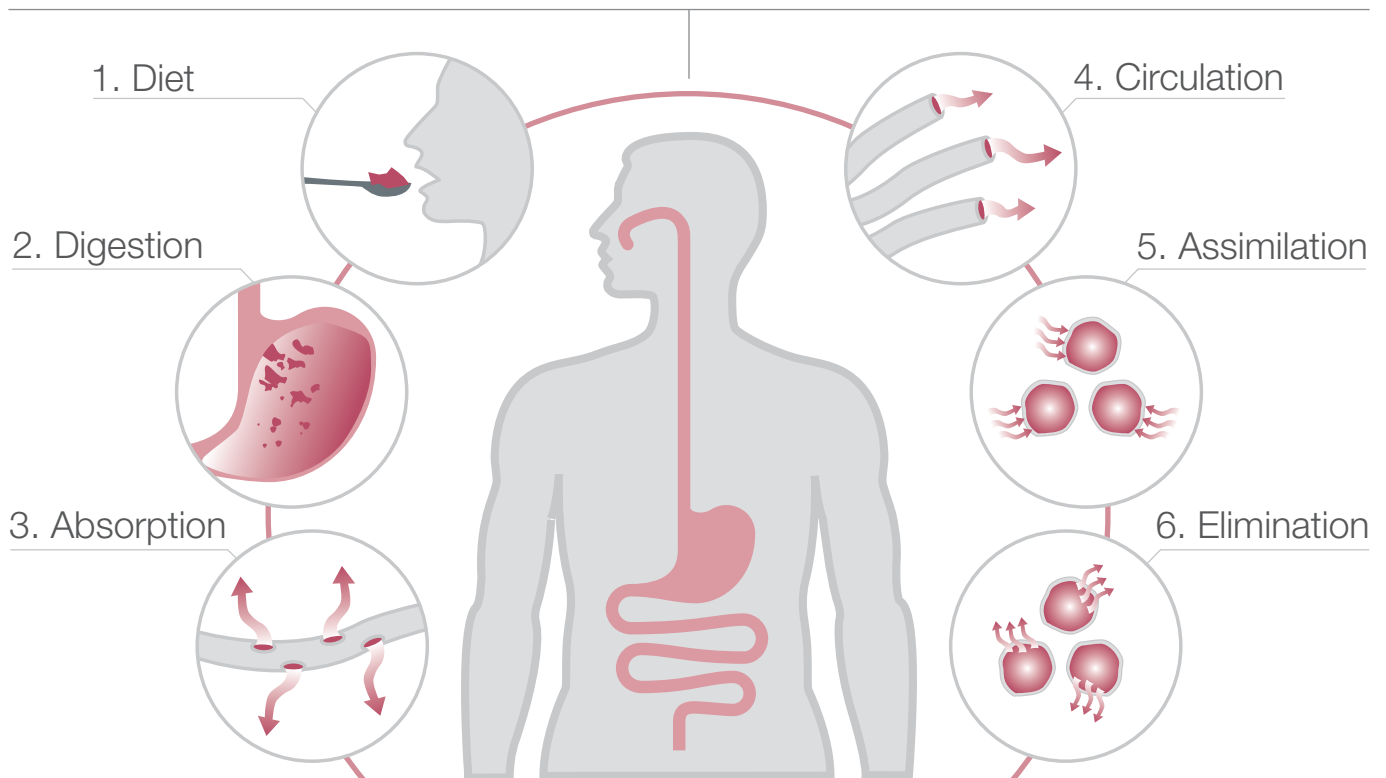
Selecting the food we choose to consume is the very first step of this process known as nutrition. Understanding how that food is broken down into nutrients, absorbed into the body and delivered to the cells is critical to the understanding how we can take control of our health. GNLD's Scientific Advisory Board understands this distinction well.

Nutrients pass through six separate and distinct stages as our body works to support nutrition in each cell. Each of these stages must operate efficiently to attain optimum nutrition for the entire body. Even a slight breakdown in one of the stages could reduce our chances for optimal health. With this in mind, GNLD's Scientific Advisory Board formulates each GNLD nutritional supplement to support one or more of these vital stages so cells may receive the balanced nutrition they need.



# The 6 Stages of Nutrition

The following six steps details essential information in understanding how the nutrition process works, and the role and importance of GNLD nutritional supplements, to our ongoing health.



## 1. DIET

A good diet is the first step to ensuring our bodies receive the proper balance of nutrients necessary for optimal health. Diet consists of all the foods, liquids, and supplements that we consume daily.

The goal of a good diet is to provide both nutrient density and nutrient diversity. Nutrient density refers to consuming foods that contain nutrients, such as vitamin C or a mineral such as calcium, in amounts that are conducive to optimising health. Many modern, processed foods have been depleted of their nutrient density as

a means of extending shelf life, or simply due to the effects of the processing itself. Consuming a wide range of nutrients (nutrient diversity) is of equal importance when considering the diet. Firstly we know that for optimal health, the human body requires literally hundreds of nutrients, whether they are vitamins, minerals, amino acids, essential fatty acids or phytonutrients. All these nutrients interact with each other in synergy.

These two objectives of the diet must be met if your goal is to build a body that is

capable of maintaining or enhancing your health. Sometimes, our diets fall short of this nutritional ideal.

The goal of GNLD's nutritional supplement program is to improve the overall quality of the diet so that the basic nutrients important for good health are available in abundance and in balance each and every day. Supplementation can go a long way towards filling dietary "gaps."

## 2. DIGESTION

Digestion begins with chewing and includes the action of acids and enzymes. It is the process by which complex foods are broken down into simple substances that the body can use for energy and support of cells and tissues. For instance, lipids, proteins, and carbohydrates are broken into fatty acid, amino acid, and simple sugar building blocks, respectively.

Each GNLD product is formulated for easy and complete digestion. Specific ingredients, such as enzymes or nutrients that improve digestion, are included in our products. Additionally, our tableting technologies assure rapid disintegration and dissolution, making their digestion easier. GNLD has also formulated a line of digestive supplements to support efficient digestion naturally and to avoid or relieve the discomfort that can accompany incomplete digestion.



## 3. ABSORPTION

Absorption is the process by which the products of digestion — simple sugars, amino acids, fatty acids, vitamins, minerals, phytonutrients, etc. — pass through the lining of the intestinal wall and are taken directly into the body's circulatory system. While most nutrients are taken directly into the bloodstream, lipids and lipid-soluble nutrients take a less direct path to the circulatory system. These nutrients are first absorbed into the circulation via the lymphatic system.

Each GNLD product is formulated for easy absorption, providing essential nutrients to the bloodstream where they are then carried to all the cells of the body.

Transporting the absorbed nutrients to each cell of the body is the role of the circulatory system. We may be eating properly, digesting properly and absorbing nutrients properly, but if our circulation is impaired, nutrients may not reach their cellular destinations.

GNLD's Scientific Advisory Board recognises the crucial role the blood and circulatory system play in assuring cells receive good nutrition. They have formulated GNLD nutritional supplements to support optimal functioning of the body's lifeline to health. GNLD product is formulated for easy absorption, providing essential nutrients to the bloodstream where they are then carried to all the cells of the body.

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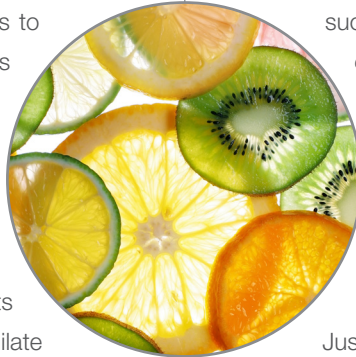




## 5. ASSIMILATION

Assimilation is the delicate process by which nutrients are passed through the membranes which surround each living cell. For the body's cells to grow, repair, and rebuild themselves, proper assimilation is essential. For this process to take place, cells — especially their membranes — must be healthy. It is also essential that the rate of cell repair meets or exceeds the rate of deterioration. Proper assimilation of nutrients is required for cellular repair.

GNLD incorporates vital lipids and sterols into its formulations to support the cells' ability to assimilate nutrients. The familiar phrase "you are what you eat" can be more properly restated as "you are what your cells actually assimilate."



## 6. ELIMINATION

The final stage of nutrition is the efficient elimination of wastes from the body. Elimination begins at the cellular level and is completed through many other metabolically active areas such as the skin, kidneys, lungs, and colon. It is essential that wastes are completely and regularly eliminated from the body.

GNLD products have been formulated to help the cells and the body eliminate wastes efficiently and naturally.

Just as all the nutrients used by the body are utilised in combinations, the Six Stages of Nutrition are interrelated. Each one influences the activities of the others. Each GNLD product is formulated to provide essential nutrients and optimal support of one or more of the vital Six Stages of Nutrition.

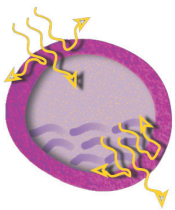
## GNLD understands nutrition like no one else

GNLD whole food nutritional supplements, when combined with healthy lifestyle practices (healthy diet, and regular physical activity), offer an important strategy in maximising the health of your body. With the six stages of nutrition, and Nature's blueprint for human nutrition as our guides, we have formulated each

product with the goal of optimising cellular nutrition – what your cells actually receive. This commitment to understanding the science of nutrition is what keeps GNLD at the forefront of the nutritional supplementation industry.

### Unhealthy cell

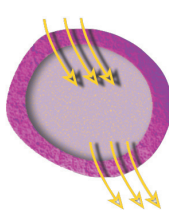
Nutrients can't get in



Waste can't get out

### Healthy cell

Nutrients get in



Waste gets out

### CELLULAR NUTRITION

Our cells are surrounded by special membranes that allow nutrients to get in and waste to get out. If these cellular membranes are starved of vital nutrients (lipids and sterols), they become inflexible and can't perform these critical functions. Whole grain lipids and sterols allow your cell membranes to become their flexible best, making it easier for nutrients to get in and waste to get out.

For more information on GNLD or its products please contact the Independent GNLD Distributor who gave you this brochure or contact Distributor Services on 1800 637 057 / 0800 445 049