RHEUMATOID ARTHRITIS DEFINED

- Autoimmune disorder: The body attacks its own joints and other tissues
- Sufferers feel ill due to cytokine explosion
- Much more common in women
- Key consideration: Why is the body attacking its own tissues? What is causing them to be recognized as non-self?
Rheumatoid Arthritis Treatment (Traditional)

- NSAIDS
- Glucocorticoids
- Disease modifying anti-rheumatic drugs (methotrexate, gold, hydroxychloroquine)
- Biological response modifiers (etanercept, infliximab)
- None of these medications cure the disease
- All medications have adverse, potentially serious side-effects.
The GNLD Story and RA

- Mrs. Wimmer
- Jeanne Alldredge
RA: General Deficiencies

- Many deficiencies repeatedly demonstrated
- PUFA’s fiber, vitamin A, B6, folic acid, pantothenic acid, B12, C, E, Ca, Mg, Fe, Zn, Cu documented
- Chicken or egg: ¼ of RA patients suffer with malabsorption and villous atrophy
- Synergistic effects of nutrition in RA. Lower doses of many nutrients may be more effective than high doses of isolated nutrients.
RA: Zinc and Copper

- Blood levels of zinc often low
- Copper-zinc superoxide dismutase significantly lower in RA patients
- Copper is anti-inflammatory
- Some think NSAIDS become effective by complexing with copper
- Animal studies: a copper chelate of aspirin 8 times more effective than aspirin itself. (Aspirin produces ulcers but copper chelate has anti-ulcer activity.)
- Copper bracelets: folk remedy for arthritis
Menstrual Banding

“Monthly white bands or menstrual white spots in a female pyroluric patient. Copper is high and zinc is low premenstrually when many women feel depressed.”

This woman’s white bands disappeared after zinc supplementation.

Chelation

• “Average percentage improvement in net absorption of chelated minerals over inorganic minerals was 39.3% in the purified diets and 81.1% in the practical diets.”

**Chelated Minerals**

Chelate means “claw”

The grabbing agent is amino acids

2-6 times better absorption

<table>
<thead>
<tr>
<th>Mineral</th>
<th>Amino Acid Chelate vs. Carbonates</th>
<th>Amino Acid Chelate vs. Sulfates</th>
<th>Amino Acid Chelate vs. Oxides</th>
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<tbody>
<tr>
<td>Copper</td>
<td>5.8/1</td>
<td>4.1/1</td>
<td>3.0/1</td>
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<tr>
<td>Magnesium</td>
<td>1.8/1</td>
<td>2.6/1</td>
<td>N/T</td>
</tr>
<tr>
<td>Iron</td>
<td>3.6/1</td>
<td>3.8/1</td>
<td>4.9/1</td>
</tr>
<tr>
<td>Zinc</td>
<td>N/T</td>
<td>2.3/1</td>
<td>3.9/1</td>
</tr>
</tbody>
</table>
Advantages of GNLD Chelated Minerals

- GNLD uses the most soluble forms of the minerals for speedy dissolution.
- Double chelation to completely neutralize the ionic charge on minerals dramatically enhances mineral absorption rate—as much as 6-fold.
- Double chelation reduces irritation to the stomach and intestines.
- Double chelation makes it much more difficult for pathogens to use the minerals to nourish themselves.
RA: FISH OIL

- Decreased EPA in joint fluid and blood of RA patients.
- Nearly every study shows fish oil helpful.
- 12 wk double blind placebo trial 3.6 g fish oil:
  - Significant reduction in morning stiffness.
  - 24% increase in grip strength fish oil group
  - 8% decrease in placebo group
Why GNLD Salmon Oil Plus?

- Standardized amounts of all 8 of the master molecules of the omega-3 family.
- UHPO3 ultra High Potency Omega-3 fatty acids allows for a small capsule which is easy to swallow yet very potent.
- Molecular differentiation—a leading edge technology allows for elimination of rancidity factors, fishy taste, and toxins stored in fish fat while concentrating essential factors for potency.
- Screened for more than 200 potential contaminants with an allowable detection limit of ZERO.
- May facilitate detoxification of the body.
Nutrients Involved with the Inflammatory Response

- EPA (Salmon Oil) both displaces AA and inhibits the lipoxygenase pathway.
- Ginger, flavonoids, zinc, selenium, and vitamin E appear to inhibit the lipoxygenase pathway.
- Leukotrienes are hundreds to thousands of times more inflammatory than histamine.
Salmon Oil Plus Human Clinical Trials

- Testing designed to mimic actual use of the product.
- 17% reduction in triglycerides in 8 weeks.
- 30% improvement in omega-3 to omega-6 balance in 8 weeks.
- 43% improvement in omega-3:6 ratio after 8 weeks. Risk for heart disease.
- 38% increase in omega-3 index. 3 population studies have shown a direct inverse relationship between omega-3 index and risk of cardiac arrest.
- 68% reduction in the inflammatory index.
  - 9.6% reduction in arachidonic acid in cell membranes
  - Indicator of risk of inflammatory conditions
  - Average Americans were found to have a 2.5 reading which lowered to .8 after 3 Salmon Oil Plus a day for 8 weeks.
  - End result was the “zone of greatest protection”
### Three Case Studies Spotlight Omega-III Salmon Oil Plus Effectiveness

**A Healthy Woman Who Does Not Eat Fish**

<table>
<thead>
<tr>
<th></th>
<th>Baseline</th>
<th>After 4 Weeks</th>
<th>After 8 Weeks</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Omega-3</td>
<td>4.9</td>
<td>8.0</td>
<td>9.3</td>
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<tr>
<td>% DHA</td>
<td>2.7</td>
<td>4.6</td>
<td>5.4</td>
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<tr>
<td>% EPA</td>
<td>0.34</td>
<td>1.18</td>
<td>1.65</td>
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<tr>
<td>% AA</td>
<td>22</td>
<td>19</td>
<td>19</td>
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<tr>
<td>Omega-3 Index</td>
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<td>7.05</td>
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<tr>
<td>Inflammatory Index</td>
<td>6.0</td>
<td>2.0</td>
<td>1.0</td>
</tr>
</tbody>
</table>

**A Healthy Man Who Eats Fish Once a Week**

<table>
<thead>
<tr>
<th></th>
<th>Baseline</th>
<th>After 4 Weeks</th>
<th>After 8 Weeks</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Omega-3</td>
<td>7.3</td>
<td>8.2</td>
<td>14.9</td>
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<tr>
<td>% DHA</td>
<td>4.5</td>
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<td>9.0</td>
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<tr>
<td>% EPA</td>
<td>0.47</td>
<td>0.96</td>
<td>2.12</td>
</tr>
<tr>
<td>% AA</td>
<td>21</td>
<td>19</td>
<td>19</td>
</tr>
<tr>
<td>Omega-3 Index</td>
<td>4.97</td>
<td>5.96</td>
<td>11.12</td>
</tr>
<tr>
<td>Inflammatory Index</td>
<td>4.0</td>
<td>2.0</td>
<td>1.0</td>
</tr>
<tr>
<td>Triglycerides</td>
<td>270</td>
<td>–</td>
<td>197</td>
</tr>
</tbody>
</table>

**A Healthy Man With High Baseline Triglycerides Level**

<table>
<thead>
<tr>
<th></th>
<th>Baseline</th>
<th>After 8 Weeks</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Omega-3</td>
<td>7.3</td>
<td>10.0</td>
</tr>
<tr>
<td>Omega-3 Index</td>
<td>3.54</td>
<td>7.24</td>
</tr>
<tr>
<td>Triglycerides</td>
<td>436</td>
<td>210</td>
</tr>
</tbody>
</table>
• I have suffered with rheumatoid arthritis for 21 ½ years. I was on gold injections for 19 years. (Solganal injections). I have been on other types of medications as well—naprosin, voltran and gold tablets and prednisone. I tried a whole lot of vitamins as well.

• My most significant improvement has come from Salmon Oil. It does away with the stiffness and pain in the joints. I also have more movement in my hands and fingers. I also feel better with the supplements. Virginia Riedel
RA: OTHER FATS

- Olive Oil enhanced benefit of fish oil.
- Borage seed oil improved 76% of patients over a year.
- Tre-en-en Oils
  - Supports glandular function, esp. the adrenal and sex hormone balance. DHEA from adrenal has been shown to be beneficial in autoimmune disorders.
Why Might GNLD Tre-en-en Benefit RA?

- Diverse phytonutrient extracts; beta-sitosterol, gamma-oryzanol, stimasterol, capesterol, and octacosanol.
- Natural chlorophyll-colored capsule.
- Cold-pressed and cold-processed
- Complete lipid and sterol profile from wheat germ, rice bran, and soybeans.
- Supports cardiovascular development & overall growth & development.
- Supports sex hormone and adrenal function
- Improves nutrient utilization by 50%.
- Natural vitamin E for antioxidant protection of phytonutrients.
“In essence, the life of the cell is intimately tied to membrane health and the health of the entire organism. The membrane, in essence...is everything.” (p. 20)

“The human cell membrane must be continually fed with the correct lipid substrates to enable the organism to function ideally, yet fatty acid metabolism has been poorly delineated in treatment protocols. Exploration of lipid metabolism brings a striking new intervention that unlocks the systemic nature of disorders...” (p.35)
“The true secret of life does not lie in the famed double helix. The true secret of life lies in understanding the elegantly simple biological mechanisms of the magical membrane…” (p. 75-76)

“The membrane’s function of interacting ‘intelligently’ with the environment to produce behavior makes it the true brain of the cell…. When you destroy its membrane, the cell dies just as you would if your brain were removed.” (p. 86)
“(I am of the belief that it is all lipids, that no aspect of our physiology is more important nor under greater attack in the modern world than our lipids.) In our work with neurodegenerative diseases it is staggering how the correction of lipid dysfunction and the addition of proper fats can stabilize the progression and sometimes dramatically reverse the symptoms of the illness even when they have been long standing.” Forward, John S. Foster, M.D., 3.
Cell Function

Red blood cells are 7 microns in diameter. The smallest capillaries are 3 microns and the pores in the spleen are one micron. Lack of fluidity hinders blood flow.
White blood cells are our defenders. They must move to the site of infection (chemotaxis) and engulf invaders (phagocytosis). Lack of fluidity hinders WBC function.

Cell Division
RA: B VITAMINS

• Folic acid:
  – 65% low blood folate, 37% low RBC folate
  – Anemia associated with low B12 and folate often accompanies RA
  – Methotrexate often used to treat RA is a folate antagonist, supplementing does not render treatment less effective

• B12
  – Deficiencies observed, sometimes with neuropsychiatric symptoms
  – B12 absorption impaired (HCL deficiency?)

• B5
  – In a double-blind trial 2g/day shown to reduce pain

• B6
  – Laboratory evidence of deficiency is common. Known for 45 years.
QEW Test

- John Ellis, M.D., found that lack of vitamin B6 resulted in swelling of the hand and inability to completely flex the digits making possible a simple test for adequate vitamin B6: the QEW or Ellis test.

B6 Indicators

- Morning stiffness of fingers
- Impaired sensation in fingers
- Impaired finger flexion
- Pain in hands
- Weakness of hand grip
- Dropping of objects
- Edema in hands
- Nocturnal paralysis of arm and hand
- Rheumatism
- Arthritis
- Painful shoulders
- Pain or stiffness in knees
- Painful elbows
- Edema—feet and ankles

“Contemporary Therapy with Vitamin B6, Vitamin B2, and Coenzyme Q10,” C&EN, April 21, 1986, p. 27.
Chinese Restaurant Syndrome appears to be an indicator of marginal or deficient vitamin B6 intake which is aggravated by consumption of MSG.

Dream Recall (Salience): Vitamin B6

- Lack of ability to remember dreams may be associated with low levels of vitamin B6. This vitamin is essential for production of brain neurotransmitters.
  
Why GNLD Super B?

- Exclusive biologically-bound yeast—whole food source in naturally-occurring ratios.
- Complete
- High potency
- Natural protein glaze protects potency
- Continuous release formula minimizes waste.
RA: ANTIOXIDANTS

• Vitamin C
  – Blood levels almost always low unless supplementing.
  – Medications (aspirin, prednisone) deplete vitamin C.
  – Vitamin C and flavonoids reduce capillary fragility observed in RA patients.

• Vitamin E
  – Anti-inflammatory effects
  – Results in clinical improvement (600-1800 IU) pain in morning, evening, after activity
  – Use mixed forms
  – Selenium lowest in most severe forms of disease (works with E)
RA: ANTIOXIDANTS

- **Carotenoids**
  - Subjects with inflammatory arthritis have significantly lower beta-cryptoxanthin (citrus, mangoes, sweetcorn, peppers).
  - Inverse relationship between this nutrient and vitamin C and risk of the disease.

- **Vitamin D**
  - Vitamin D intake is inversely associated with RA.
RA: Iron

- Meat and fat consumption has the highest statistical association with the prevalence of rheumatoid arthritis in a multi-country study. Animal products lead to different intestinal flora and fauna than vegetable foods.
- Body sequesters iron in RA, diabetes, and cancer.
- Bacteria feed on free iron.
- Standard laboratory tests for RA often show anemia, but iron supplementation will make some patients worse.
- Iron in Formula IV in the early days did not appear to impair improvement.
My husband was visiting with some people who were living in Dexter, Oregon. They were planning to move because of the wife’s health. When he reached out his hand to shake hands with Mrs. Drake, she declined saying that her hands were so terribly sore from rheumatoid arthritis that she dared not shake hands. My husband suggested that she contact me, which she did. When I saw her, her skin was very shiny and swollen, her color was bad and she was in terrible pain. She couldn’t prepare meals because she couldn’t stand to hold a pan. She had been a beautiful pianist and organism and had taught these instruments, but now couldn’t stand to play them at all. I suggested that she get on Neo-Life products which she readily agreed to do after I told her about them. She was taking daily: 4 Formula IV, 12 Calcium, 6 Hi-C, Protein (her husband could prepare it and she could sip it through a straw), 2 Vitamin E.
Five days later she called me on the phone and said she had been out washing the car and all the neighbors came running over and couldn’t believe their eyes. At the end of two weeks she and her husband came to the house to tell us goodbye as they were moving. I saw them coming up the walk and she seemed to be shuffling her feet. I sent to the door and asked what was wrong with her feet (she looked tremendous otherwise). She said she had to shuffle because all the swelling had gone down in her feet and legs and she couldn’t keep her shoes on. She had also been able to put on her wedding ring for the first time in 15 years. They moved to Salt Lake City and she began to teach the piano again. How grateful she was and how grateful I was that I was able to help her as I had been helped.

Helen, Eugene, Or.
On May 14, 1978, I was certified totally disabled by my physician due to my rheumatoid arthritis. I had been on 60 milligrams of Prednisone for approximately three years and had gone through the usually accepted treatment for this disease, i.e.; a series of gold shots, Indocine, Motrin, etc., to no avail. I finally accepted the fact that my general condition was so deteriorated with ankles, knees, wrists and fingers so badly swollen that I was a cripple. I was using one cane all of the time, and two canes some of the time. The pain was so intense that I found it necessary to take six to twelve Codeine tablets daily (1/2 grain each). The surface bleeding on my arms and legs from the heavy dosages of Prednisone was only one more depressing set of circumstances.
At this point, I felt that I soon would be in a wheelchair just as the doctor had predicted and consequently must accept the inevitable. Therefore, I proceeded to make plans for a disability retirement in November, 1978. On May 20, 1978, I arrived home from my teaching to find that my wife had contacted a Neo-Life Distributor, Della Newkirk, and had purchased $186.00 worth of vitamins and minerals with the hope that possibly I could be helped. My wife showed me a testimonial letter by Helen Larson who had fantastic results from the usage of Neo-Life. Needless to say, I was surprised and skeptical! By now I was ready to try anything! I was desperate! This very same day I started on the program outlined by my wife and the distributor.
On the morning of June 6, 1978, I awakened to discover I was free of pain for the first time in ten years. The swelling was gone from my ankles, knees and wrists with only minor swelling left in my fingers. By June 21, all physical evidence of arthritis had practically disappeared. On July 12, I had an appointment with my doctor who was overwhelmed when I walked into his office. What was to have been a ten minute checkup turned into two hours. He asked me to bring all the literature on Neo-Life as well as the exact amount I was taking. My wife and I were happy to comply with this request. An appointment for further examination was set up for September 15. At this time he advised me to continue whatever vitamin therapy I was taking as he was of the opinion that “something” was working.
Today I can walk, run, fish and hunt and I am physically able to resume those activities that I had not been able to do for years. Ivan Collier

Products Used:
Formula IV (6), Minerals (2), Cal-Mag (6), Vitamin C (10), B-Complex (4), Vitamin A (3), Betagest (3), Zinc (2), Lipotrophic (3), Vitamin E (3), Cod Liver Oil (3), Liver Plus C (3)

I realize this seems like a large amount. It is! However, when I consider the alternative, which is twenty-four hours of pain a day, this amount is truly insignificant. I’ve discovered the joy of living again!

Ivan
**RA: ALLERGY**

- One clinic; 1/3 of patients remained well for 7.5 years with dietary therapy alone.
- Young female patients are the most likely to benefit from allergen avoidance.
- Fasting reduces disease activity.
- Study: 20 of 22 patients improved with elimination of allergens after 10-18 days. 64% allergic to grains, 35% to nuts, 23% to eggs, 18% to milk, 18% to beef.
- Food allergy may be a disorder of bacterial fermentation in the gut (enterometabolic disorder). IgE antibodies may be missing with food intolerance.
Study: 78% improved and 41% had complete remission on vegan raw diet. Diet excluded common allergens including grains, dairy, sugar, alcohol, beef, and pork.


- A patient treated for hypoglycemia experienced dramatic improvement in RA including pain relief and wider range of joint motion.

In the 1960’s Wyburn-Mason isolated a free-living ameba (Naegleria) from the tissues of patients with RA. He treated them with anti-amebic drugs.

RA has been associated with anti-proteus antibodies.


Those who respond to dietary changes with improvement manifest decreased antibody titers to *Proteus mirabilis*. Positive changes in a vegetarian diet appear to be due to changes in bacterial flora.


Gut flora disturbed by candida, Proteus, or Klebsiella (anaerobes) may cause inflammation of the gut leading to increased permeability to foods and subsequent food reactivity.

• Study: 32% of RA patients had hypochlorhydria or achlorhydria.
• 35% of RA patients with normal stomach acid secretion had bacterial overgrowth compared to none of the controls.
• Conclusion: There is a high incidence of bacterial overgrowth in the small intestine in RA patients with or without adequate HCL deficiency.
GNLD Acidophilus Complex

✓ Whole food derived from cultured dairy foods.
✓ Broad spectrum: 5 of the most effective lactic acid producing bacteria.
✓ Concentrated: Each capsule is equivalent to 10 servings of yogurt—5 billion organisms.
✓ Exclusive Gel-Gard protection system to allow bacteria to survive stomach acid.
I think I had somewhat of a predisposition to rheumatoid arthritis. My mother suffered with osteoporosis, rheumatoid arthritis and severe constipation. She always took something to alleviate her condition. She has been greatly helped by the same GNLD supplements I have. She is now 100 years old.

I went through World War II in Japan. I experienced severe malnutrition during the war and afterwards. It was a very depressing and fearful time with constant trips to air raid shelters carrying my younger brother on my back. There was great uncertainty and fear of being bombed. I could smell death all around me.
I did not notice any symptoms during the war because of the life and death issues I dealt with daily. The symptoms became evident and increasingly severe after the war. I suffered with a sore neck and shoulders and backaches. While in Japan I sought out relief with massage therapists. I suffered with constant headaches.

I had dizziness due to high blood pressure and high cholesterol. My hands and feet were always cold. I had sore joints and severely inflamed thumbs which made it impossible to turn a doorknob. All the doors in my home are L shaped as I had to open them with my elbow. I had a bone spur in my left elbow and a very painful and inflamed bunion on my left foot. Both caused great pain and discomfort. My knees were also swollen.
My digestive problems were severe. I would experience extreme constipation going as long as 10-14 days without eliminating. I developed a bad case of varicose veins.

My symptoms became much worse after the death of my husband in 1999. I was supplementing heavily and juicing with no improvement or relief from my suffering. In October of 2000 I began to supplement heavily with GNLD after the suggestion was made by a friend who had experienced relief from MS when other products had done nothing. I sent back $500 worth of supplements which were doing nothing for me. The products which were opened I keep as a reminder of the things which did not work.

I began using Active 40+, 2 Lipotropic Adjunct per meal, 2 enzymes per meal, 5 salmon oil a day, 6 Cal-Mag, 3 Betagest per meal, Multi-Fiber mixed with Nourishake, and Carotenoid Complex.
Within a week my shoulder pain, headaches, and circulation improved. I lost 25 pounds and the constipation improved dramatically. The improvement continues even to this day (2012). I cannot believe I am healthy. I thought I was going to die. I wanted to die. All my symptoms are almost totally gone today. I still have a remnant of the bunion and some residual varicose veins. I am 76 but I feel better than I did when I was 50.

I had macular degeneration and so did my mother. It reversed in both of us. I was so excited about my improvement I was a director in GNLD in 3 months. I still take more of the products than most people think I should, but if I don’t, I feel the difference and start to deteriorate.

I never believed in pharmaceutical drugs. I think it is crazy. I would rather take a handful of supplements than a handful of pharmaceutical drugs. I took many other supplements, but they never worked for me even though they were often similar to GNLD.
Aloe

**Anti-inflammatory:** Bradykinase, steroids, anti-prostaglandins, anti-histamine

**Total Immune Enhancement:** Mannans, glycoproteins

**Healing Effects:** Mannans, glycoproteins, gibberellins, auxins

**Hypoglycemic Effect (general anabolic effect):** Gibberellins, auxins
Bobbie Williamson (caretaker)

“Leslie has suffered from Rheumatoid Arthritis for the past 15 years. She also has bloating and severe stomach distress, mostly from arthritis medicines. Her pain from the arthritis covers her entire body, especially her hands and feet. Her hands are very deformed with spongy nods on them.”
Leslie has been on the GNLD products for the past year which include:

- Formula IV (2)
- Carotenoid Complex (2)
- Vitamin C
- Vitamin E (1)
- Aloe Drink (4 oz)
- Acidophilus Complex (2)
“Leslie’s results from using the products have been remarkable! She no longer experiences pain or swelling in her knees, hands or feet. The spongy nods on her hands have decreased. Leslie is able to actually put on a pair of shoes and walk without difficulty. She is crediting her improvement from the arthritis to GNLD, and shares her find with her doctor, Dr. Weisner. Also, her stomach problems have all but disappeared with the Acidophilus and Aloe and Zantact.”
RA: SUGGESTED SUPPORT

- Correct digestive problems with appropriate supplements:
  - Betagest
  - Enzyme
  - All Natural Fiber
  - Acidophilus Complex
  - Aloe Vera Beverage
- Supplement with anti-inflammatory nutrients: Salmon Oil Plus, Tre-en-en
- Supplement with antioxidants: Super C, Carotenoid Complex, Flavonoid Complex, Vitamin E Complex
- Use a good multiple: Formula IV, Sports 30 or Active 40+
- Avoid allergens