

## A Personal Message from the Author

Thank you for your interest in purchasing my book, Your Body's Sign Language. I have little doubt you will find material here which would be difficult to find elsewhere. This book represents many years of research. I have intentionally kept all product references generic.

My product of choice for more than three decades has been GNLD. There are several reasons for this. Firstly, the product is manufactured under pharmaceutical guidelines. On the cover you will see an endorsement from Dr. Arthur Furst. Dr. Furst was considered one of the world's greatest toxicologists. He was instrumental in the establishment of the American College of Toxicology. Dr. Fred Hooper, a prominent nutritional scientist who worked with the famous Carl Folkers, said of him, "If one were to seat all the people with his qualifications at one table, they could be seated at a table for four." A bronze bust of Dr. Furst was placed in the Hall of Wisdom of the Royal Medical Society in London. Dr Furst established toxicological protocols for GNLD in the manufacture of their products which continue to this day. His research was also instrumental in the development of a number of the products. Dr. Furst also gathered around himself a group of researchers which developed into GNLD's ongoing Global Science Network.

A second reason why GNLD is my product of choice is because the company uses nature as a template or pattern for the manufacture of supplements. The supplements this company provides contain the entire vitamin complexes as one finds them in foods. Recent studies indicate that unbalanced supplementation may provide little benefit and possibly do harm.

For example, recent studies showed that synthetic vitamin E provided no benefit. A number of researchers have observed that large amounts of isolated alpha-tocopherol, either in synthetic or natural form, may occupy receptor sites for the eight members of the vitamin E complex. This has the potential of robbing an individual of the benefits one would obtain from the dietary sources of the vitamin that have all eight members of the complex. GNLD is one of the few

companies which has always provided the natural Vitamin E Complex as found in foods along with wheat germ oil. The same can be said for many other supplements including Carotenoid Complex, Flavonoid Complex, Cruciferous Plus, B Complex, etc.

Nutrients derived from foods contain trace mineral activators and are bound to protein structures. Much of the function of nutrients is lost when these structures are broken apart or synthesized. Over three decades of experience has taught me that these natural complexes "work" while other forms of nutrients often fail to provide benefit.

GNLD is a leader in supplementation with quality oils. The company's exclusive Tre-en-en oils have produced profound benefits for customers since 1958. These oils have been shown to improve nutrient utilization in laboratory animals by 50%. The product was originally developed as part of a research project conducted at Hollywood Presbyterian Hospital. Researchers found that quality oils, specifically the phospholipids and phytosterols found in grains and legumes were essential for maintaining health and warding off the onset of degenerative disease.

You will find much more detail on the GNLD products and how they can contribute to health in the numerous audiotapes which I have produced. These audiotapes are available through the person who provided you with this book.

I hope you enjoy the book you have purchased and earnestly desire that it may make a contribution to your ongoing health journey.

James W. McAfee, CCN

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James W. McAfee, CCN GNLD products are available from:  
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1271 High Street Auburn, CA 95603 (800) 359-6091  
Email: [mail@imageawareness.com](mailto:mail@imageawareness.com)  
Web: [www.imageawareness.com](http://www.imageawareness.com)  
Book Web Site: [www.yourbodyssignlanguage.com](http://www.yourbodyssignlanguage.com)