



Wake Up, America... We're Sick!



The Health and Nutritional Guidance Center Program The goal and mission of The HNGC is to make a significant contribution to mankind by improving health. There is an old premise that says, "If you can state the problem, you've got half the solution." The problem is the lack of health in America.

Degenerative Diseases: A Modern Epidemic

More than 100 million Americans are suffering from these "new" degenerative diseases to one degree or another.

Heart Disease- 1 out of 2 Americans will die of heart disease {over 1 million people annually. The first article to appear in the Journal of the American Medical Association (JAMA) on this subject was in 1911. We've one from a few people dying a year to over a million!

Cancer- 1 out of 3 Americans is developing cancer. Over 538,000 people die from it annually. This figure has increased almost 250% since 1960.

Elevated Cholesterol- Over 50% of adults has high cholesterol which increases their risk for heart disease.

High Blood Pressure- As many as 50,000,000 Americans age 6 and older have high blood pressure and are being medicated with drugs costing billions of dollars annually.

Arthritis Gout- Over 38 million Americans are receiving medication to alleviate suffering from these conditions.

Diabetes- About 10 million Americans have diabetes. Nearly 600,000 new cases are reported annually.

Atherosclerosis Arteriosclerosis- Millions of Americans have faulty circulation and hardening of the arteries. Kidney Stones - The number of cases has doubled in the U.S. in the past 20 years.

Varicose Veins Hemorrhoids- More fibers in our diet will help prevent and/or

alleviate these epidemics.

Gallstones- About 1,000 Americans are being operated on daily for this condition.

Diverticulitis Colon Cancer- The United States is number 1 in the world in Diverticulitis and colon cancer rates.

Ulcerative Colitis- 2 million Americans have dilation and ulceration of the inner lining of their colon.

Gastrointestinal Problems- 80% of Americans suffer from constipation. Over \$400,000,000 are spent annually on over-the-counter products and prescribed drugs for belching, bloating, and gas.

Hyperactivity- This condition affects millions of Americans. No cases were known as little as 25 years ago.

Osteoporosis- Approximately 30% of women past the age of menopause have this condition. For the first time in history it is being found in men.

Prostate Gland Problems- About 70% of American men over 60 years of age require surgery.

Allergies- Millions of Americans are ill because of a weak immune system due to poor diet and nutrient deficiencies.

Hypoglycemia Candida Albicans- Millions are suffering because of the high intake of sugar refined carbohydrates.

These are just some of the degenerative diseases that affect our country's health.

Length Quality Of Life Is Being Challenged

Life and health are being challenged at a personal family level. Most Americans have family or friends who are chronically and/or terminally ill. It takes years for the body to break down and permit disease to overtake us. Cancer can take as long as 20 years to develop, heart disease can take 30 to 40 years. Arthritis, kidney stones, osteoporosis, diabetes, hardening of the arteries, and many, many others fall in this category. During the interim years. The symptoms are: a lack of energy. Lethargy, obesity, depression, muscle pains, insomnia, gas, constipation, indigestion, and headaches.

Nutrient Depleted Soil

In America, 2% of the land produces 98% of the food we consume. A government document declared that foods today are grown in nutrient depleted soil, and 99% of Americans are mineral deficient! The USDA found that in areas of the country where the soil was selenium deficient, the rate of cancer was the highest. In 1985, the USDA did a study to assess the chromium content of foods that were consumed by the average American. They found that the diets of 9 out of 10 Americans were deficient in chromium. In 1992, they did a follow-up study and had 22 of their own registered dietitians' design perfect diets. All but 1 was deficient in chromium! Chromium deficiencies are associated with increased risk for heart disease and diabetes. The Ten State Nutrition Survey conducted by the USDA discovered 80% of Americans lack the RDA of B6, 75% lack the RDA of magnesium, 60% lack the RDA of calcium, 57% lack the RDA of iron, and 50% lack the RDA of vitamin A.

Food Processing Preparation

Excessive food processing preparation steal nutrition from our foods and make them fiber deficient. The FDA states that a diet deficient in fiber increases the risk of cancer. We are over-refining our wheat. Flour, and grains. About 25% of our calories are derived from flour. The wheat germ and bran are removed, and tremendous amounts of nutrients are destroyed from refining flour: 60% of the calcium is taken out. 78% of the zinc, 80% of the selenium, 85% of the magnesium, 68% of the copper, 72% of the B6, 40% of the chromium, and 86% of the vitamin E. Fruits vegetables are being picked prematurely. And 10% of the nutrients are lost during transportation, 10% during storage, and up to 30% during processing. By the time processed food gets to us it may be preserved and protected, but it's certainly not nutritious.

Chemicals in Our Foods

In 1945, the ammunition industry no longer had a market for their nitrates and started the production of chemical fertilizers. Farmers began using the new chemicals and turned away from the old methods-such as using manure, crop rotation, and letting the land lay fallow. Millions of tons of chemicals are now used on our farmlands today, and the crops are sprayed with toxic pesticides and herbicides. According to Dr. Steven Tannenbaum, Professor of Toxicology at M.I.T., more than 3,000 chemicals are used in commercial and processed foods that rob us of the wonderful nutrients we need every day. Supplements replace the nutrients that additives deny us, and they give us a measure of defense against harmful chemicals in our food.

Modern Living Is Hazardous to Our Health

Stress and our modern-day air, water, and soil pollution assault our health and immune system. We are exposed to more chemical toxins in one day than our ancestors were during their entire lifetime. We live work in synthetically

manufactured homes and offices. We are inhaling the outgassed by-products from synthetic materials. These by-products are fat-soluble and get stored in the fatty material of our cells. This creates malfunction of fat metabolism which is one of the major causes of degenerative diseases. Nutritional supplements help protect our cells from harmful toxins, stress, and they can add years to our lives.

Standard Medical Procedure

The standard medical procedure in America now includes only four approved treatment methods: prescription drugs, surgery, radiation, and chemotherapy.

Prescription drugs. Many physicians believe the drugs presently used are unnecessary and have side effects that are hazardous to our health. According to the Journal of the American Medical Association, we have a shocking 51% chance of being misdiagnosed in a U.S. hospital. The wrong diagnosis can lead to a cycle of frustration and pain. Wrong drug treatment lead to other symptoms health complications, which are then treated with more drugs... and so on.

This is so widespread it has its own name: iatrogenic disease - doctor or drug induced disease. Dr. Bruce West says, "The epidemic of suffering and death from legal prescription drugs dwarfs that from all illegal street drugs combined."

Surgery. The overuse of surgery to treat diseases has been recognized for over three decades. It is well known in the medical community that surgery causes cancer cells to spread.

Radiation. Doctors at Kaiser Hospital in California has shown that radiation causes new cancers to form where X-ray treatments burned normal tissue.

Chemotherapy. Studies clearly shows this treatment has limited success in prolonging life. While it destroys cancer cells in the blood, it also damages healthy cells and weakens the immune system.

These methods have very little effect in stopping the course of much less preventing, our modern-day diseases. These modalities should only be used as "crisis" medical treatments or last resorts. We've all heard the experiences of those who have suffered the extreme nausea, weakness, hair loss, sterility, general debilitation, and even death resulting from these radical treatment methods.

Modern Medicine Denies Choice

Benjamin Rush, M.D., signer of the Declaration of Independence, foresaw years ago what has happened to us when he wrote, "Unless we put medical freedom into the Constitution, the time will come when medicine will organize into an undercover dictatorship... the Constitution of this Republic should make special

provision for medical... as well as religious freedom." When polled by their own medical organization, less than 1/2 of 1% of the nation's Md.'s claimed to have even a basic knowledge of nutrition. Will the AMA ever offer the necessary expertise in nutrition by its professionally trained doctors?

Alternative Health Evolution

The tragedy of degenerative disease is that the conditions which are so often fatal - by the time they require medical attention from a doctor - are the very same conditions that could have been prevented by a personal commitment to good nutrition and lifestyle.

Is Supplementation Our Answer

Americans are the most overfed, undernourished, and constipated people in the world. It's becoming more obvious, we cannot get the nutrition we need from the Standard American Diet (SAD). Supplementation provides the quickest and easiest method to ensure proper nutrient density for the amount of calories we consume. Nutrient intake through supplementation meets the needs of the vast majority of individuals at optimal levels, increases the quality of their lives, and the only side effects are looking and feeling better!

At the "HNGC" we do not think that supplementation is the answer, we think it's just a temporary transition on the way to better health. Therefore, We have developed an innovative product line and Health reports. Click below for specific details to ensure good health. HNGC products help you to help yourself Cleanse, Nourish, and Balance the body. Once this occurs, the body can resist disease and has the miraculous ability to heal itself! Click [HERE](#)

We believe that good health is not in a pill or a potion. Good health is about Healthful Living, fresh air, pure water, going for a walk, having great relationships and natural [whole raw food](#).

Wake Up, America... To Health!

Modern living assaults our health with several factors: the way foods are grown and processed, the toxic environment we live work in, and our [stressful lifestyle](#). Furthermore, the Standard American Diet is a proven formula for failure. But, the good news is spreading fast. NGC state-of-the-art Health Education, Reports and whole food products are changing people's lives! They provide the essential nutrient necessary, to maintain or restore health.

We need to wake up and take responsibility for our own health. NLI's products will help us achieve this. After all... what could be more precious than our health... and the health of the ones we love?