



Healthy Tennis

helping you play longer and stronger

WELCOME TO HEALTHY TENNIS.COM!

If you are like most tennis players, you love the game of tennis. And like most other tennis players you plan on playing tennis for the rest of your life, it gets in your blood!

Unfortunately, like a lot of tennis players, you at times experience tennis elbow, sore joints, loss of stamina, a sore back, shoulder pain, sore knees, etc. **HealthyTennis.com** is the place for you. We are Wexel Health and we have put together an online nutrition store for you and your tennis health needs, **www.HealthyTennis.com**. Healthy Tennis offers you the best products science and nature can offer, so that you can enjoy the game of tennis for a lifetime! We have products available to help you get the most out of your game by helping you avoid getting things such as tennis elbow or helping you clear it up faster and safely with our whole food line of nutritionals.

So if you are anything like we are, you are looking for ways to deal with the aches and pains that come along with playing the game of tennis. Also you are probably looking for ways to increase your stamina on and off the court. Healthy Tennis is here to help educate you about sports nutrition and why someone who is active in the game of tennis has certain nutritional needs.

*** Make Sure you read about Full Motion on the back page! ***

PAIN FREE TENNIS ANYONE?

Inside this newsletter you will find information about all natural-whole food products that reduce inflammation, protect and in some cases even regenerate cartilage, build and repair muscle, promote quicker recovery times, and protect you against cell burn out. Learn about the importance of Omega III'S, lipids and sterols, our brand new joint product **Full Motion** and get a better understanding about the basics of sports nutrition.

You will also get to hear local tennis players share their experience using these products. How they have been able to clear up problems associated with playing tennis and their excitement at being able to play the game pain free!

www.HealthyTennis.com

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Special points of interest:

- ♦ *New Product that gets rid of joint pain. And regenerates cartilage.*
- ♦ *Testimonies of local players and pro's who have gotten amazing results.*
- ♦ *How to increase your endurance on and off the courts.*
- ♦ *Keep yourself from rusting from the inside out!*

GNLD's PRODUCTS REALLY MAKE A DIFFERENCE!

I have been using GNLD products for 12 years and love the GNLD difference. Being involved with GNLD also gives me the privilege of working with some of the top scientists in the world!

As a 46 year old, active, home-school mom of 13, soon to be 14 children, I need all the stamina I can get. I love tennis and just finished a summer season on three different teams... some days playing two, three set matches in the same day...and winning!

I really enjoy the energy and ability to outlast my competition. It is fun to be playing on a competitive level and not

be slowed down by age or by being pregnant. My competitors and team mates are amazed at the endurance they see in me. These products are wonderful and I won't go a day without them. family made the decision 12 years ago to start taking GNLD because of the superior science, research, proof and results we saw with these products.

My husband and children experience the same awesome results I have, from using GNLD's products. Our children do not experience the allergy, asthma problems that are so prevalent today, and are all healthy and vibrant. My husband is 48 years old. He is so active on

the courts and looks so young, he has been asked for his ID at his seniors matches! It is great for us to be looking and feeling younger than we are.

Laurie Wexel / Owner Wexel Health

WE NEED TO GET BACK TO THE BASICS

We are bombarded all the time with some new craze in the nutrition industry. Next week you may be hearing that albino goat hair is what you need to be taking! When truthfully what we really need are the basics. It doesn't matter what activity you are trying to master whether it is a musical instrument or the game of tennis, everyone has to start with the basics and do those basics everyday. The same is true for sports nutrition. It is the basics that will keep you healthy, strong and competitive. The USDA food pyramid outlines the basics for us. At the base (the foundation) we see whole grains, then colorful fruits and vegetables and then protein. Several years back, the USDA did a cross section study on over 21,000 people to see if they were even getting the RDA's (recommended daily allowance). You are

Research shows that many athletes' diets are low in basic nutrients, leaving them susceptible to fatigue, injury and prolonged recovery times.

probably thinking a very low percentage was even getting the RDA's (which in fact used to be called the minimum daily requirement-and they meant minimum), but according to this study not even one person was getting the RDA's. What does this mean for you as a tennis player? You need even more nutrients than the average person and you are not even getting the RDA's, so you need to get back to the basics and supplement your

diet (which is proven by the USDA to be deficient). GNLD has the answer to filling the gap and meeting these basics. **Formula IV Plus** for your whole grains, **Carotenoid Complex** for your colorful fruits and vegetables and **NouriShake** to supply you with a delicious, easy to digest source of all 22 amino acids (proteins). For less than the cost of a fast food meal a day...you can protect your cells from burning out, increase your energy levels, increase your endurance levels, recover more quickly after a match and rebuild muscle. If you would like to know more about these products or order them please go to our website- **HealthyTennis.com** or ask for a **free copy of our Sports Nutrition CD!**

Tennis Elbow Gone With Omega III Concentrate

I have always been very active...skiing, running cross country, a former personal trainer and currently a USPTR certified tennis instructor. I am also a proud mom of two wonderful children ages 18 and 17. In my late 20's I began to play tennis and fell in love with the game. I quickly advanced as a player and began to coach tennis. I have been a coach now for the past 8 years. About a year and a half ago I developed a bad

case of tennis elbow. It had gotten so bad I couldn't even pick up a cup. During match play it would hurt so bad that sometimes I could not even finish a point. When I heard about GNLD's *Omega III Concentrate* and their other joint product **Full Motion**, I tried them. The first month on *Omega III Concentrate* I found relief. Later when I added the brand new **Full Motion**, this enhanced my recovery even more. Because my livelihood

depends on my arm, this was wonderful! My elbow is now pain free and I am looking forward to playing AA tennis again this fall.

Shawn Zinke/ Assistant Director Big Dog Tennis Academy

RESEARCH POINTS TO THE IMPORTANCE OF OMEGA III'S

Are you eating the 3 servings of fish in your diet each week that the USDA and top scientists in the world recommend? During a normal week many people do not consume any fish. Science tells us that omega 3's from cold water fish work in the body as an anti-inflammatory agent. The media is buzzing with speculation that inflammation in the body is tied to all kinds of health problems including mental problems (i.e. Alzheimer's, depression, behavioral problems), migraines, heart problems, PMS, cancer, rheumatoid arthritis, eye problems, ulcerative colitis, Crohn's disease, etc. Could all this be tied to the fact that science statistically indicates we are not consuming enough fish oils in our diet? In the *American Journal of Clinical Nutrition*, January 2000, titled "Importance of N-3 Fatty Acids in Health and Disease" we are shown over the past 20 years that the importance of fish oils "have moved from speculation about their functions to solid evidence that they are not only essential nutrients but also may favorably modulate many diseases." These benefits start in the womb and go on throughout life to favorably affect atherosclerosis, coronary heart disease, inflammatory disease, and perhaps even behavioral disorders. This

past year researchers who reviewed 11 studies on Omega-3 Fatty Acids reported their observations in the *British Medical Journal*, Jan. 2004, titled "Omega 3 Fatty Acids and Cardiovascular Disease—Fishing for a Natural Treatment" This article states that scientists do not yet understand all the mechanisms for how these oils work, but they appear to provide benefits such as:

- Anti-arrhythmic-Normalizing heart rhythms
 - Anti-thrombotic- Reducing blood clots
 - Anti-atherosclerotic- Reducing hardening of the arteries
 - Anti-inflammatory- We have all heard of how this helps our health in so many areas
 - Improves endothelial function- Improving function of blood vessels
 - Lowers blood pressure
 - Lowers triglyceride concentrations
- Bottom line... "Omega 3 fatty acids from fish and fish oils can protect against coronary heart disease." Another interesting point in this study concerning the effects of how Omega 3s work in the arteries was this statement, "These features imply a plaque

that is less vulnerable to rupture and indicate that fish oils may be important in establishing stability of the plaque." Why is this important? Because atherosclerosis, the narrowing of the arteries from plaque build up, causes health problems, like high blood pressure. One of the most dangerous health concerns we face is when a blood clot is created from the plaque rupturing and is set loose in the body, which can result in a blocked blood vessel which produces a heart attack if it feeds the heart, or stroke if it blocks a blood vessel that feeds the brain. Yes, Omega-3s may help stabilize plaque once damage has occurred, but of great importance for prevention is the fact that science shows cold water fish high in these fatty acids seem to lessen the chance of there even being a build up of plaque in the first place.

RECOVER QUICKER WITH STEROLS!

Do you suffer from the effects of excessive physical stress? Whether you exercise regularly or have a physically demanding job, the effects of physical activity can slow you down. A study conducted by Dr. Patrick Bouic showed that marathon runners can recover more quickly—without the acute inflammation associated with excessive physical stress—when given a sterol-enriched supplement. In addition to demonstrating quicker recovery times,

the athletes taking the sterol supplement had immune systems that were less compromised post-exercise than those of athletes not taking the supplement.¹

With so much new research proving the benefits of lipids and sterols, it is no surprise that Formula IV Plus with Tre-en Grain Concentrates (a great source of lipids and sterols) are becoming a regular part of today's healthy diet.

Reference: 1: Ostlund, Richard E Jnr. Phytosterols in Human Nutrition; Division of Endocrinology, Diabetes, and Metabolism, Department of Internal Medicine, Washington University, St. Louis, Missouri in *Annual Review of Nutrition* Vol.22 533-549 July

Shoulder, Hip Flexor and Knee Pain all gone!

I started playing tennis when I was five years old. After 45 years of the constant pounding my body took on the courts, my joints were a mess. I was ranked in the top 20 throughout my junior's career, from ages 10-18, played tennis for 4 years at Kent State University. Then I began coaching as a traveling coach for 5 years as a practice player with Davis Cup and was the assistant coach and head coach for the Atlanta Thunder professional tennis

team. For many years now I direct my own tennis academy. All this accumulated stress on my joints forced me to quit playing tennis five years ago and only be able to coach. The pain in my hip flexors, shoulders and knees were just too much. When Laurie Wexel introduced me to GNLD and their new product **Full Motion** for joints, I was game. After a short time on the products my joint pain is gone, I can kneel, bend and move my shoulders all pain

free. **Full Motion** is fantastic. This is so exciting for me since I make a living having to do those things all day every day. Also I will be playing AA1 tennis this fall again for the first time in 5 years!

Dennis Hord / Director Big Dog Tennis Academy

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Contact us for a free CD on
Sports Nutrition!



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PROTECT YOUR CELLS FROM BURNING OUT

Much like metal rusts over time when exposed to the elements, our bodies are literally oxidizing throughout our lives, resulting in cumulative damage to cells and tissues caused by free radicals. Exposure to pollutants in our air and water further increases the potential for oxidative damage. *Athletes are particularly vulnerable to oxidation damage because of their enormous output of energy, coupled with increased consumption of air and water.* Dr. Bruce Ames, professor of biochemistry at UC Berkeley, estimates that our bodies suffer the potentially damaging impact of 10,000 free radical "hits" per cell per day. Because athletic activity increases metabolism 2 to 3 times, this number may jump as high as 30,000! Fortunately, through optimum nutrition these oxidative reactions can be dramatically reduced. However, most athletes aren't getting enough of the proper nutrients, and may be paying a high price in terms of long term performance and success.

Playing 4.0 USTA and A-3 men's Alta, I meet players who are younger than my tennis bag...backwards cap youngsters who can run forever. To help keep up (I'm 53 years old); I am using GNLD's Formula IV Plus, Omega III Salmon Oil and Carotenoid Complex. These products have really made a remarkable difference, particularly in my recovery time. I also enjoy the absence of aches and joint pain the day after! This is essential in tournament play. I have recently added the Aloe Vera Plus drink and have noticed an improvement in my energy levels. I trust the quality of all the GNLD products and can, with confidence, recommend them to my friends and family. John Delaney

Brand New From GNLD... FULL MOTION!

Joint pain is a common problem in people of all ages and especially for tennis players. Lost or damaged cartilage is often the cause, and the result keeps you from leading the active lifestyle you need and want. **Full Motion** can help stop or reverse degenerative cartilage loss and support your active lifestyle.

Full Motion is a full-spectrum joint health product that contains pharmaceutically pure, "bio-functional" glucosamine hydrochloride, in conjunction with our "joint-friendly" Regenerative Mineral Complex and anti-inflammatory Herbal Comfort Complex. **Full Motion** provides comprehensive nutritional support for your joints, bones, and your body's natural anti-inflammatory processes.

Even though GNLD has been aware of glucosamine for 15 years, because of their commitment to being best in nature/best in science, GNLD has waited to make a glucosamine product that fits that philosophy. There have been problems with allergic reaction and stomach upset associated with the use of glucosamine sulfate. That is why GNLD pa-

tiently researched and looked for a source which not only produced the same results, but is also non-allergenic...glucosamine hydrochloride. Also because GNLD is committed to making a product that produces results, they have been researching the whole mechanism of cartilage repair and protection. That is why you will find our product does not contain chondroitin and does contain a special blend of herbs and minerals that support the body's ability to heal inflammation and regenerate cartilage. And as always because of GNLD'S thoroughness, you now have available a product that can repair and replace cartilage lost from overuse and/or aging.

Traditionally athletes and non-athletes alike have been treated with anti-inflammatory drugs (NSAID's) which control the pain but do not significantly help repair damage to cartilage. The long term use of these drugs have significant risks and negative side effects. By contrast **Full Motion** is natural, safe and instead of masking the pain, "attacks" joint degeneration and joint pain from

multiple nutritional fronts. **Full Motion** provides not only 1500 mg of pharmaceutically pure, sulfite-free glucosamine it also provides:

- Herbal Comfort Complex, an exclusive blend of Bromelain, White Willow and Boswellia, ingredients strongly associated with the body's natural mechanisms for minimizing joint pain and inflammation.
- Regenerative Mineral Complex, an exclusive blend of synergistically critical Zinc, Boron, and Silica, key minerals for joint health.
- 3D Advantage, which provides optimal bioavailability through maximum Disintegration, Dissolution and Dispersion.

Buy your bottle today at HealthyTennis.com