

Georgia's Proteins for Balance & Better Health

Contain no...

- *Sugars*
- *Artificial sweeteners*
- *Fillers*
- *Stimulants*
- *Synthetic nutrients*
- *Yeast*
- *BGH (bovine growth hormone)*
- *GMO (genetically modified food)*

and...
**Georgia's Proteins
can help you feel better!**

What you need to know about your body.

Many systems of the body help regulate and maintain normal body functions—circulatory system, digestive system, central nervous system, immune system, etc.—but no system is more abused on a daily basis than the endocrine system. This system contains glands (pancreas, adrenals, thyroid, gonads, pituitary, thymus, etc.) which produce and regulate hormones that balance other systems of the body.

When the endocrine system gets exhausted, it compromises biochemical, metabolic, and physiological function, and can cause addictions, allergies, cravings, fatigue, weakness, pain, anxiety, panic, irregular heartbeats, neurological conditions, hyperactivity, inability to focus or concentrate, weight gain or loss, depression, and, indeed, much more.

In addition to hormones, the endocrine system also regulates blood sugar, digestion, circulation, heart rhythm, elimination, nervous system—behavior, personality, emotions, pH's, and more. It is virtually impossible to heal most conditions without first addressing endocrine function, which is usually compromised by the long-term cumulative effects of every day habits.

When the endocrine system is out of balance, we are in **metabolic stress**. Excluding a rare tumor, the major contributors to this number one cause of degeneration lie in diet and lifestyle habits. I refer to the offenders as the “9 S's”:

- 1) S.A.D. - Standard American Diet (processed foods – fun, fast, fake & fat)
- 2) Sugar (the worst thing in the diet)
- 3) Starch/carbohydrates (turn to sugar)
- 4) Substances of abuse – a/k/a stimulants – (caffeine, nicotine, alcohol, drugs)
- 5) Skipping meals
- 6) Sleep deprivation
- 7) Stress (mental, emotional, physical)
- 8) Stressercize – excessive exercise, and
- 9) Sabotaging toxins in air, water, and food

What you need to know to feel better.

Fortunately, we have control over the majority of the offenders. We may have little or no control over the myriad of toxins that enter our body everyday, but we can control our diet and lifestyle habits—and often that is all we need to do.

It is impossible to eliminate symptoms and disease unless we eliminate the cause(s). By cutting sugar intake and carbohydrates, avoiding addictive and harmful substances, eating three well-balanced meals and snacks a day, getting adequate rest, and learning to control stress, we will begin to eliminate our metabolic stress and bring all of our systems back into balance, thus allowing the body to heal.

*The only way to cure anything
is to get the body into balance
so it can cure itself!*

(Dr. Keith S. Lowell, M.D., D.O.)

There is no drug, surgery, or multiple nutritional supplements that can restore normal balance. The *only* way to regain and maintain balance is to eliminate the habits that create the imbalance. My physician (and mentor) warned.....

*If you don't control your chemistry,
your chemistry will control you.*

There are no magic bullets to fix a body out of balance. That's wishful thinking. An imbalance can only be corrected and controlled by you.

*We won't stop being sick
until we stop making ourselves sick.*

Don't treat disease - beat disease.

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Education before Medication

Read the Testimonies...

of individuals who regained health by simply healing the endocrine system and restoring biochemical, metabolic, and physiological balance—when all else failed...

Multiple Sclerosis

“In 1983 at age 27, I was diagnosed with multiple sclerosis. My vision was impaired, and I was in and out of a wheelchair. Traditional treatment offered no relief.

I was referred to Georgia by a co-worker whom I was training to take over my job. I tried the nutritional approach Georgia recommended.

Within six months, most symptoms were gone, and I returned to work. Today, 32 years later, I’m still employed full time – and still following Georgia’s recommendations.”

Chris C., Janesville, WI

Panic attacks, fatigue, depression and irregular heart beats

“I suffered from night panic attacks, an irregular heartbeat, depression and a frightening feeling of impending doom. Bedridden with extreme fatigue, I was often unable to get to work. Although I have a degree in nutrition, I was unable to find a solution to my problems

Then I met Georgia. She had a different nutritional approach. She taught me how to eat and how to balance my diet for my chemistry. It worked.

I have Georgia to thank for steering me in the right direction, especially considering all the improper diet information the public gets.”

Jim O. Janesville, WI

Arthritis

In the year 2000, I was diagnosed with rheumatoid arthritis. After 9 months of different medications I was frustrated because my swelling had gotten worse and I was experiencing bad side effects from the drugs. I met with Georgia in 2001, started on the balance diet, and gradually reduced my medications. Today, three years later I have no swelling, exercise regularly, off all medications, and

leading a normal life. I now eat to live rather than live to eat. I am very thankful for Georgia.”

Richard H., Stoughton, WI

Epilepsy/Seizures

“In 1973 I was diagnosed with epilepsy, which I had controlled with medications for 25 years. Concerned with a diminished ability to concentrate and focus, coupled with daytime fatigue, I began looking for a different approach. A friend referred me to Georgia in 1998.

In one year on her nutritional program, I no longer needed medications to control seizures. I have regained my ability to concentrate and I have more energy. In addition, I was pleasantly surprised that problems with back pain and digestive disorders have virtually disappeared. I feel this recovery would not have been possible had I not followed Georgia’s diet recommendations exactly. If you really want to change for the better, you MUST control your chemistry with changes in diet and lifestyle or as Georgia often says, ‘your chemistry will control you.’”

–Ron B., New Glarus, WI.

Headaches, depression, insomnia, allergies, asthma and attention deficit,

“When I met Georgia, I was a 25-year-old college student, overweight, depressed and sick a lot. I had headaches, mood swings, severe allergies, asthma attacks, PMS, acne and painful breast cysts. My concentration was poor, and I couldn’t read a paragraph in a book without falling asleep, leading to 1.9 grade-point average.

When Georgia taught me how to balance my chemistry through nutrition, my world changed. I found relief from all symptoms and lost 20 pounds. To my surprise, my limited attention span, which I thought was a learning disability, improved enough to raise my grade point to 3.8.”

–Renee W., Milwaukee, WI.

Anorexia bulimia, chronic depression, lack of energy, PMS, anxiety

“For years, I struggled with anorexia and bulimia, chronic depression, lack of energy, PMS and anxiety attacks. I tried support groups, medications, counseling, antidepressants and other conventional treatments. These resources helped to a point, but

with Georgia’s nutritional approach, in two weeks I lost my compulsion to eat. I have overcome my struggles and feel 100 percent better today.” –Dawn P., Normal, IL

How to use Georgia’s Proteins:

The protein powders have been formulated to help support biochemical, metabolic, and physiological balance. Simply eliminate bad dietary and lifestyle habits (see the 9 S’s) and add a protein drink to every meal and snack to help balance blood sugar, curb hunger and cravings, improve energy and mood, and support the endocrine system and healing processes.

Blend 3 to 4 heaping tsp of powder in approximately 8 oz of water with a small amount of milk or cream, and a little fruit for flavor. Fruit juice is not recommended because of its high sugar content. The goal is to strengthen the endocrine system; permitting the body to restore whole-system balance and heal itself.

Unless sensitive to milk products, start with the Whey Concentrate powder (silver bag). It is not self-mixing, so a blender is needed, but it is an excellent endocrine-support product.

If you need an on-the-go protein, use the Whey Isolate (purple bag), which is instantised and mixes easily with just a spoon or a quick shake.

Egg or Soy proteins are best blended and are good for those with allergies to milk products, or for those who simply prefer egg or soy.

All proteins can be mixed in foods – cereals, baked goods, meatloaf/meatballs, soups, and a variety of recipes for added nutritional support.

Be patient, as it takes time to undo years of cumulative damage. Don’t do anything to stress metabolism. Keep it balanced!

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