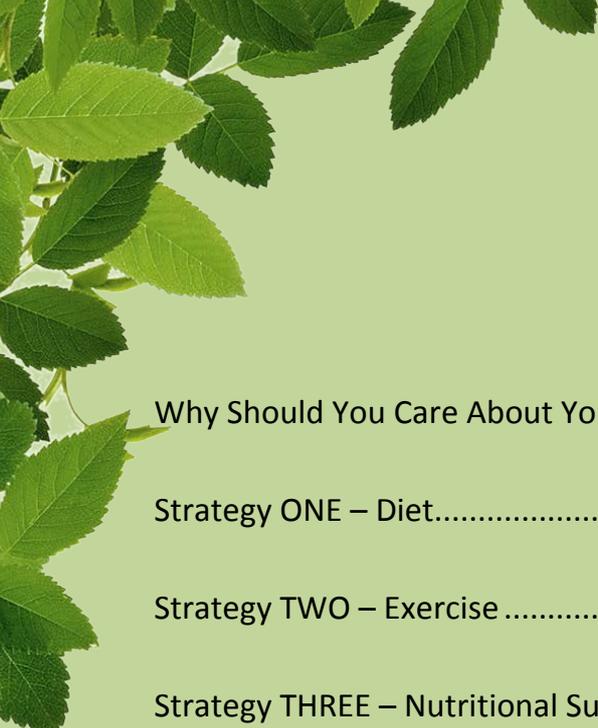




TIPS *for*
How to Regulate
BLOOD
SUGAR
Naturally



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Why Should You Care About Your Blood Sugar?

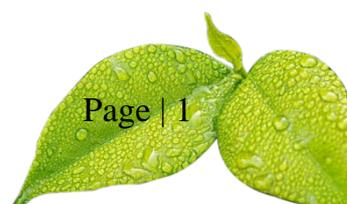
Unless you're diabetic, chances are you haven't given a moment's thought to your blood sugar before now. So why should you care about it? You should care if you find yourself getting sluggish or tired at 3:00 p.m. every afternoon. You should care if you reach for cookies, candy bars, or cola to give you a shot of energy. You should care if you've ever found yourself hungry late at night or – worse yet – in the middle of the night and making a refrigerator raid. You should care if your earnest attempts to lose weight have met with little or no success. You should care if you've noticed your vision or your memory slipping in recent years.

! !
*A 55-year-old man
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biological age of 66* ! !

“A 55-year-old man with poorly controlled diabetes has a biological age of 66,” according to Michael Roizen, M.D., author of the New York Times #1 Bestseller *Real Age*. **Those who take charge of their condition, keeping their blood sugar within normal ranges, experience little premature aging. You can combat insulin resistance, stop premature aging, prevent blood vessel damage, and keep your blood sugar under control.** People who lose excess weight, begin exercising, and eat balanced diets can halt the aging effects of uncontrolled blood sugar, suffering no more aging than their healthy peers.

With good blood sugar, you'll stay active and youthful much longer. Your challenge is to identify at least one or two of the ten strategies below and take action within the next 24 hours. Behavioral psychologists have proven that is key to implementing change.

Maintaining healthy blood sugar levels impacts more areas of your body than almost any other health goal.



Strategy ONE – Diet

Diet is the critical factor in blood sugar management. Everything you eat and drink impacts how good you feel. Data from the United States Department of Agriculture (USDA) reveals that about 50% of Americans routinely eat a poor diet, getting only about 60 percent of the Recommend Daily Allowance of several of the basic essential nutrients.

Your doctor may have told you to “count carbs” when planning your meals. If you’re new to monitoring your blood sugar, you may wonder why you need to carb count at all. People with type 2 diabetes need to watch carbohydrates carefully. Why? Because when any food that contains carbohydrates is digested, it turns into sugar, which increases your blood-glucose level. It’s pretty basic: Eating too many carbs can raise the amount of sugar in your bloodstream and lead to complications. The key for people with type 2 diabetes is to eat carbs in limited amounts at meals and when you snack.

For hundreds of tasty and healthy recipes that include nutrition information, visit DiabeticResourceCenter.com and click on “Free Recipes” at the top.

Strategy TWO – Exercise

! ! *Women over the age of 60 can improve their strength and endurance by exercising just one day a week* ! !

Exercise helps people in several ways. First, it can help stop or delay cardiovascular disease. Exercise also helps clear glucose out of the blood so that cells can use it for energy. The American Diabetes Association recommends getting at least 30 minutes of aerobic exercise, such as brisk walking, five times a week. But the association says for those who can't, there

are benefits from even five minutes a day, along with everyday activities such as gardening or walking to work.

Interestingly, researchers at the University of Alabama at Birmingham (UAB) found that women over the age of 60 can improve their strength and endurance by exercising just one day a week.

Gordon Fisher, Ph.D, says, "Telling people that they need to do at least three to five days of exercise to improve their overall health can be a major obstacle." **One of the key findings in this study is that doing a little bit of exercise can go a long way. Start small and do what you can.**



Strategy THREE – Nutritional Supplements

Diet alone may not be enough to ensure optimal health and a victory over blood sugar challenges. Another part of the answer lies in dietary supplements. **Super-charging your diet with vitamins and minerals can help you manage glucose levels, improve insulin efficiency, and bring you closer to optimal health.** Will supplements enable you to live longer? The research indicates that they can certainly help. How will you be able to tell as your biological clock moves forward? Pay attention to two clues – your energy levels (and a lack of fatigue) and your good health (in comparison to your peers).

Vitamins, minerals, herbs, and naturally occurring compounds, if used in a properly balanced manner, can have extremely positive effects on blood sugar levels as well as providing numerous benefits for overall health and vitality.

For hundreds of helpful articles on keys nutrients for natural blood sugar regulation, visit DiabeticResourceCenter.com



Strategy FOUR – Weight Management

Insulin sensitivity frequently declines with age and the insulin response in relation to the accumulation of abdominal fat. If you are walking around with a “spare tire” or “muffin top” around your waist, you are very familiar with the dreaded middle-age spread. In addition to diet and exercise, there are some little known ways to help you improve carb metabolism, combat belly fat, and balance blood sugar.

One of these is a Mediterranean herb that enhances carb metabolism. An extract from the herb Fenugreek enhances carb metabolism and has the potential to speed the process of blood glucose being used for energy, thereby keeping it from building up in the blood. Weight loss attempts are often derailed by sudden insulin spikes after consuming carbohydrates. A sudden drop in blood sugar, causing intense cravings for more sugary carbs, follows this spike. Ultimately, the body can't burn all these additional carbs for energy and stores them as fat. Fenugreek “evens out” insulin spikes so that we don't have rebound cravings for high calorie snacks that sabotage our attempts to lose weight.

Another weapon in the battle of the bulge is Vanadyl sulfate. Never heard of it? Don't feel bad – even some natural doctors are unaware of its powers. Vanadyl Sulfate is a specialized form of the mineral Vanadium. It works in a similar manner to insulin, but works through a different mechanism to support insulin sensitivity and regulate normal blood sugar levels.

When blood sugar goes outside the normal range the blood becomes “sticky,” which raises blood pressure, causing the heart to work harder. When there are greater levels of sugar (glucose) circulating in the blood this goes hand in hand with elevated triglycerides. Triglyceride is a fancy name for fat. In fact, 99% of body fat is made up of triglycerides. You can see why Vanadyl Sulfate is an invaluable weapon in the war on belly fat and blood sugar.

Read more on this subject at DiabeticResourceCenter.com.

Strategy FIVE – Sleep

Lack of sleep raises insulin resistance by 40%. A chronic lack of sleep may cause far more serious problems than a tendency to nod off the next day.

People who do not get enough sleep on a regular basis may become less sensitive to

insulin **which, over time, can raise the risk of** obesity, high blood pressure, and diabetes.

!! *Short sleepers are
40% less sensitive
to insulin !!*

In fact, Dr. Eve Van Cauter at the University of Chicago found that chronic sleep deprivation – 6.5 hours or less of sleep a night – had the same effect on insulin resistance as aging. As a result, “short sleepers” were 40% less sensitive to insulin.

Getting enough sleep can be likened to banking your savings – if you take sleep out of the account, you have to put it back to restore the balance. Make regular deposits to your sleep account!

Visit DiabeticResourceCenter.com to read more about the connection between sleep and blood sugar regulation.



Strategy SIX – Hydrate

Research suggests that increased water intake plays an important role in how the body regulates blood sugar levels. When the body is dehydrated, vasopressin, a hormone that helps to retain water in the body, signals the liver to produce more glucose, which increases blood glucose levels.

Since **the body is made up of approximately 60% water**, there are numerous reasons water is important to your overall health. It is very important in metabolic processes, carries waste material out of the body, and carries nutrients within the body. In addition, hydration is important in weight loss, which is often of importance to those who have diabetes.

When you don't drink enough water, your body secretes a hormone, aldosterone, that causes tissues to hold on to almost every molecule of liquid water retention. **New research shows that a decrease in water may cause your body's fat deposits to increase.**

For more information on how much water is enough for your body, visit DiabeticResourceCenter.com.

Strategy SEVEN – Plant Extracts

Gymnema Sylvestre **supports the activity of enzymes** that help cells take up glucose, so there is less of it floating around in your blood. Researchers believe this is how it helps keep blood sugar in the normal range. Gymnema is generally regarded as the most powerful herbal agent for **regulating blood sugar** and, in addition, also promotes **healthy cholesterol and triglyceride levels**.

Bitter Melon is one of the best natural ways to maintain **steady blood sugar**. Our Bitter Melon is rich in a substance called **charantin**, the active substance that supports the normal transport of glucose from your blood into the body's cells where it can be used for energy. When blood sugar levels are normal and even, you are likely to feel more energetic and experience **fewer energy slumps** during the day.

Fenugreek Extract contains a specialized soluble fiber to support stable glucose absorption. Fenugreek seems to make the stomach empty more slowly, hinder the absorption of carbohydrates, and put the brakes on the movement of glucose through the body.

To read more about the value of plant extracts, visit DiabeticResourceCenter.com.



Strategy EIGHT – Stress Management

Stress plays a direct role in how your body responds to hormones that raise blood sugar. Under stress your body goes into fight or flight mode, raising blood sugar levels to prepare you for action. If your cells are insulin resistant, the sugar builds up in your blood with nowhere to go.

Researchers have linked dozens of physical symptoms to stress overload, from fatigue to weight gain. Add another symptom to the list: the risk for high blood sugar. Stress can make the heart beat faster, the blood pressure yo-yo up and down, and the mind to race in a hundred different directions. Stress hormones that were meant to deal with short-term dangers are instead turned on for long periods of time causing the body to deal with chronically high levels of blood sugar.

Read more about how stress affects blood sugar at DiabeticResourceCenter.com.



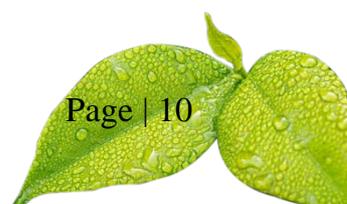
Strategy NINE – Limit Alcohol Consumption

Alcohol consumption can cause both high and low blood sugar. Alcohol can affect the amount of blood sugar and the amount of insulin in the body, particularly when consumed in high amounts.

Alcohol is high in calories and low in nutrients. That's why alcohol is often called "empty calories." When your liver breaks down alcohol, it turns the alcohol into fat. That means drinking alcohol can make you gain weight. **At 7 calories per gram, alcohol is nearly as calorie-dense as fat (9 calories per gram).** That's where that "beer belly" comes from! Watch out for calorie and carbohydrate-rich mixers like regular sodas, juices, and grenadine. Don't drink alcohol on an empty stomach or substitute alcohol for a meal.

The American Diabetes Association suggests that moderate drinking affects blood glucose levels only slightly. Guidelines include a maximum of one drink per day for women and two drinks for men. One drink equals 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of spirits.

DiabeticResourceCenter.com is a great resource for more articles on your body handles alcohol consumption.



Strategy TEN – Stop Smoking

Smoking increases your risk of developing Type 2 diabetes because it affects the way insulin works in your body. When you smoke, your body is less able to respond to insulin, thus your glucose levels increase. Studies show that smokers have poorer glucose control than non-smokers.

You benefit in important ways when you quit smoking. You can expect:

- Less resistance to insulin
- Less chance of eye damage
- Less chance of kidney damage
- Less chance of nerve damage



Congratulations on being proactive in managing your health!

By taking action to download and read these tips, you have already indicated you have two of the most important characteristics for living a healthy and happy life – motivation and interest in self-education. The Journal of the American Medical Association says, ***“In the coming decades, the most important determinants of health and longevity will be the personal choices made by each individual.”*** You make smart choices when you are informed. Living in the information age, with access to an entire library at the tap of a keystroke, you have opportunities for self-education no preceding generation has had.

For information on planning a healthy diet, recipes that include nutrition information and many helpful articles on blood sugar and related health topics, visit DiabeticResourceCenter.com.

FlourishWellness.com offers a comprehensive line of natural nutritional supplements that target specific nutritional needs. We are always happy to assist you and can be reached at support@FlourishWellness.com.

He who has health has hope; and he who has hope has everything!

*Information in this document is provided for informational purposes and is not meant to substitute for the advice provided by your own physician or other medical professional. You should not use the information contained herein for diagnosing or treating a health problem or disease, or prescribing any medication. You should consult with a healthcare professional before starting any diet, exercise, or supplementation program. User is solely responsible for their use of any content provided.

