

NATURAL DIABETES THERAPY

Sugar Coated

Just having the diagnosis of Diabetes shortens your lifespan by 10 years. High blood sugar is bad for you because the excess sugar in the blood binds to the microscopic machine parts in our cells, gumming up the vital workings on which life depends. This "sugar coating" also occurs along the artery walls, and this can lead to premature clogging of the arteries. Clogged arteries cause heart attacks and strokes. Gangrene can develop when arteries to the toes and feet become clogged.

Diabetes is also one of the leading causes of adult blindness because the sugar can clog up the small arteries in the back of the eye which supply blood to the retina. When sugar binds to the delicate nerve fibers of the body, loss of feeling or a painful burning

sensation, called neuropathy, can occur. Once neuropathy sets in, it can be very difficult if not impossible to reverse. Controlling blood sugar involves three steps:



- Eating the right diet.
- Maintaining a healthy weight.
- Keeping insulin levels as low as possible.

Borderline elevated blood sugar and Diabetes are very serious conditions that can erode your health over time. Nutritional therapy and nutritional supplements can play an important role in lowering blood sugar and protecting you from the devastating consequences of high blood sugar. Ask for the "How Sweet it is: Natural Blood Sugar Control" brochure for more details.

Manage Abnormal Blood Sugar

CHROMIUM

by Pure

- Lower cholesterol levels



Chromium helps manage abnormal blood sugars by allowing insulin to work more efficiently. Insulin can then get more of the sugar out of your blood and into your cells where it can be burned for energy.

The most studied form of chromium is chromium picolinate and our Natural Pharmacy carries the PURE brand of chromium.

PRODUCT #	SIZE
125	60 cap

Reduce Blood Sugar

SUPER C

by MyBestHealth

- Controls gas and bloating



Vitamin C helps reduce blood sugar and the harmful effects on the body of elevated blood sugar.

Vitamin C has been shown to reduce the other medical problems that contribute to disease and debility in diabetic patients including high cholesterol, high blood pressure, and hardening of the arteries. Super C is a highly absorbable vitamin C with citrus bioflavonoids for extra anti-oxidant protection.

PRODUCT #	SIZE
190	90 cap



Remedy for High Blood Sugar

VERATROL & TRUGLYDE THERAPY

by MyBestHealth

High blood sugar and diabetes continue to be a major cause of preventable illness and death. Just having the diagnosis of diabetes will statistically shave 10 years off of your expected lifespan.

And diabetes is still the number one cause of non-traumatic amputations and blindness in adults.

Dr. Hirt has a comprehensive, personalized program to help you control your blood sugar and avoid the cascading miseries of illness that come from neglecting high blood sugar. Veratrol and Truglyde are an all-natural blend of effective herbal remedies



for high blood sugar, and are without the typical side effects of prescription diabetes medicine.

Veratrol and Truglyde are typically used together as a combined therapy.

NAME	PRODUCT #	SIZE
Truglyde	231	60 caps
Veratrol	232	143 gm

Helps Liver Detoxify Blood

BLESSED THISTLE

by MyBestHealth

- **Lowers blood sugar and blood cholesterol**
- **Centuries old formula**
- **Lowers insulin levels**



Blessed thistle is the common name for the herb *Silybum marianum*, long appreciated through the centuries by medicine men for its tonic health benefits.

And now modern herbalists know why.

Blessed Thistle helps the liver detoxify the blood and regenerate itself when injured by the foods, drugs, and

chemicals we ingest or inhale. It also has been shown to lower blood cholesterol, blood sugar, and insulin levels without side effects.

Blessed Thistle can be used by patients currently using medicines that tax the liver or for patients with high cholesterol, blood sugar, elevated insulin levels, and prostate concerns.

PRODUCT #	SIZE
120	90 cap

Improves Blood Sugar & Mood

GINSENG

by Pure

- **Memory**
- **Energy**
- **Sexual dysfunction in men**
- **Math Skills**
- **Menopause symptoms**
- **Reaction times**



In a randomized, placebo controlled study, ginseng was found to improve both blood sugar and mood in patients with Diabetes.

Ginseng also improves energy, memory, math skills, reaction times, menopause symptoms, and sexual dysfunction in men.

PRODUCT #	SIZE
172	60 cap



Less Limb Numbness

BIOTIN

by Allergy Research

- Helps brittle nails
- Blood sugar control



Biotin is an essential vitamin found in many different types of foods, including dark green vegetables, eggs, nuts, and dairy products. Without enough biotin in their bodies, patients can experience hair loss, red and scaly skin rashes (particularly around the nose and mouth), thin and brittle finger and toenails, numbness and tingling of the hands and feet, as well as elevated blood sugar levels.

While severe biotin deficiencies are rare, I have successfully used biotin as part of my Female Pattern Baldness remedy. Sorry guys, biotin does not seem to help Male Pattern Baldness. However, biotin can help both men and women with brittle nails and help diabetics get better blood sugar control and have less limb numbness when used as a comprehensive diabetic therapy program.

PRODUCT #	SIZE
118	60 cap

Resistance Training

Some 90% of patients with Diabetes have plenty of insulin, but their body's cells have become resistant to insulin's action. Insulin comes knocking on the cell's membrane to deliver blood sugar, but there is no answer. This is referred to as Type Two Diabetes and is characterized by insulin resistance. This resistance usually comes from the effect of hormones secreted by fat cells. The more fat cells you have, the more of these "insulin resistance" hormones are secreted. These hormones keep the cells from responding normally to insulin.

Fat cells are why obesity is the leading risk factor for developing Diabetes, and why losing weight is one of the best ways to cure your self of Diabetes. Even as little as 10 or 15 pounds of weight loss can substantially lower blood sugar levels by simultaneously reducing the fat-cell hormones that interfere with insulin blood sugar lowering action.

In many cases, once a healthy weight is achieved, nutrition supplements or prescription medication for blood sugar control may no longer be necessary.

Garbage In, Garbage Out

Your first step in managing your blood sugar is to control the amount of sugar that gets into your body from your diet. It is not just plain sugar that you have to watch out for but also the simple, white carbohydrates, as well.

Simple carbohydrates are made from over-processed white flour, and when these foods hit the pit of your stomach, they break down into sugar in a matter of minutes. So, a bagel with cream cheese and a donut look pretty much the same after a little bit of stomach digestion. A piece of white bread, some saltine crackers, and a couple teaspoons of sugar also look pretty much the same after one or two minutes of sitting in stomach acid.

It is important to choose complex, brown carbohydrates such as breads, crackers, and cereals made from whole grains. Not even "whole wheat" is as good as "whole grain." Choose brown rice over white rice, and eat your potatoes with the skin as opposed to mashed or French fried.

The closer your carbs look to the way G-d made them, the better they will be for you.

While not all carbohydrates are "bad," controlling your blood sugar will require you to balance the types and amounts of carbs in your diet. One carbohydrate that tends to consistently elevate blood sugar is amylose. This carb is found in bananas, beans, and most grains. To help you determine how much and how often you should eat amylose-rich foods, I have created personalized nutrition programs that can help you determine exactly what a balanced diet looks like for you.

When you are ready, just ask and we can get you started.

