

# Diabetes

**Harmony & Health**

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Quality Products for Health

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Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. Glucose is your body's main source of energy. Your body can make glucose, but glucose primarily comes from the food you eat. Insulin, a hormone made by the pancreas, helps glucose get into cells to be used for energy. If you have diabetes, your body doesn't make enough insulin, or doesn't use insulin properly; glucose then stays in your blood and doesn't reach your cells.

Diabetes raises the risk for damage to the eyes, kidneys, nerves, & heart. Taking steps to prevent or manage diabetes may lower your risk of developing diabetes health problems

Two primary types of diabetes: **Type I** - when the pancreas is damaged and can't produce insulin, thus requires regular insulin injections. **Type II** - when the cells are resistant to insulin, causing the pancreas to overproduce it & eventually unable to produce enough. This type develops slowly and can often be reversed by diet & changes in lifestyle, such as exercise & weight loss.

## Supplements to consider:

- **Cinnamon Balance** optimizes the power of cinnamon along with nopal, fenugreek, astragalus, burdock & dandelion to harmoniously and safely maintain healthy blood sugar balance.
- **Sugar-Reg** promotes efficient cellular glucose metabolism; Gymnema leaf has been used in Ayurveda for centuries. Its Hindi nickname gurmar means "destroyer of sugar."
- **Ayurvedic Blood Sugar** - gymnema & bitter melon blend for liver, pancreas, & blood sugar balance.
- **ProPancreas** traditionally used to support proper pancreatic, digestive, & glandular functions.
- **Berberine IR** referring to insulin resistance... switches cells from "idle" to "on", so they use glucose more efficiently. Additionally, Berberine supports healthy gut performance to help combat endotoxins. High-carbohydrate diets change the microflora of the gut, increasing bacteria that produce endotoxins. These endotoxins are released into the bloodstream and interfere with normal glucose metabolism. Berberine specifically supports gut health by inhibiting the ability of endotoxins to bind to muscle cells, thus helping to support proper glucose metabolism function.
- **Nopal**, as known as prickly pear cactus, has been used historically to regulate the blood sugar levels in the body; It helps the body be more sensitive to insulins. Its naturally occurring pectins and mucilage (slipperiness) also support digestion and intestinal health.
- **Chromium GTF** -Chromium is the central atom in the "glucose tolerance factor" (GTF), a hormone-like compound that works with insulin to transport glucose—the body's quickest fuel—out of the blood and into the cells. Many diets are deficient in Chromium, so by adding this chelated chromium blend, the intestines can produce GTF. The liver also needs chromium to manufacture fatty acids, lecithin, cholesterol and lipoprotein for cardiovascular and brain health.

**Important:** This information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness, we recommend you consult a competent health practitioner before beginning a course of treatment.



*Building Better Health Naturally*