

# A Holistic Approach to Diabetes Management



In the United States today, diabetes affects more than 12% of all adults over the age of 20. By the age of 65, that number has ballooned to a whopping 26%! Even for adults that haven't developed full-blown diabetes, prediabetic levels of elevated blood sugar are rampant. One recent study estimates that 37% of all adults are prediabetic! These statistics provide us with a stark reminder that the standard American diet has gone terribly wrong.

Unfortunately, diabetes isn't just inconvenient. It can also cause serious complications with your feet, your kidneys, your cardiovascular system, and more. If you have diabetes, you're much more likely to develop debilitating conditions like neuropathy, glaucoma, and Alzheimer's disease! That's why it's so important to be proactive about your condition and manage it through diet and lifestyle changes.

And though the changes are simple and effective, they're kept surprisingly secret. Most diabetics don't know that simple diet and lifestyle changes can completely reverse the course of their disease! On this program, we'll teach you how to implement some basic strategies that will change your life. When you're done, you may find that you no longer need as much medication as you did at the start of your program (if you still need any at all). For this reason, it's very important to work closely with any prescribing physician to monitor your needs as they evolve.

If you're interested in purchasing the Solutions4 supplements listed in this brochure, you're in luck!

We're offering a special discount on these products when they're purchased together:

- Craving and Impulse Control
- Adrenal Calming
- Sleep
- Serotonin Support

Ask a staff member for more information about this special offer!

Enhance  
Your Program  
for Diabetes  
Management

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# Nutritional Strategies for Diabetics



If you have diabetes, you know that it's important to keep your blood sugar within a certain range before and after eating. However, there are several additional steps that you can take to improve your health and reduce your need for medication over time. Many of these steps are outlined in your program manual. Here are a few additional tips that may be useful:

1. Eat your meals at consistent times each day. Skipping scheduled meals and snacks can cause your blood sugar levels to fluctuate.
2. Monitor your blood glucose levels carefully as you begin making changes to your diet. You may find that you need less insulin than before!
3. Have healthy snacks on hand at all times. Don't fall off the wagon because you're forced to buy something convenient on-the-go!
4. Use the Nutritional Shake as a post-workout recovery beverage. Exercising can bring down your blood sugar levels, and you may need a healthy pick-me-up when you're done.
5. If you find yourself craving unhealthy foods, take the Appetite Appeaser, drink some water, and have a healthy snack. You'll find that your cravings are more manageable than you thought!
6. Don't skimp on fiber-rich vegetables. Foods that are high in fiber help to stabilize your blood sugar levels and keep you feeling fuller for longer!

# Lifestyle Strategies to Balance Blood Sugar

## Get Enough Sleep

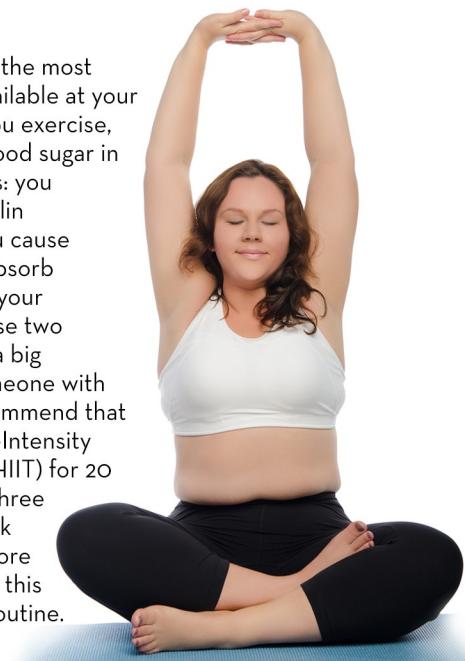
Though sleep and blood sugar may not seem to be related, they're actually intricately intertwined. Too little sleep can alter the way that your body processes sugar, causing your blood sugar levels to skyrocket, even after a moderate meal! After only a few nights of inadequate sleep, the effects can be dramatic. Fortunately, most of these consequences can be reversed when you switch over to a healthy sleep schedule (at least 7-9 hours of sleep per night).

## Stress Less

You probably don't realize that stress can affect your blood sugar levels as well. That's because stress causes your body to believe that it's under attack, activating its "fight or flight" response. This automatic response causes your body's stored energy (glucose and fat) to be released so that you can get away from danger. Unfortunately, if you're not actually in any danger, you'll be left with elevated blood sugar levels and no real advantage.

## Exercise More

Exercise is one of the most powerful tools available at your disposal. When you exercise, you lower your blood sugar in two different ways: you increase your insulin sensitivity and you cause your muscles to absorb excess glucose in your bloodstream. These two effects can make a big difference for someone with diabetes. We recommend that you practice High-Intensity Interval Training (HIIT) for 20 minutes per day, three days per week. Ask your doctor for more information about this type of exercise routine.



# Supplements for Health and Healing

Though you'll need several supplements to maximize your nutritional intake and reverse the course of your disease, there are a few that are worth discussing in detail:



The **Appetite Appeaser** can make it much easier to give up unhealthy processed foods that spike your blood sugar and contribute to your condition. It balances your blood sugar levels and nips cravings in the bud!



The **Fiber Blend** also helps to balance blood sugar levels and promotes a sense of satiety. It also helps to lower cholesterol levels into a healthy range!



The **Nutritional Shake** provides you with a treat that's delicious, nutritious, and won't spike your blood sugar. With something that tastes so good, you won't feel like you're missing out on anything!



The supplements listed above are already included in your program, but there are a few additional supplements that you may want to try:

**Craving and Impulse Control** makes it easier for you to manage your cravings, improves your energy levels, and helps you transition into a healthier diet.



**Adrenal Calming** is designed to relieve stress on your adrenal glands, thereby reducing cortisol production and stabilizing your blood sugar levels.



**Sleep** is designed to promote healthy sleep, which can be difficult for many diabetics. If you're often woken by your bladder, this supplement may make it possible for you to sleep deeply through the night!



**Serotonin Support** helps to improve your mood and reduce irritability, making it much easier to transition into a healthier lifestyle and maintain an optimistic outlook on life!