

# COMMON AILMENTS DIABETES

By Martha Wilmore –Nutritionist 2009

## **NOTE:**

1. To reduce toxin exposure, eliminate ALL AVOIDABLE TOXINS by choosing Shaklee toxin-free cleaners and personal care products.
2. To support more optimal fibre and raw essential oils, it is recommended to eat 3 tablespoons of fresh ground flaxseed daily
3. With every ailment listed below, use the three items listed FIRST for support to one of the Starter Programs
4. **ALL programs should begin with ONE of the following three STARTER PROGRAM**

## **OPTIONS:**

### **A. Bare Essentials**

1. 3 tablespoons of Soy Protein or 2 scoops of Cinch Shakes
2. 2 Vita Lea
3. 1 Optiflora Pearl **PLUS** 1/8th to 1 teaspoon Optiflora Powder

### **B. Basic Program for Prevention**

1. 3 tablespoons of Soy Protein or 2 scoops of Cinch Shakes
2. 1 Vitalizer Strip (with or without iron) **PLUS** 1/8th to 1 teaspoon Optiflora Powder

### **C. Better Program for Prevention and Symptoms**

1. 3 tablespoons of Soy Protein or 2 scoops of Cinch Shakes
2. 1 Vitalizer Strip (with or without iron) **PLUS** 1/8th to 1 teaspoon Optiflora Powder
3. 1 teaspoon of Vivix
4. 2 NutriFeron

## **DIABETES:**

- \* increase fibre in diet to prevent drastic shifts in blood sugar levels (Cinch Shakes are a great choice)
  - \* avoid white flour products
  - \* Follow the Calorie/Carbohydrate Ratio Diet
  - \* include 1 teaspoon of cinnamon in your diet each day
1. **VIVIX:** supports reduction of blood sugar
  2. **GLUCOSE REGULATING COMPLEX:** helps manage blood sugar
  3. **LECITHIN:** reduces risk of cardiovascular disease; reduces neuropathy problems; increases circulation
  4. **VITAMIN E + SELENIUM:** helps reduce risk of retinopathy; neuropathy, gangrene, & circulatory problems
  5. **B COMPLEX:** helps reduce risk of neuropathy; increases glucose utilization; strengthens pancreas
  6. **ALFALFA:** replaces minerals lost by frequent urination; strengthens kidneys
  7. **ZINC:** promotes healing
  8. **VITAMIN C:** strengthens pancreas; essential in healing; reduces risk of retinopathy; reduces risk of cardiovascular disease
  9. **CoEnzymeQ10:** energizes the pancreas
  10. **GARLIC:** reduces risk of infections which are common in extremities in diabetics

The Shaklee Difference - The principle of "Products in Harmony with Nature and Good Health" guides Shaklee science. Experts in nutrition, public health, food science, analytical chemistry, biochemistry, herbology, microbiology and engineering staff the 52,000 square foot Forrest C. Shaklee Research Center in Hayward, California. They continue the important research and development that makes each product the world standard for quality. This information is not intended to replace medical care. This information is not intended to diagnose, treat or cure. The recommendations are geared towards the prevention of disease and the descriptions of individual products in this report are not meant to indicate that they can significantly reduce the risk of disease by themselves; rather the descriptions are meant to indicate the role that they may play as part of a holistic approach to optimal health. This report is not to be used as a substitute for appropriate medical care and consultation, nor should any information in it be interpreted as prescriptive. Any persons who suspect they have a medical challenge should consult their physicians/pediatricians for guidance and proper treatment. Any testimonials herein do not represent Shaklee's position on their products. It comes entirely from the experiences of a satisfied consumer.

*This information is not intended to replace medical care. Compiled from Healthyfiles.com 7.2011  
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## **DIABETES**

Diabetes is considered to be an **epidemic** in America, affecting some 12 million Americans and every year the incidence of diabetes increases by an astounding 6%. That means 600,000 new cases are added each year. A newborn baby who lives to age 70 has a one in five chance of becoming a diabetic. A federal commission reported in 1975 that the incidence of diabetes had increased by over 50 percent from 1965 to 1973. Diabetes kills over 300,000 people a year, making it our third largest killer after heart disease and cancer. The risk of heart disease is 2 to 4 times greater for people with diabetes; the risk of stroke is two to six times greater. Diabetes is also the number one cause of adult blindness in the United States. Each year there are more than 5,000 new cases of blindness resulting from diabetes. It can also cause kidney failure leg ulcers, amputations and a much greater susceptibility to infections. Many health experts believe these complications of diabetes can be prevented or delayed by proper attention to diet and lifestyle.

### **CarotoMax**

This enhances the healing of tissues and immune competency, as powerful antioxidants demonstrated by Albert Einstein College in wound healing studies.

### **B-Complex**

B's are associated with sugar metabolism/energy release. Neuropathies, especially with pain/burning sensations, and leg ulcers respond well to the B's.

### **Vita-C**

Vitamin C is essential for many body processes, from iron absorption, to healing, hormone production, immune function and reduction of heart disease risk.

### **Vita-E Complex & Vita-E 400 IU**

LDL Cholesterol fats in the diet can become oxidized and wind up as plaque ("hardening" of) the arteries. Poor circulation can be a serious side effect of diabetes. Vitamin E is a strong antioxidant and has been proven to prevent this plaque buildup.

### **Essential Omega-3 Complex**

This fatty acid has a beneficial effect on the vascular system. Omega-3 fatty acids, normally found in cold water fish (such as sardines, anchovies and salmon), are a prime reason that Asian populations have lower incidence of heart diseases.

### **Lecithin**

Lecithin contains choline, inositol and essential fatty acids. For those with neuropathies, Inositol can reduce symptoms. Dry skin problems respond well to the essential fatty acids.

### **Zinc Complex**

Insulin contains a lot of zinc and diabetics seem to lose more of it in their urine. It is also an important component of over 90 body enzymes. It is also important for healing and immune competency.

### **Super Cal Mag Plus & Chewable Cal Mag Plus**

Magnesium is associated with carbohydrate metabolism and is usually low in diabetes. Low levels are associated with heart disease and retinopathy. Calcium is necessary for bones.

### **GLA Complex**

GLA, from the Borage plant, owes its amazing array of benefits to the body from the "good" prostaglandins, which it produces. They do everything from lowering elevated blood pressure, to improving circulation, cradle cap, eczema, menopausal symptoms, MS, and MS to reducing inflammation. The body is supposed to make GLA, but diabetes often inhibits its formation.

### **Optiflora**

This advanced colon care system contains Bifidus and Acidophilus, essential friendly bacteria that ideally live in our lower intestines. These good bacteria are absolutely necessary for the health of your gastrointestinal tract and urinary tract. They help balance bacterial growth, maintain healthy yeast levels, help digest food and assist in the production of B vitamins.

### **Glucose Regulation Complex**

This advanced approach to blood sugar regulation promotes efficient glucose utilization. Aids normal glucose transport into cells and normal responsiveness of cells to insulin. Helps sustain energy and prevent the steep drop in blood sugar crashes that can lead to carbohydrate cravings. This unique combination of nutrients also contains alpha lipoic acid, a powerful antioxidant that enhances the effect of C & E for efficient antioxidant activity.

#### **The Shaklee Difference -**

*Shaklee products are born from painstaking research and development. From the pioneering work of our founder, Dr. Forrest C. Shaklee, in 1915 and through the decades, Shaklee has been a leader in nutritional products. Over \$100 million has been invested in maintaining the integrity of Shaklee science. Shaklee leads the industry in analytical methods of testing purity and efficacy. As many as 63,000 laboratory tests are performed on nutritional products alone. Shaklee conducts no animal testing on its products. This information is not intended to replace medical care. This information is not intended to diagnose, treat or cure. This report is not to be used as a substitute for appropriate medical care and consultation, nor should any information in it be interpreted as prescriptive. Any persons who suspect they have a medical challenge should consult their physicians/pediatricians for guidance and proper treatment*

## **"Diabetes"**

**Studies on some of the trace minerals found in Shaklee's "Glucose Regulation Complex"** A recent meta-analysis combined the data from 61 studies looking at the effect of chromium supplementation on glucose (blood sugar) control and concluded that chromium supplementation was effective at improving blood sugar control for type 2 diabetics.\*

But what if you are already on medication for type 2 diabetes? Another study, a placebo-controlled randomized control trial, showed that adding chromium supplementation to the most commonly used oral medication for type 2 diabetes significantly improved blood sugar control compared to the medication alone.\*\*

In fact blood sugar control improved so much that many patients were able to decrease the amount of medication that they were using! Why is chromium effective?

It turns out that chromium is an integral part of a protein called glucose tolerance factor (now often referred to in the scientific literature as chromodulin) that enhances the ability of the insulin receptor to recognize and bind to insulin. That, in turn, makes the body better able to respond to fluctuations in blood sugar levels.

But don't most people get enough chromium in their diet? Actually, the American diet is fairly marginal for chromium - and that is a particular problem for diabetics. That's because whenever the blood sugar levels get too high some of the glucose spills over into the urine and carries trace minerals like chromium with it. Thus, a significant percentage (30-40%) of type 2 diabetics are deficient in chromium. Supplemental chromium is particularly effective in helping those diabetics get their blood sugar levels under control.

Now there is a bad news & good news aspect with respect to chromium supplementation to get your blood sugar under control. The bad news is that the chromium levels that were shown to be effective in many of these clinical trials are quite high, and chromium can be toxic if consumed in a large enough amount for an extended period of time. The good news is that many type 2 diabetics are also deficient in vanadium and magnesium, and supplementation with those nutrients in deficient individuals also improves blood sugar control.

**What that means is that supplements containing lower levels of all three minerals (such as Shaklee's Glucose Regulation Complex) are often effective in helping people regulate their blood sugar levels normally.**

If you would like more information on **Shaklee's Glucose Regulation Complex**, let me know. It has worked so well for so many people. It is great for people who just want to keep a good glucose balance, but who are not diabetics. In Shaklee's Member Site, you can get information on all our products by going into the Library. It is listed at the top of the page.

*To your health, Steve Chaney, Ph.D. N. Carolina School Medical School*

## [Shaklee Glucose Regulation Complex](#)

- helps insulin transport glucose more effectively • helps cells take up glucose more efficiently and therefore may help prevent the onset of Syndrome X, Type II Diabetes and heart disease.
- Helps sustain energy and prevent blood sugar crashes that can lead to carbohydrate cravings.

*Magnesium*-involved in the breakdown of glucose and release of insulin. 25-40% of diabetics have low blood levels of magnesium.

*Zinc*-activates insulin to full power, helps lower blood sugar.

*Chromium*-helps insulin by moving glucose and other nutrients into the cells, stabilizes the body's

metabolism, may decrease hunger and limit food cravings and improves blood sugar control. Diabetics have, on average, 35% lower blood levels of chromium.

*Taurine*-high blood sugar causes taurine depletion. It's important in nerve conduction. Clinical studies suggest that taurine may help prevent diabetic neuropathy.

*Vanadium*-improves the ability of the liver to utilize glucose, one study showed that it lowered fasting plasma glucose levels by 20%.

*Alpha Lipoic Acid*-potent anti-oxidant that improves insulin sensitivity, improves glucose utilization and decreases frequency of cataract formation, vascular damage & neuropathy.

*Banaba Leaf Extract*-regulates and stabilizes *both* blood sugar and insulin.

**Note:** Glucose Regulation Complex provides all the above benefits.

## **CHROMIUM INTAKE AND TYPE 2 DIABETES BY DR CHANEY - 2008**

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### ***Why is chromium effective?***

It turns out that chromium is an integral part of a protein called glucose tolerance factor (now often referred to in the scientific literature as chromodulin) that enhances the ability of the insulin receptor to recognize and bind to insulin. That, in turn, makes the body better able to respond to fluctuations in blood sugar levels. But don't most people get enough chromium in their diet? Actually, the American diet is fairly marginal for chromium - and that is a particular problem for diabetics. That's because whenever the blood sugar levels get too high some of the glucose spills over into the urine and carries trace minerals like chromium with it. Thus, a significant percentage (30-40%) of type 2 diabetics are deficient in chromium.

Supplemental chromium is particularly effective in helping those diabetics get their blood sugar levels under control. Now there is a bad news & good news aspect with respect to chromium supplementation to get your blood sugar under control. The bad news is that the chromium levels that were shown to be effective in many of these clinical trials are quite high, and chromium can be toxic if consumed in a large enough amount for an extended period of time. The good news is that many type 2 diabetics are also deficient in vanadium and magnesium, and supplementation with those nutrients in deficient individuals also improves blood sugar control. What that means is that supplements containing lower levels of all three minerals (such as Shaklee's Glucose Regulation Complex) are often effective in helping people regulate their blood sugar levels normally. To your health, *Steve Chaney, PhD*

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# Dangers of Sugar

## 1. Our sugar consumption

- a. 1900 10 pounds per capita
- b. 1985 124 pounds
- c. 2000 160 pounds

## 2. Dangers of Sugar

a. Immune dysfunction .. Lendon Smith used to call sugar and white flour and all the refined snacky stuff .. the “ anti-nutrients” why? Because they depleted the precious few nutrients we have in order to metabolize them.. thus depleting many essential for the immune system .. slows down the white blood cells swimming thru the blood stream trying to capture and devour the germ.. the viruses, the bacteria, the parasites, the cancer cells ... i. What happens to our immune systems at holidays .. like from Halloween..pretty much straight thru to Christmas , Hannukkah, the December holiday season .. lots of sugar .. lots of colds and flu .. b. Feed Candida Yeast..

i. Candida are those nasty yeast organisms that grow out of control after someone has been given antibiotics.. or steroid based medications (women often receive hormones to regulate cycles , for birth control etc) people with asthma receive steroid based medications.. and even a bout of diarrhea can throw off the balance in the intestines and allow the yeasts to grow rampant .

ii. They attach themselves to lining of the intestines and over time may poke holes in the lining . which can lead to “ leaky gut syndrome.”.. these poor folks develop environmental sensitivities ... food allergies .. sometimes headaches or migraines ... many conditions of illnesses and discomfort ..stem from an unhealthy gut..

iii. And guess what candida favorite food is..... sugar and white flour c. Sugar depletes B Vitamins essential for the brain and the nervous system ... behavior changes

d. Sugar causes the body to become more acidic ..some experts say this a condition that favors the progression of arthritis, inflammation and even cancer

e. Contributes to excessive weight gain ..

f. Dental decay

g. Diabetes

h. Cancer

i. Heart disease

j. Osteoporosis

k. Arthritis

l. Terrible for the digestive tract

i. Depletes minerals ( calcium, chromium, magnesium and zinc)

ii. Reduces production of digestive enzymes

iii. Leads to allergies and immune issues

iv. Sugar sticks to t the proteins and changes their properties and interferes with their ability to function and thus leads to Combines with proteins form AGE's damaging compounds called advanced glycation end products .. which promote heart disease, high blood pressure, cataracts and arthritis and arterosclerosis.

*By Dr S Chaney*

## CINCH AND DIABETICS

The Cinch Inch Loss Plan is suitable for use by people with diabetes and pre-diabetes. We suggest that persons with diabetes discuss the Plan with their physician before beginning. Modest weight loss in persons with pre-diabetes can prevent this condition from progressing to diabetes. And for people already with diabetes, weight loss can significantly improve blood sugar control and prevent serious complications associated with the disease. For people with diabetes who take oral medications or use insulin, weight loss as a result of the Cinch Inch Loss Plan may alter your need for these medications. Therefore, we recommend these individuals closely monitor their blood sugar levels and work with their personal health care provider to adjust their medication as deemed necessary. Medications should never be adjusted or stopped except in consultation with your health care provider.

We hope this is helpful.

Best wishes for good health and success,

Your Friends at Shaklee (Cathy) 2007

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I am so excited about my results of the new Cinch weight loss program. As of today, I have lost 9 pounds in 3 weeks and lost 5.5 inches! The thing that really excites me, however, is that as a diabetic I watch my blood sugar levels like a hawk over a field mouse. Well, over the last 3 weeks, my glucose levels have dropped into the normal range (this morning it was 90!!!!) AND I have cut my medication by 1/2! My personal weight loss goal is another 11 pounds and I have every reason to believe that when I reach that level I will be off medication entirely! I hope to be able to see my Six Pack Abs by Thanksgiving! The interesting thing about the program is that I am seldom hungry like fad diets. This program has been scientifically tested and the results will be published in a peer reviewed journal soon.

Rick

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I need to tell you about the success my friend, Sandy, has experienced with the new Cinch Plan. First, a little background. Sandy is 60 years old and is diabetic. About a year ago, Sandy had started at Curves and paid attention to her diet and lost 25 pounds in about 3 months. Then I met her and she started using the Shaklee Foundation (the strip and the protein) which made her feel great. And she was able to stay with the diabetic diet and keep the weight from coming back because of the nutrition. Being diabetic, Sandy was a little conscious about going on the Cinch Plan...after all...if she was having great results with the Foundation why change? But because she wants to build a business, Sandy decided to give it a try. After all, if it didn't agree with her she knew she would get her money back. It wasn't going to be life-threatening just to try it. Sandy started on Shaklee's Cinch Plan October 6th and couldn't believe that she wasn't hungry or experiencing any dip in energy or any of that strange feeling a diabetic feels when their food chemistry is off! She lost weight and inches steadily. She went to her usual medical check up on November 2nd and her doctor was just amazed at her blood work! Her cholesterol dropped from 178 to 124. That's down 54 points since July!!! And her Glycohemoglobin (A1C) was 9.1 in July and now it was 7.2!!! He was elated with this as the range they want for a diabetic is between 4.0 to 6.0 ----WOW! And to top it all off, she had lost 19 pounds since July! No wonder she's been feeling so good! She also told the doctor that her toe nails were almost looking normal!!! He said, "Let me take a look at those toes! Why, yes they are!!!" Then he just sat back in amazement and said..."Okay...what are you doing different? This is fantastic!!!" So Sandy told him...without detail...about Cinch. "Shaklee has this Cinch Plan where you take 2 shakes a day, have their snacks and eat a normal meal and wear this pedometer to make sure you get 10,000 steps in a day!" He liked that idea and told her he wanted her to schedule an appointment with his office staff to tell them about this Cinch Plan. He said, "I have 8 gals who work in my office and they are always on a diet and nothing good happens like this! I want them to know about this!" (Sandy and I were thinking that if they were on diets that their attitudes might be a little crabby as well!) He said, "You call the office manager, Barb, and have her give you the time." Needless to say, Sandy walked out of that office on air! A great report on her health, and contacts who are interested because the doctor recommended Cinch to his staff. When Sandy called the office manager the lady was really excited and set the appointment. Since then, Sandy uses her experience in conversation with her friends and has gotten appointment with them as well!

Adrienne K

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## DIABETES TESTIMONIES

When I was a little girl, I thought that it was normal to feel this perpetual feeling of nausea. The first time I fainted I was seven years old. I have been diabetic since I was an infant. Until Shaklee, I did not know that normal people did not feel perpetual nausea. I could not stand in line for anything because I would faint. I continued my life in the way that most diabetics go, puberty was really hard. Eventually some of the adverse results of being diabetic set in - neuropathy, vision problems, kidney problems. The kidney problems started with my first pregnancy. I had more kidney problems with my second pregnancy. Years later, I noticed that a smell of ammonia that would come frequently. I did not use any ammonia products to clean my home so I wondered what I could be smelling. Eventually I learned that the smell of ammonia is a major symptom of kidney failure. Dialysis was the answer. I learned about dialysis. I did not want to go into dialysis treatment. I do not care to be treated by the medical profession by invasive techniques. I did not want to live if my lifestyle was going to be modified by dialysis treatment. It meant that I would live the remainder of my life on dialysis and that I would get sicker and sicker. I would rather not live.

I learned about kidneys. The kidneys are comprised of a filter system fed by small blood vessels. During my studies, I came to the conclusion that diabetes is a small blood vessel disease. All of the adverse effects of diabetes is because the small blood vessels are not carrying blood to the eyes, the extremities, the kidneys. Someone told me that lecithin would cleanse the small blood vessels and capillaries, I took Shaklee lecithin three to four times a day. I was taking a lot of lecithin. I would open the bottle and just pour the capsules into my hand. Within a few days, I noticed that the ammonia smell was getting less. At the end of thirty days, it was gone. Something else happened to my body during that thirty days. My menstrual period was just a brown smudge once every month.

At the end of that thirty days, my next period was four days of red blood. I knew that something had happened to my body. My conclusion about small blood vessels was verified by this change in my menstrual cycle. I have had the test where your urine is measured for a 24 hour time span. Today, I show 80 to 90 percent of kidney function. At a Frontrunners convention about 12 years ago at Marco Island, Florida, there was a speaker there who had been diabetic from the age of 13. She told about how she had gotten herself off insulin. **She said that she took the Shaklee protein frequently all day long.** I could hardly wait to get home to start taking the protein all day long. I never dreamed that I could get off insulin, I have been on it for so long, but I did expect to have good results. I started taking protein six to nine times a day. In two weeks I went into insulin shock so badly that people at work called the Rescue Squad to revive me. The next day I took half my dose of insulin because I did not want to have the Rescue Squad called again. I expected to have high blood sugar and to be very thirsty, which is a sign of high blood sugar. I continued taking the protein. To my surprise, my blood sugar did not rise and I did not experience the thirst. I continued to take less insulin.

My insulin story gets better. Two years ago, I bought a home that was 1/4 mile from where I was living. When I moved, I had the movers move the big stuff and I thought that I could take the small stuff in my car. It turned out to be a lot of work and I reduced my insulin to accommodate all the energy I was using. I was also concerned that all the lifting and carrying would make my muscles tight. Because it would take me several days to complete the task, I wanted to be able to move stuff without muscle stiffness. To remedy the muscle stiffness, I took the Shaklee Physique instead of protein. Remember - I had cut my insulin. To my surprise, I did not need to increase the insulin after the move was complete and my activity was back to normal. The Shaklee Physique had some affect on me. I have continued to this day on the Physique and the protein six to nine times each day. Twenty years ago, I was taking from 28 to 35 units of insulin twice every day. Today I take 8 to 12 units on a sliding scale in the morning. Frequently, I eliminate my evening dose of insulin. My blood sugar runs consistently between 90 and 110 in the morning. I have found that if I eat a diet strictly of legumes and whole grains that I can eliminate insulin three to four days a week. As I have continued with the Shaklee products, adding more and more of them to my regimen, I have improved and improved. My vision problems are gone. Sometimes, I wear reading glasses. The neuropathy is gone. I had reached a point where I did not really know where my feet were placed. I know where I am placing my feet, I know what position they are in. I am not afraid of falling on my face or tripping over something. My sponsor, Janet said to me one day,



"Beth, do you know what this means?" Janet said that my body had built itself up and that I was producing insulin. Well, okay, all that I care about is that I feel better. Since Shaklee, I do not have that constant nausea, I can stand in lines, I don't faint. Update from 2001 - I recently had blood work done to measure my kidney function. The blood work shows normal kidney function. ....*Elisabeth T*

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**Sugar Cravings Gone**

My name is Sarah. I feel that I have to write to all my friends about the Shaklee Glucose Regulation Complex because it has changed my life, and maybe it will be inspiring to others and help change someone's else's life for the better too. I am a wife to a busy husband and a mother of 5 boys and one daughter. The bottom line is that when my life gets overfilled with work or stress, then I run to the cabinet for the sweets or the freezer for cake. After every meal I feel that I am not done until I swallowed some carbs. My afternoon break is coffee and danish. My evening ends with chocolate cake or ice cream. Two weeks ago Shaklee Corporation introduced the wonderful product, Glucose Regulation Complex. I felt that Shaklee has produced a winner, but I really didn't know how much of a winner until I started taking the product...Dear friends, I am emotional as I am writing because I can say this: "Glucose Regulation Complex has changed my life!" I don't stop thanking God that Shaklee came out with this. I did not have a single sugar craving since. I am so happy that food has no control over me anymore. My grandmother died from all the complications that come along with diabetes. It wasn't a pretty picture. I was horrified to think of my future. No, I am not diabetic yet, but I don't even want to risk my body getting it. I believe with my carbohydrate eating habits and my stress factors I would have otherwise stood a great chance [becoming diabetic]. Thanks again, Shaklee for making this new supplement available to us.

.....*Sarah S*

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Ralph and I are using the Glucose Regulation Complex and finding our desire for food has changed. We have one friend who is a diabetic who is finding his sugar count is stabilizing. However, if you are diabetic we suggest you talk to your doctor and keep close track of your sugar because you may not need as much medication. Wouldn't that be wonderful!..... *Mary Ann B*

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**Medical Doctor's Comments about Shaklee Glucose Regulation Complex**

Shaklee is on to something good! The Glucose Regulation Complex should be taken by almost everyone in the U.S. I have been constantly concerned with the blood sugar problem in this country for many years. If not diabetes, reactive hypoglycemia is most common today. It seems to me, most people won't eat a good breakfast with protein....

Most people start the day in a hypoglycemic state (low blood sugar). Then they wonder why they get sleepy [in the] afternoon. They wonder why their resistance is low. They wonder why their skin and hair is not healthy. They wonder why there eye sight is changing. They are concerned why they have so many headaches. They say they are tired all the time. Let me tell you, if your body can't regulate the blood sugar levels, you have health problems. I have looked over the contents of your new Glucose Regulation Complex. This supplement should be taken by almost every adult I know of. There are exceptions. A doctor can be consulted if there is any doubt. Obviously, I am very impressed with this supplement. Don't sell it short. I am going to get my family and patients on this product as soon as I receive it. It is good insurance. Thanks, Jim for sending me the information. .... *Dr. William P. Feuerbacher*

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I just wanted to let you know how I have been feeling and what my glucose levels have been since starting on the Shaklee Glucose Regulation Complex. My blood sugars were running 180-220 after meals BEFORE I started taking Shaklee GRC. I take two capsules daily with my evening meal. For the present, I am still taking my morning diabetic medication, and I take insulin at bedtime....but I was taking 60 I.U. on NPH insulin...now I'm down to 30 I.U. My blood sugar levels since starting on the GRC have not been above 140. My bedtime glucose readings used to be HIGH --- 180 and higher...now they are around 125-140. I started taking GRC the first part of May, so it has only been two weeks. I am really pleased and happy with the results that I have been getting. I also feel so much better. Not so tired all the time anymore!" ,,,,,,,,,, *Nancy*

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I am not easily swayed by promises to bring results for feeling better. I have sought to live a healthy lifestyle by eating right and with consistent exercise. In spite of my best efforts over the last 5 months, I lost no weight and felt little difference in my energy level. When I called my friend, Ann, to ask about something to help me rest at night, she asked about my blood sugar level. I have been concerned about that for a while, as I was a

gestational diabetic with 2 of my pregnancies. She suggested I try the Shaklee Glucose Regulation Complex (GRC), as there were people claiming to sleep better and she said, 'The weight is falling off of them.' I thought, 'Sure, I've heard this before!' but was willing to give GRC a try as I felt I was at the end of my rope. To my great amazement, the first night I slept better and on the second day, my I felt 'steady' all day long and didn't experience lows and highs of energy throughout the day. I was eating less food, feeling more satisfied and was continuing my exercise program. After one week, I had slept each night without sleeping aid. This was new for me as I have had chronic pain for 6- 1/2 years from a series of car accidents. I was feeling better, having less headaches and had lost one pound, and 1/2 inch each in my bust, waist and hips! This was amazing to me after NO results for so long (I am serious when I say I have been extremely diligent over the past 5 months, you can ask those around me for proof of my efforts!) After 9 days on GRC, I was completing an hour walk and said to my friend, 'I feel so differently, as though my pulse and blood pressure are lower than they have been.' Last year my heart rate shot up to 140 resting as a result of lack of sleep and chronic pain. Basically, my central nervous system got stressed and went out of sync. After exercising this past year, my pulse has rarely been below 130 for the first 5-10 minutes after exercise. We got out my blood pressure cuff within the first minutes after walking and took my measurements. My blood pressure was 124/85 and my pulse was 87! I was thrilled and I am encouraged since my pulse before ranged from 125-140 right after exercise. I am hoping that I will eventually be able to get off of my medication for my heart rate! Now 13 days from taking the first GRC capsule, I have lost another inch on my waist (1-1/2 inches in 13 days!!!). I have carefully measured and am certain that I have been correct in my numbers. Overall, I am beginning to feel rested and am awakening in the morning ready to get out of bed. I am losing weight and inches and feeling much better. My blood pressure and pulse are coming down and I am experiencing a "steady" feeling throughout the day. Give Glucose Regulation Complex a chance. Perhaps you will be feeling better, too!" .....Beth L

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After just one week of using the new Shaklee Glucose Regulation Complex product, here are my results...

- Started using GRC on Monday, April 29.
  - The first 3 days did not experience any noticeable differences.
  - Day 4..realized that my blood sugar levels seemed more even.
  - Day 5 ...did not crave carbs...WOW, that is BIG
  - Day 6 ...made Sunday dinner for our daughters and their families. Put out chips and guacamole and literally had a couple chips and felt more than satisfied (that's a big deal to me)
  - Day 7..... got on the scale and discovered I lost 2 lbs.! I like this side benefit!
- I don't ever want to be without this product!" ..... *Elena*

### **DIABETES TESTIMONY - BECKY B**

We have not met, but my parents were at Lee & Margaret Hart's on Saturday, 9/28/02. They picked up the Glucose Regulation Complex for me. I am 34 years old, and I have type 2 diabetes and have had it for five years. I take two oral medications and insulin. I have been on insulin for almost four of those years. I had been so frustrated the last week due to what I believe are side effects of those medications, I called my diabetes Dr and they referred me to my primary doctor, etc.....so I took matters into my own hands, asked my parents to pick up some of the GRC if the Hart's had some available. Well, I started taking it on Sunday. I felt very good, very in control. I tested my blood sugar before each meal, still taking my meds w/the GRC. I took one GRC w/each meal on Sunday. Monday I decided to try only the GRC and go without my meds to see how I would do, making sure I tested every few hours. I take it in the a.m. w/breakfast and in the p.m. w/supper. AMAZING!!!!!!! I do not have the fluctuations in my blood sugar, it is something I am still shocked about. I do not have cravings, and the afternoons had been a struggle. When my count has been a little higher (only two readings over 150 but still under 200), I know it is because of something I ate....I have gone three days so far without any meds, today is my fourth day. That may not seem like a milestone to anyone else, but to me it is. I am going to my primary Dr today. I am sure she will be against it, but it is my decision to keep up w/GRC. I am so excited! I have several coworkers who are type 2 diabetic, they are checking up on me daily to see what my "numbers" are. They are amazed also....checking w/their Dr. Another coworker started taking it today.....

Thanks Shaklee!

Becky B

## FOLLOW UP MESSAGE AFTER DR'S VISIT!!

My doctor (primary doctor) was very impressed....she told me to keep doing what I was doing...she always has patients asking her if there is something they can take other than meds, so I gave her the info I had. She said she could not argue with my numbers (blood glucose readings). Now, I just have to prove this to my doctor I see for my diabetes. Also, the side effects of the meds are now gone, no more swelling in my legs. I have been on GRC for one week now, and everything seems to be going fine! I'll keep you posted.

Becky, 2008

***The Shaklee Difference** - The principle of "Products in Harmony with Nature and Good Health" guides Shaklee science. Experts in nutrition, public health, food science, analytical chemistry, biochemistry, herbology, microbiology and engineering staff the 52,000 square feet Forrest C. Shaklee Research Center in Hayward, California. They continue the important research and development that makes each product the world stand for quality.*

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This information is not intended to replace medical care. This information is not intended to diagnose, treat or cure. This report is not to be used as a substitute for appropriate medical care and consultation, nor should any information in it be interpreted as prescriptive. Any persons who suspect they have a medical challenge should consult their physicians/pediatricians for guidance and proper treatment.

## DIABETES TESTIMONY

I know something about diabetes. My grandfather had diabetes, my mom had diabetes, and I have diabetes, and all fairly serious. When I was diagnosed about 3 years ago, the nurse visibly gasped when she took my blood sugar in the doctor's office. It was over 400. At one time, I was poking my finger and taking insulin 4 times a day. Today, I seldom ever take it, and I don't take any of the medicines that regulate it at the expense of my liver either. My blood sugar stays under 120 if I watch what I eat and exercise regularly. But that's not the whole story. **Part of the story is a daily regimen of supplements that helps regulate my blood sugar while increasing my vitality and immunity.** And of course part of it is the grace of God, and the support of my wife. As always we would love to share our Shaklee story. Be well. *Wally M*

## TESTIMONY – GLUCOSE REGULATION COMPLEX

I am writing to you as an extremely happy and thoroughly satisfied customer, regarding the usage of one of your company's product namely: *Shaklee Glucose regulation Complex* which I have been taking since the 6th of April 2006. After been diagnosed as a type II diabetic while studying in England in August 1996, ever since that time, I have been using three types of different medications with the hope of effectively controlling the disease. But from my perspective, the medications were not very effective. However, it is only when I started taking *Shaklee's Glucose Regulation Complex*, that a dramatic change began to occur regarding my various readings! My type II diabetes is now under total control! Thanks to the wonderful results of your product. In closing, may God continue to richly endow your research staff with an abundance of great knowledge and personal insight, in helping them to attain many moments of scientific victories in their various fields of research! From a deeply grateful heart, I thank all of you! Yours truly, L. W G

2006

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## DIABETES TESTIMONIES - Elisabeth

When I was a little girl, I thought that it was normal to feel this perpetual feeling of nausea. The first time I fainted I was seven years old. I have been diabetic since I was an infant. Until Shaklee, I did not know that normal people did not feel perpetual nausea. I could not stand in line for anything because I would faint. I continued my life in the way that most diabetics go, puberty was really hard. Eventually some of the adverse results of being diabetic set in - neuropathy, vision problems, kidney problems. The kidney problems started with my first pregnancy. I had more kidney problems with my second pregnancy. Years later, I noticed that a smell of ammonia that would come frequently. I did not use any ammonia products to clean my home so I wondered what I could be smelling. Eventually I learned that the smell of ammonia is a major symptom of kidney failure. Dialysis was the answer. I learned about dialysis. I did not want to go into dialysis treatment. I do not care to be treated by the medical profession by invasive techniques. I did not want to live if my lifestyle was going to be modified by dialysis treatment. It meant that I would live the remainder of my life on dialysis and that I would get sicker and sicker. I would rather not live.

I learned about kidneys. The kidneys are comprised of a filter system fed by small blood vessels. During my studies, I came to the conclusion that diabetes is a small blood vessel disease. All of the adverse effects of diabetes is because the small blood vessels are not carrying blood to the eyes, the extremities, the kidneys. Someone told me that lecithin would cleanse the small blood vessels and capillaries, I took Shaklee lecithin three to four times a day. I was taking a lot of lecithin. I would open the bottle and just pour the capsules into my hand. Within a few days, I noticed that the ammonia smell was getting less. At the end of thirty days, it was gone. Something else happened to my body during that thirty days. My menstrual period was just a brown smudge once every month.

At the end of that thirty days, my next period was four days of red blood. I knew that something had happened to my body. My conclusion about small blood vessels was verified by this change in my menstrual cycle. I have had the test where your urine is measured for a 24 hour time span. Today, I show 80 to 90 percent of kidney function. At a Frontrunners convention about 12 years ago at Marco Island, Florida, there was a speaker there who had been diabetic from the age of 13. She told about how she had gotten herself off insulin. **She said that she took the Shaklee protein frequently all day long.** I could hardly wait to get home to start taking the protein all day long. I never dreamed that I could get off insulin, I have been on it for so long, but I did expect to have good results. I started taking protein six to nine times a day. In two weeks I went into insulin shock so badly that people at work called the Rescue Squad to revive me. The next day I took half my dose of insulin because I did not want to have the Rescue Squad called again. I expected to have high blood sugar and to be very thirsty, which is a sign of high blood sugar. I continued taking the protein. To my surprise, my blood sugar did not rise and I did not experience the thirst. I continued to take less insulin.

My insulin story gets better. Two years ago, I bought a home that was 1/4 mile from where I was living. When I moved, I had the movers move the big stuff and I thought that I could take the small stuff in my car. It turned out to be a lot of work and I reduced my insulin to accommodate all the energy I was using. I was also concerned that all the lifting and carrying would make my muscles tight. Because it would take me several days to complete the task, I wanted to be able to move stuff without muscle stiffness. To remedy the muscle stiffness, I took the Shaklee Physique instead of protein. Remember - I had cut my insulin. To my surprise, I did not need to increase the insulin after the move was complete and my activity was back to normal. The Shaklee Physique had some affect on me. I have continued to this day on the Physique and the protein six to nine times each day. Twenty years ago, I was taking from 28 to 35 units of insulin twice every day. Today I take 8 to 12 units on a sliding scale in the morning. Frequently, I eliminate my evening dose of insulin. My blood sugar runs consistently between 90 and 110 in the morning. I have found that if I eat a diet strictly of legumes and whole grains that I can eliminate insulin three to four days a week. As I have continued with the Shaklee products, adding more and more of them to my regimen, I have improved and improved. My vision problems are gone. Sometimes, I wear reading glasses. The neuropathy is gone. I had reached a point where I did not really know where my feet were placed. I know where I am placing my feet, I know what position they are in. I am not afraid of falling on my face or tripping over something. My sponsor, Janet said to me

one day, "Beth, do you know what this means?" Janet said that my body had built itself up and that I was producing insulin. Well, okay, all that I care about is that I feel better. Since Shaklee, I do not have that constant nausea, I can stand in lines, I don't faint. Update from 2001 - I recently had blood work done to measure my kidney function. The blood work shows normal kidney function. ....*Elisabeth T*

### **Protein Shakes Help Outsmart Diabetes - 08/26/05**

The constant struggle diabetics face to monitor and maintain stable blood sugar levels may have just become much easier, according to a new European study. Published in the American Journal of Clinical Nutrition, the study found that supplementing highglycemic meals with protein shake supplements helped keep blood sugar levels near their normal levels in many type 2 diabetics.

When the shakes were replaced with other protein sources, such as lean meats, the stabilizing effect was much more muted. Researchers plan further studies on the ability of low-glycemic foods such as protein shake powder to achieve a muting effect on blood sugar after the consumption of particularly starchy foods.

American Journal of Clinical Nutrition, Vol. 82, No. 1, 76-83, July 2005

### **Vitamin E and Diabetes**

Type 1 diabetes can lead to blindness and kidney failure. Researchers looked at the effectiveness of vitamin E in improving blood flow to the eyes and improving kidney function. 36 patients with type 1 diabetes of 10 years or less and 9 healthy subjects took part in this placebo controlled study. The subjects either received 1,800 IU of vitamin E every day or placebo. The results showed that blood flow to the eyes was significantly increased with the vitamin E treatment. The improved blood flow was comparable to that of a non diabetic person. Vitamin E also improved kidney function by normalizing elevated creatinine levels.

The researchers conclude that Oral vitamin E treatment appears to be effective in normalizing retinal hemodynamic abnormalities and improving renal function in type 1 diabetic patients of short disease duration without inducing a significant change in glycemic control. This suggests that vitamin E supplementation may provide an additional benefit in reducing the risks for developing diabetic retinopathy or nephropathy.

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