

Diabetes Testimonial

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 Shaklee 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 Metts,

Shaklee Sales Leader, Professor of Communication Spring Arbor College

From: Katie Metts

Here are the Shaklee food supplements Wally takes specifically for diabetes control. Because diabetes is an auto-immune disease, I believe the large majority of people with Type 2 diabetes have other foundational problems that needed to be discovered and addressed so that the diabetes becomes easier to deal with daily.

Shaklee Alfalfa.....20-40 daily.....To help the body clear toxins that form from food not being metabolized

Shaklee Fiber.....3 servings daily.....Since fat is more harmful to diabetics than sugar, fiber is needed to absorb fat so there is less stress on the pancreas and liver; helps lower blood cholesterol levels. Helps keep blood sugar level.

Shaklee Herb-lax.....1-2 daily.....To help the colon function properly in ridding the body of waste

Shaklee Optiflora.....1 serving.....To strengthen the body's immune system

Shaklee Soy Protein.....6 Tbsp. daily.....It becomes a replacement for animal protein which the body cannot metabolize as well, thus causing more stress on the liver.

Shaklee Vita-lea.....4 daily.....To provide the daily basics of vitamins and minerals

Shaklee B-complex.....8 daily.....Three of the B's --- Biotin can reduce glucose levels, B6 can improve glucose tolerance, B12 reduces nerve damage. Niacin (B3) has special benefits for people with unhealthy cholesterol levels. Taking these in a complex insures a balance of the B's for a person

Shaklee Vitamin C, sustained release.6 daily.....Research has shown that it is difficult for a diabetic's individual cells to absorb C. Extra C insures better absorption

Shaklee Vitamin E.....2 daily.....Improves glucose tolerance. It may take three months for this effect to be seen. Important for circulation; provides good protection for the heart
Shaklee Carotomax.....2 daily.....As a powerful antioxidant, it will provide protection for the cells against free radicals.

Shaklee DTX.....2 daily.....Supports the liver as it detoxifies (The liver is a major player in diabetes; it needs extra nutritional support so it can remain in good working order and not be overwhelmed by fats in the blood stream.)

Shaklee Acuity Plus.....2 daily.....Helps in overall circulation; the inositol in this product is needed for normal nerve function and may reduce nerve damage

[Editor's note: NOW Osteomatrix..the equivalent would be 8 daily]

**Shaklee Calcium Magnesium.....6 daily.....Along with
Shaklee Calcium Complex.....2 daily.....To provide the 2:1 ratio of calcium and magnesium. Magnesium protects against coronary artery spasms. Both calcium and magnesium help to provide a good pH balance for the body. Calcium is needed for the eyes. 30% of the eye tissue contains calcium. Because the eyes can be affected by diabetes, calcium provides the food needed to nourish them.
Shaklee Garlic.....2-6 daily.....As a natural antibiotic, it provides insurance against infection that may occur.**

**Shaklee Lecithin.....4 daily.....Along with
Shaklee [Omega-3 Fatty Acid] EPA.....4 daily.....And
Shaklee GLA Plus.....4 daily.....Provide the good lipids and essential fatty acids to help with circulation and inflammatory problems that may occur. They help the body deal with the saturated fats so that the liver can function more effectively.**

**Shakle Zinc.....2 daily.....For normal general support with healing
Shaklee Saw Palmetto.....1 daily.....Prostate support**

As you can see, these supplements work together; their functions overlap. Diabetes is a complex disease. The body needs a lot of support because it is working overtime to keep a balance for the every system. Diabetics do not know immediately when nerve function is being damaged. It may take years to see outward signs.

Balance is the key. Work to maintain a good diet that is very low in fat and sugar, consistent exercise to help the lymph system function properly, proper rest, and supplementation. They all work together to provide wellness. It takes focus and commitment. It can be done - a day at a time.

We thank Wally and Katie Metts for this most helpful testimonial.

Consider this: If you do not have diabetes you want to think about Prevention. If you could reverse a bad health condition via diet, could you prevent the bad health condition also via diet? If you are under a doctor's care, keep that person informed.