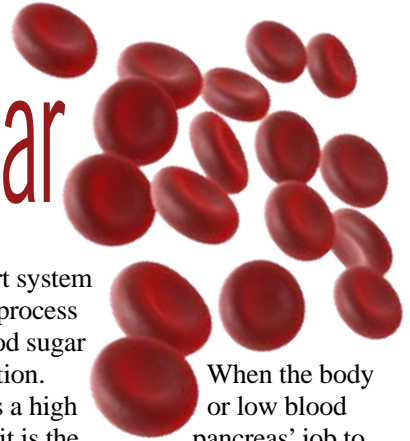


What's New!

Volume 27 NURTURING HEALTH AND NATURE THROUGH SHAKLEE Issue 5

The Highs and Lows of Blood Sugar



You know the feeling when you're so hungry that you feel like your life depends on whether or not you get food in the next few minutes? You snap at everyone in your path and people refer to you as "the evil twin." Your mind goes a little bit wacky and you are only focused on one thing—I need food NOW! The good news is that this is not your alter ego, but in fact a simple problem in low levels of blood sugar.

Glucose, an important carbohydrate that helps to regulate bloods sugar, is the primary source of energy to the brain; the availability of glucose, or lack thereof, affects the psychological processes of the brain. That explains why some of us might go temporarily crazy if we have low blood sugar levels when we haven't had anything to eat in a while.

Alternatively, high blood sugar levels can be dangerous as well. High blood sugar levels can overwork the pancreas and other vital blood sugar-maintaining organs, leading to serious conditions such as hyperglycemia or diabetes. High fasting blood sugar levels are an indicator of pre-diabetic and diabetic conditions.

The number of people with high blood sugar levels is rapidly increasing in individuals of all ages. An estimated 16 million Americans, including over 300,000 children have seriously high levels of glucose in their blood. This increasing problem of high and low blood sugars can lead to serious conditions such as hyper and hypoglycemia. Hyperglycemia is a condition where blood sugar levels are too high, which can cause frequent hunger, thirst, and urination, as well as blurred vision, weight loss, fatigue, poor wound healing, dry skin and mouth, and, in extreme cases impotence and coma. Hypoglycemia is the opposite condition, when blood sugar levels are too low. It can cause shakiness, anxiety, nervousness, tremors, fatigue, amnesia, dizziness and, in extreme cases coma. If left untreated, unstable blood sugar levels can lead to diabetes—a condition that affects over 20 million adults and children in the United States, almost 7% of the population.

How do Glucose and Blood Sugar Levels work?

Glucose is a vital substance to all living organisms from bacteria to humans. In animals, it is synthesized in the liver and kidneys from non-carbohydrate substances, and is found naturally in all major carbohydrates either by itself (as starch or glucagon) or combined with sucrose or lactose (forms of sugar). Glucose is broken down by the pancreas and intestines and then is used for fueling brain cells. The rest of the glucose goes to the liver and muscles and is stored as glycogen, after which it is delivered to fat cells and stored as an energy source.

The pancreas, which secretes glucose and another blood sugar-regulating substance known as insulin, is a vital

support system in the process of blood sugar regulation. When the body detects a high or low blood sugar, it is the pancreas' job to secrete either insulin, glucose, or a combination of both to help the body normalize. Insulin helps to lower high blood sugars, while glucose helps to raise low blood sugars. If the pancreas does not work properly, high levels of insulin and glucose remain in the body, and cells do not receive the proper nutrition for the energy that is so vital to their proper functioning. In individuals with conditions such as type I diabetes, the pancreas has been damaged and produces an insufficient supply of insulin. In individuals with type II diabetes, the pancreas becomes insulin resistant and does not work properly.

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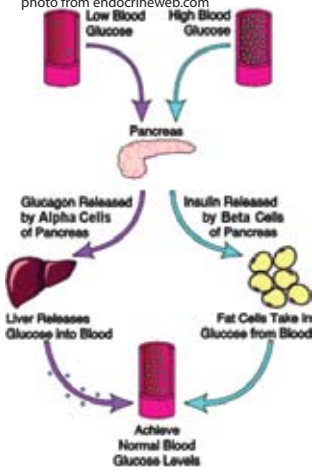


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photo from endocrineweb.com



How can I help to regulate my blood sugar?

Shaklee's

Glucose Regulation Complex helps to promote efficient glucose utilization. Natural minerals such

as magnesium, chromium, zinc and vanadium help to support the body's ability to process glucose. Banaba leaf extract, magnesium and chromium also aid in normal glucose transportation to cells and help to normalize the responsiveness of cells to insulin. Severe decreases in blood sugar levels, known as "crashes", can lead to carbohydrate cravings, feelings of low energy, and between meal-snacking. Chromium and banaba leaf extract in Glucose Regulation Complex help to sustain energy levels so that you won't have those carb-craving crashes. Another benefit from Glucose Regulation Complex is the antioxidant protection provided by alpha lipoic acid, which can help recycle vitamins C and E.

Key Ingredients in Glucose Regulation Complex

Banaba Leaf Extract & Colosolic Acid:

Lab studies of colosolic acid have shown that it stimulates glucose uptake, helping the body to more fully benefit from the energy glucose provides.

Chromium: This essential mineral is required for normal insulin function. Chromium has been shown to support carbohydrate metabolism, regulate blood glucose, and lower oxidative stress.

Vanadium: A key ingredient in regulating insulin function and maintaining normal blood glucose levels.

Zinc: The mineral zinc has many beneficial qualities. It helps insulin to bind property to insulin receptors on cell walls, as well as playing a vital role in the production and secretion of insulin. Also, when combined with chromium, the pair aid each other in combating oxidative stress.

Taurine: Taurine, an amino acid, has been clinically investigated for its potential role

in controlling blood sugar levels. It also helps to stabilize cell membranes and appears to have free radical scavenging activity. An additional bonus: taurine has been shown to support normal platelet function.

Alpha lipoic acid: Alpha lipoic acid has been shown in experimental studies to play a role in glucose transportation, as well as providing antioxidant protection.

How can Shaklee's Glucose Regulation Complex help me?

The unique formula in Shaklee's Glucose Regulation complex offers an alternative approach to regulating your blood sugar levels by making your system more efficient and effective at using blood glucose. In addition, the combination of natural ingredients helps cells to maintain their responsiveness to insulin. By supporting efficient insulin function, long-term cardiovascular health can be achieved as normal blood sugar levels are maintained. As always, the formula combines the best of nature and science and is 100% Shaklee Guaranteed.

Testimonial from a user of Shaklee Glucose Regulation Complex:

"I can tell I'm not hungry as often, and actually the food choices that I'm craving are not sugary carbohydrate type foods. It's more the proteins and the vegetables that are complex carbohydrates, which is a switch for me."

~ J. Glacken (Illinois)



Glucose Regulation Complex #20649

More on Diabetes

Many people believe that all types of diabetes are caused by being obese, or eating an abundance of sugar and carbohydrates. However, this is not true. There are three classified types of diabetes, all with unique causes and treatments:

Type I

Type I diabetes is the result of a loss of insulin producing cells in the pancreas, enabling the pancreas to produce or secrete insulin. The cause of this condition is most often attributed to an autoimmune attack, where the body is not able to recognize cells as its own, thus attacking them with the immune system as if they were a virus or disease. The inability of the pancreas to produce and produce and secrete insulin becomes life threatening to the body

because it cannot function properly without the blood-sugar regulating substance. It is necessary to maintain normal blood sugar levels through close monitoring of the blood sugar levels, as well as insulin replacement, through a shot or pump. Diabetics who do not receive insulin at the appropriate times run many risks, including the most severe, coma or death. Type I diabetes has no known preventative measure, and is not caused by anything the diabetic did or did not do. There is also currently no known cure, although millions of dollars are devoted each year to research for a cure.

Type II

Type II diabetes is the most common form of diabetes, and is caused by insulin resistance or reduced sensitivity to insulin and insulin secretion. The cause of this disease is preventable and treatable if found in its early states. There are several theories as to its cause. Central obesity is believed to be one of the most common causes. As fat is stored in the abdominal region, the fat hormones are very active, secreting hormones which may impair glucose tolerance. Other factors such as age and family history seem to play an important role in causing type II diabetes. In the last century, the number of children and adolescents developing the disease has grown increasingly. This is mostly due to the increase in childhood obesity. Type II diabetes may go unnoticed for years, and in its early stages it only reduces insulin sensitivity and secretion, causing increased levels in the blood. This stage is known as hyperglycemia and can be reversed by regulating blood sugar levels. Also, increasing physical activity, decreasing the amount of carbohydrates eaten, and losing weight can help combat type II diabetes. If left untreated, the disease worsens and insulin replacement is necessary.



Gestational Diabetes

This rare type of diabetes is found in 2-5% of pregnancies, and has similar qualities of type II diabetes. This type of the disease is fully treatable by monitoring blood sugar levels, and it improves or disappears after delivery. However, if left untreated, it can damage the health of the mother and/or fetus. Risks to the baby include high birth weight, congenital cardiac and central nervous system abnormalities, and skeletal muscle malformations.

Minerelles

Better for your skin than wearing no makeup at all™

As the largest organ of the body, the skin is often times the most ignored. Often we do not realize that our skin needs to breathe, just as our lungs do. Oxygen is required for skin cells to replenish and rejuvenate. Other factors like adequate sleep, plenty of hydration, and a good skin care regimen are also essential for healthy, youthful looking skin. It is easy to believe that bare skin is healthy skin. However, this is a common misconception. Bare skin is actually harmful as it leaves the skin exposed to damaging effects from the sun, environmental toxins such as pollution, and free radicals.

includes natural ingredients from the earth that help to protect your skin by providing a natural shield between your skin and the harmful radicals in the atmosphere. Colors used in the makeup are from natural oxides used for centuries on the face and skin.

The nourishing benefits from the triple-patented Vital Repair+® complex, an exclusive antioxidant combination, provide a natural barrier from the sun, wind, heat and cold, while at the same time it is formulated to renew the skin.

The natural formula won't sting or irritate the skin, and does not contain mineral oils, synthetic dyes, or drying talc.

Shaklee's Minerelles makeup line



Liquid Foundation

Lightweight moisturizers and micronized mineral pigments in this special formula help to minimize the appearance of fine lines and wrinkles. The Vital Repair+® complex enhances skin texture and defends against the effects of time and daylight.

Available in 11 different skin-tone matching shades



Pressed Powder

The luxurious powder created from finely milled powder helps to set your foundation and eye shadow. Available in 4 shades, including translucent which helps to set and protect your skin without adding color.



Blush



The color in this radiant blush is made up of pure mineral pigment, along with feather-light moisturizers to make your skin feel smooth and silky. The blush contains no talc or fillers.

Available in 4 shades

Concealer

The silky, creamy formula in this natural concealer helps to cover dark circles, redness and imperfections. The light-reflecting micronized minerals help to soothe the skin.



Available in 3 shades

Specialty Powders

Available in 2 sparkling shades, these specialty powders will help add that extra glow you've been looking for. An Excellent product for use on cheeks, eyes, shoulders, or décolleté.



Lipstick

Soft and moisturizing, these luxurious lipsticks contain mineral pigments and natural oils. They help to soften, nourish and add color while minimizing feathering and virtually erasing fine lines.

Available in 15 mouth-watering shades

Lip Pencil

This satiny-smooth liner is easily used for precision and lasting color. Easy-gliding is achieved with the perfect amount of natural oils and mineral pigments.

Available in 5 shades

Makeup Brushes

Just like every great artist, you have to have premium brushes. The slim, expandable case includes one of each: powder, blush, eye shadow all-over, eye shadow contour, plus two-in-one brow brush/comb.



Brushes are also available separately.

Eye Pencil

Smooth and non-irritating, these pencils will help line and define your eyes, making them look wider. The formula is ophthalmologist tested and ideal for contact users.

Available in 6 shades

Mascara

The exclusive brush included with the special formula will help coat separate lashes in one swoop. The water-resistant formula stays on all day without drying or flaking making it great for contact users.

Available in Black #32359 and Black-Brown #32360



Lip Gloss

These fresh, lasting, and dewy glosses are ultra glam and ultra moisturizing!

Available in 9 shades

Eyeshadow

Your eyes will “pop” with these luminous shades! The no-creasing, no-flaking shadows are ophthalmologist tested so you don’t have to worry about hurting your baby-blues!

Available in 14 shades

Instant Firming Serum

As we age, free radicals from the sun and environmental toxins slowly break down the collagen in our skin. Collagen is the main protein found in connective tissue and helps bind skin together. This important substance makes up for about 25% of the whole-body protein content.

Formerly known as “Enfutox,” this natural alternative to painful wrinkle treatments diminishes the appearance of horizontal lines on the forehead, vertical lines between brows, and crow’s feet and expression lines around the mouth. The formula delivers immediate results as skin responds



in minutes, looking younger, firmer and smoother. When used daily, long term benefits result as those stubborn lines start to disappear as collagen is replaced and renewed. Unlike painful wrinkle treatments, Instant Firming Serum will not freeze or alter your natural facial expressions. Dual Protein Technology™ helps to transform texture and appearance of your skin while Vital Repair+® complex helps to slow the visible signs of aging with anti-oxidant rich ingredients. In clinical evaluations by a trained technician, 66% of subjects reported a visible reduction of wrinkles and fine lines and an improvement in skin firmness in just 10 minutes.

The natural nontoxic ingredients include:

- Chamomile
- Noni
- Ginseng
- Saw palmetto
- Green tea
- Beta glucan
- Grapeseed extract

Instant Firming Serum #32530

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