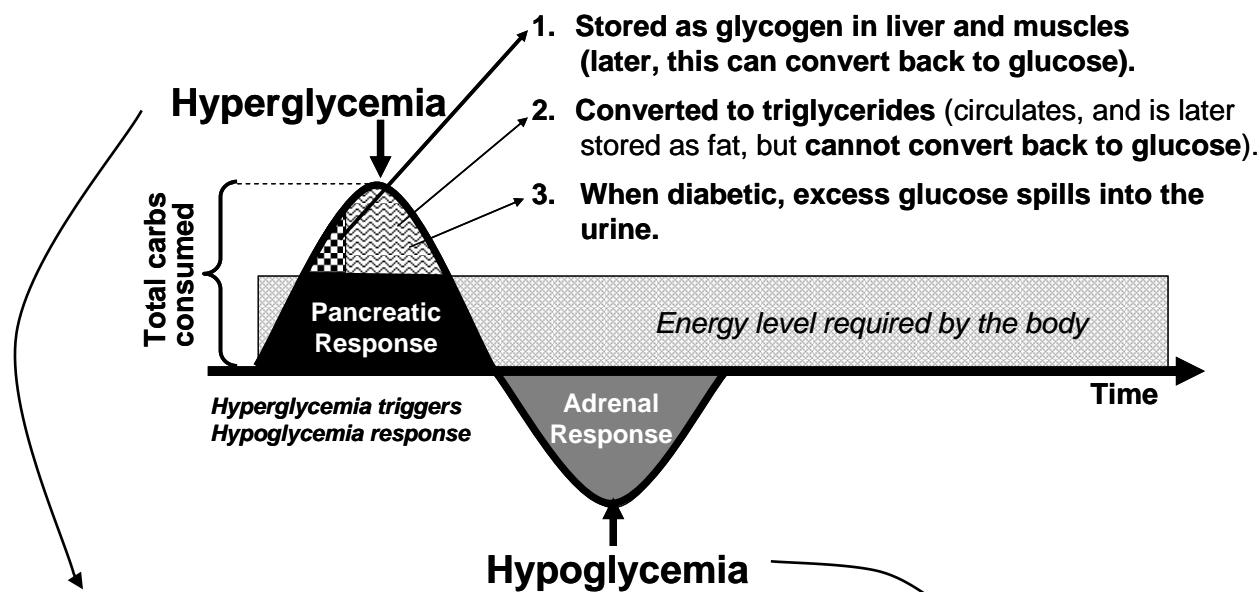


If you are looking for a few basic ways to improve your health without complexity or expense, then this short document is for you. As sole owner of your body, you have the ability to take your health into your own hands. As Hippocrates said about 400 BC “Let your food be your medicine”.

THE PROBLEM:

The number one cause of health problems that include diabetes, heart disease, weight gain and inflammatory disorders is related to having too much sugar in your blood; this is called HYPERGLYCEMIA. It occurs when either too much carbohydrate is eaten or the type of carbohydrate eaten is absorbed too quickly for the body to burn (those foods are called ‘simple’ carbohydrates, like white sugar, flour, sodas, pasta etc) or if there is pancreatic problems. As soon as your brain senses this ‘extra’ blood sugar, the liver converts a good portion of it to ‘glycogen’ which is stored and can later be converted back to blood sugar when you need more energy. However, your system can only convert a limited amount and as soon as the level exceeds what it can convert to glycogen, then the trouble begins. When your body has more glucose than it needs for energy and has reached its storage capacity for glycogen, the increased insulin prompts the liver to convert glucose into triglycerides – a fat that cannot be converted back to glucose the way that glycogen can. These triglyceride fats circulate in the blood, sometimes increasing inflammation as they are transported to fat cells where it is stored until your body tries to use it. (Drinking too much alcohol or eating too much fat can also raise your triglyceride levels). However, if you continue to add more carbohydrates, this stored fat accumulates as extra body weight, instead of being used for energy. In graph form, it could hypothetically look like this:

So what happens when more carbohydrate calories are consumed than the body can burn?



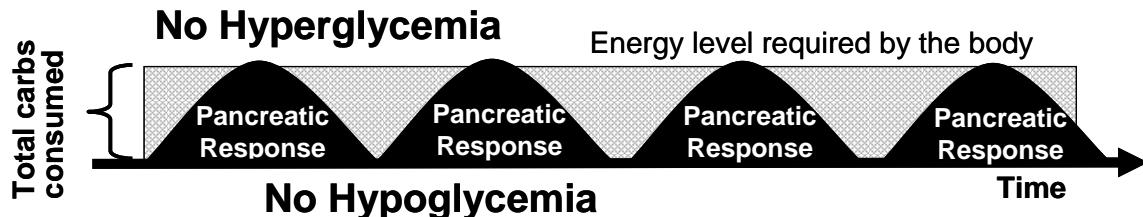
Symptoms of Hyperglycemia	Symptoms of Hypoglycemia
<ul style="list-style-type: none"> • Blood glucose level greater than 180 mg/dL. • Blurry vision; Difficulty concentrating. • Frequent urination. • Headaches. • High levels of sugar in the urine. • Increased fatigue. 	<ul style="list-style-type: none"> • Cravings (sugar, salt.) • Fatigue or exhaustion • Headaches • Insomnia • Mood swings • Mental confusion

HYPERGLYCEMIA IS SIMPLY PREVENTABLE !

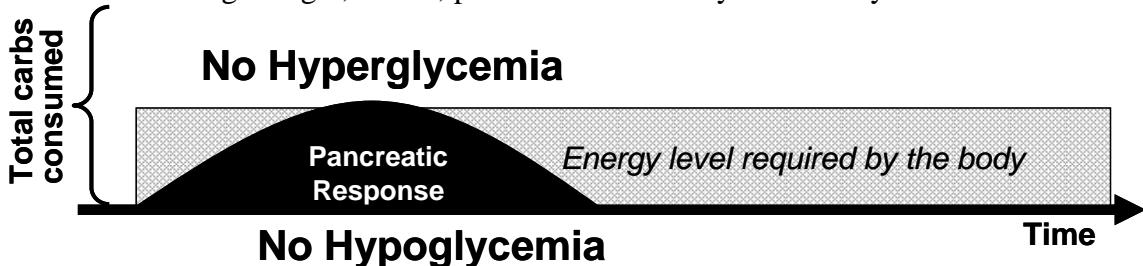
THE SOLUTION:

There are *three ways in which hyperglycemia can be prevented*, use all three if possible:

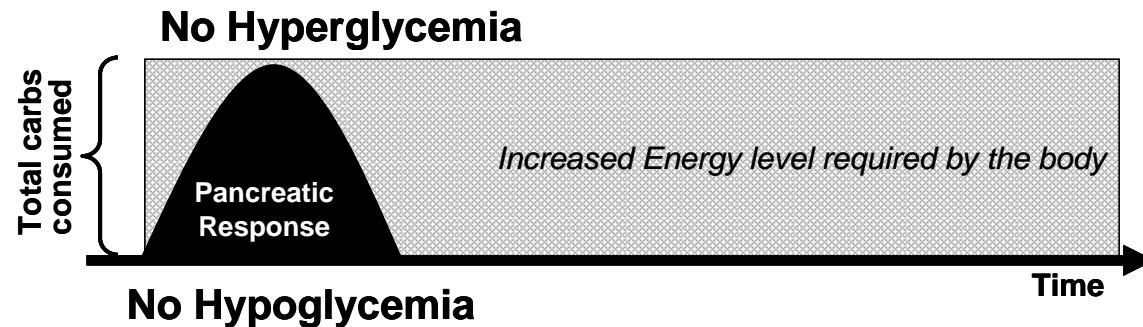
1. Eat **SMALLER PORTIONS** more frequently (fewer carbohydrate calories per meal). Mix ½ cup honey & ½ cup cinnamon spice; use ½ tsp as a low calorie snack—energizes, stops cravings.



2. Eat carbohydrates that **ABSORB SLOWER** (same carbohydrate calories but absorb much slower in the body. The foods that absorb slower have what is called a lower glycemic index. You can find the glycemic index for food on the internet (e.g. glycemicindex.com) type in the food that you eat to see the rate. Also adding vinegar, lemon, protein and/or fat to your carbohydrate slows down the absorption.



3. **INCREASE ACTIVITY RATE** in the body to raise the required energy level to burn the excess carbohydrates. However, if the exercise is several hours after eating, then the body could still become hyperglycemic and hypoglycemic, but the exercise would burn off the triglycerides.



CONTROLLING BODY WEIGHT:

There are only two natural ways that your body can get rid of excess fat:

1. Burn it off (get your body moving)
 - By doing some physical exercise for just 1 minute 3 times a day, you will turn on the same fat burning hormone that 30 minutes of exercise turns on (not the same calorie burn though)
 - Walk – park further out when you go shopping, Walk in your neighborhood. Exercise more.
 - Acetyl L-Carnitine supplement induces cells to release stored fat. Be sure you have extra fiber in your diet to soak up the fat that gets released if you take that supplement, otherwise it reabsorbs.
 - Get your thyroid checked. A low thyroid can reduce fat burning by as much as 40%.
2. The body gets rid of excess fat through bowel excretion (get your bowel moving)
 - Eat high fiber foods. You can also take a spoonful of fiber with adequate water prior to every meal when you are trying to lose weight.. There are fibers that mix with water and have no taste or texture to them. Have regular bowel movements; take a mild stimulant if necessary.
 - Be sure your liver and bile system is healthy. If needed, use milk thistle tea or supplement to stimulate the liver and bile. The fat in the bile will bind with fiber in the intestine for removal.