

Terry Talks Nutrition



Compliments of Terry... Naturally

Key Words

Blood sugar, diabetes, diabetic, glucose, insulin, pre-diabetes, type 2 diabetes, purslane, mulberry, chromium, vanadium, apple

You may have heard that you need to be concerned about your blood sugar levels from your doctor. Your blood sugar tests may have been creeping up, and the doctor says you will need medication soon if you don't get your blood sugar in line. You may have been told to lose weight, as if that was an easy thing to do.

I am going to tell you how to make some changes that will have a great impact and not be too hard to incorporate into your every day routine.

Type 2 Diabetes and Insulin

The basic problem of Type 2 diabetes is that the body stops making enough insulin, or the cells start to ignore insulin's message. Sometimes both can occur. Insulin is a hormone that picks up sugars in the blood stream and carries them into cells to burn for energy. Not enough insulin = higher and higher levels of sugar left in the blood, which in turn can trigger a whole cascade of adverse health events, including increasing blood vessel plaque (atherosclerosis). Though there may be many contributing factors, doctors agree that Type 2 diabetes is basically a disease of nutrition. With the right nutritional interventions, especially in the beginning stages of the disease, great

Blood Sugar Regulation in Pre-Type 2 Diabetes

progress can be made in preventing, reversing, or even curing this illness.

The Magic of Three

The three things you can do to have the best chance of curing or preventing Type 2 diabetes are:

1. Food Choices
2. Get Moving
3. The Right Supplements

Food Choices

The more food you eat, the more insulin you have to produce. But different types of food affect insulin differently.

Worst food choices

An old adage is "Don't eat anything white unless it is cauliflower!" Avoid: white sugar, high fructose corn syrup, and simple carbohydrates (foods that convert quickly to sugar in the body, with the natural fibers removed) such as white bread, white rice, white pasta and white potatoes.

You may not be able to give up simple carbs entirely, but start experimenting with substitutes like brown rice and full grains you may not have tried before. Many people do better if they eat gluten-free grains.

The **worst thing** you can do is to drink sweet drinks all day (sodas or other beverages with sugar or sweeteners) or nibble on high carbohydrate foods (chips, crackers, candy, cookies) between meals. This revs up your insulin system and is very stressful to your body as it tries to manage this constant tweaking of blood sugar. I don't like artificial sweeteners for a number of reasons, but they are a real problem for people with blood sugar issues. First, they keep your craving for sweets active. Second, they trick your

body into thinking a lot of sugar is on the way, and can disrupt the insulin system even if they have no calories. It is false that artificial sweeteners help people lose weight.

Best food choices



Proteins and fats are burned more slowly and are not as burdensome on insulin production. Try to make sure you have protein with each meal including hard boiled eggs and organic cheese. I also recommend plenty of low carbohydrate vegetables: salad greens, cucumbers, broccoli, cauliflower, celery, pickles, and olives.

As for fats, they are not the enemy! **Olive oil is one of the healthiest things you can do for yourself.**

There are people over a hundred years old in Italy who have drenched their food in olive oil every day. But stay away from too many animal fats (like butter) or, worse yet, something called partially-hydrogenated fats, which are in margarine, many baked goods, cookies, and snacks. These are chemically altered fats that are dangerous to your health.

This information is not meant to replace advice given by your health care provider, and is intended for informational purposes only. When in doubt, always consult your physician.

JC 34 91+315,617N

STORE HOURS
M - F: 9 a.m. - 7 p.m.
Sat: 9 a.m. - 4 p.m.

2625 Development Dr., Suite 40
Green Bay, WI 54311
Hwy 172 at GV • 920-965-1002
www.TerryNaturally.com

Terry Talks Nutrition

A Special Report

A Menopause Protocol You can Live with!

Compliments of Terry... Naturally

hormone production, women may have a whole host of negative reactions to these changes. Menopause is not a disease. It is a natural part of the life cycle. But like so many other natural transitions, it has become greatly complicated by our food choices and environmental damage.

THE MENOPAUSE PROTOCOL

If your menopausal experience has been very uncomfortable, it is not in your head. And there are things you can do to help get back in balance and feel like yourself again.

1. Limit your exposure to environmental xenoestrogens and hormone mimics, which means eating more organic, less processed foods; paying attention to your plastics exposure; investigating a water filtering system for your home, and voting your conscience to make sure environmental clean-up legislation and efforts stay on track.

2. Make more muscles with weight-bearing exercise. Turn the fat (which produces estrogenic compounds) into muscle. You will feel better and get another added benefit: muscle burns more calories at rest than fat does, so you will have an easier time maintaining your weight.

3. Use supplements to help with hormonal balance and symptom relief.

I'd like to share with you a way to create your own personal menopause protocol that addresses your specific menopausal issues. My recommendations include EuroPharma's **MenoComplete™**, **Terrific Zzz'z Sleep Formula™**, **Hydra-7™** and **AnxioFit-1™**.

MENOPAUSE: MENOCOMPLETE™

MenoComplete is a formula created to address a wide range of menopausal concerns. It contains a unique hops extract, standardized black cohosh, and sour green cider apple. This product is for anyone with menopausal symptoms, and is the common base for your menopausal protocol to which you can add other products as needed.*

MenoComplete Ingredients: Hop Cone Extract

The female flower of the hops plant develops into "cones." These cones are the source of a unique phytoestrogen known as 8-prenylarigenin, which is 10,000 to 20,000 times less active than the hormone 17β-estradiol (a human estrogen). This is important, because there are serious safety concerns with the use of human or animal estrogens. New research on this hop cone extract shows that it relieves menopause symptoms without causing the adverse effects associated with estrogen-based hormone replacement therapy (HRT).*

In one 6-week randomized, double-blind, placebo-controlled study, women using this hop cone extract had 4 times fewer hot flashes than the women in the placebo group, and double the reduction in overall menopause symptoms. [Heyerick A. A first prospective, randomized, double-blind, placebo-controlled study on the use of a standardized hop extract to alleviate menopausal discomforts. *Maturitas*. 2006;54(2):164-75.] In another 8 week randomized, double-blind, placebo-controlled, crossover study, women using the hop cone extract reported less than half the number of night sweats as women in the placebo group. [Erkola R. A randomized, double-blind, placebo-controlled, cross-over pilot study on the use of a standardized hop extract to alleviate menopausal discomforts. *Phytomedicine*. 2010 Feb 16].*

Black Cohosh

Black cohosh, standardized to 2.5% triterpene glycosides, is the most well-studied herb for menopause. Despite common misunderstandings to the contrary, black cohosh is not a phytoestrogen. Researchers believe it is somewhat like a selective estrogen receptor modifier (SERM), which means it acts like estrogen in the brain, bone and vaginal tissue, but does not act like estrogen in breast or uterine tissue. There have been over 90 published scientific papers and presentations on efficacy and safety of standardized black cohosh extract.*

Published research has shown results of up to 70% reduction in menopause symptoms after 12 weeks of use. In one study, women experienced a 56% reduction in daily hot flashes after only four weeks of use, and a recent study confirms significant reduction in menopausal symptoms, particularly with women in early stages of menopause, with no adverse side effects at all.*

Sour Green Cider Apple

Apple variety has dwindled as more focus is paid to sweet, juicy varieties that transport well. However, there is a sour green cider apple in

Europe that contains unique properties in balancing weight and fat in the body. These apples contain generous amounts of quercetin and a rare flavonoid called phloridzin that reduce or delay sugar absorption, minimizing the amount of sugar that is converted to fat and stored by the body. This is particularly useful as menopausal changes favor weight gain, especially around the waist.*

Look for MenoComplete™ at your local health food store.

Proprietary Formula 260 mg
Patented Hop Cone Extract (*Humulus lupulus L.*), Apple (*Pyrus malus*) Fruit Extract rich in quercetin and phloridzin and standardized to contain >40% polyphenols, Black Cohosh (*Cimicifuga racemosa*) Root and Rhizome Extract standardized to contain 2.5% triterpene glycoside

SLEEP: TERRIFIC Zzz'z Sleep Formula™

If you have disturbed sleep, you are not alone. Over 61% of women in menopause report occasional trouble sleeping. If you are one of them, add Terrific Zzz'z to your protocol. The Chemotyped Plant Oils in this product (marjoram, lavender, mandarin, ravintsara, and lemon verbena) are calming but non-sedating, which means no sleep hangovers. Chemotyped Plant Oils (CPOs), like those used in Terrific Zzz'z, are fingerprinted to ensure the purity, identity and potency of key compounds. Only CPOs are safe for internal use.*

Look for Terrific Zzz'z Sleep Formula™ at your local health food store.

Proprietary Formula (Chemotyped Plant Oils) 150 mg
Marjoram (*Origanum majorana*), Lavender (*Lavandula angustifolia*), Mandarin (*Citrus reticulata zeste*), Ravintsara (*Cinnamomum camphora*), Lemon Verbena (*Lippia citrodora*)

continued...pg 3

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT DISEASE.