



Store hours:
Thurs. 9AM - 8PM
Fri. 8AM - 8PM
Sat. 8AM - 6PM



Sweet Defense: Hypoglycemia

Visit our internet store at: www.shaffervitamins.com We feature over 700 Brand Names Featuring over 14,000 Products! **SAVE at least 30%-40% on Every Order! NO COMPUTER - NO PROBLEM!** Call (484) 695-9496 if you need assistance or if you would like us to place the order for you! We are listed at <http://www.fairgroundfarmersmkt.com> listed under Merchants — Specialty Shops. Check out our in store monthly specials!

NUTRITIONAL INFORMATION ON PREVENTING SUGAR BLUES

Today over 20 million Americans are affected by an inability to properly process glucose, blood sugar, the body's number one energy source. Two ailments are at the base of this malaise: hypoglycemia, low blood sugar, and diabetes mellitis, high blood sugar.

Without glucose, we would collapse on the spot. Our cells must be continually supplied with the right amount of blood sugar in order to carry out the body's functions. In order for the whole system to be at its best there must be a balance between the glucose and oxygen. When this balance is off, the body goes into a state of stress with the resulting strain on the endocrine system leading to glandular exhaustion. This is accompanied by physical decline and can eventually manifest itself in hypoglycemia and possibly, diabetes.

The blood sugar level is regulated by insulin and adrenal cortex secretions. Blood sugar stability actually starts at the brain and ends at the Isles of Langerhans in the pancreas, going from the gluco-receptor mechanism in the brain to the pituitary, the adrenals, then the liver and finally, to the pancreas where insulin is produced.

Insulin is the hormone which makes it possible for glucose to enter the cells and be converted into energy. If the glucose is not immediately needed by the body for energy, then it is stored in the liver as glycogen or in the body as fat. Insulin is also necessary for the reverse process of utilizing stored fat for energy.

In hypoglycemia, low blood sugar, the pancreas reacts to a glucose overload from the input of concentrated or refined sweets by overcompensating and producing too much insulin. Some experts theorize that over time, insulin response can become constant which leads to the ultimate deterioration of that production system. These people feel that hypoglycemia

can be a precursor to diabetes.

Diabetes is a disease characterized by too high level of blood sugar as a result of an inability to produce enough insulin, because of a damaged pancreas. Actually at this time the exact cause of diabetes has not been medically defined. There is evidence of a genetic propensity toward the disease; it occurs in more women than men; and it seems to be related to overweight and obesity.

People who contract diabetes have a higher incidence of other degenerative diseases, especially cardiac problems.

An imbalance in carbohydrate nutrition is one of the major causes of the eventual exhaustion of the insulin system. Again we have the situation of eating too many refined foods and not providing enough real nutrition for the body. The body is a superb magician whose wonders never cease, but even the wonderful body can't make something out of nothing.

Low blood sugar can cause severe mental and physical problems. Here are a few of the over fifty typical symptoms: irritability (and needless arguments), fatigue, exhaustion, depression, nervousness, crying spells, absent mindedness, insomnia, mental confusion, suicidal tendencies, backaches, hunger, indigestion, obesity and arthritis.

In diabetes, the insufficient production of insulin keeps glucose from entering the cells. It accumulates in the

blood, resulting in symptoms ranging in severity from mental confusion to coma. Conditions that contribute to diabetes are pregnancy, surgery, physical or emotional stress and obesity. The major symptoms of diabetes are excessive thirst, frequent urination, and increased appetite accompanied by loss of weight. Other symptoms are muscle cramps, impaired vision, itching skin and poorly healing wounds.

Both of these ailments are diagnosed by the six hour Glucose Tolerance Test. They are both characterized by impaired glucose utilization, glandular derangement and nutritional inadequacy. And, both can be relieved and controlled with proper diet and supplementation.

Plenty of fresh food, exercise and rest are recommended and small meals throughout the day are important. Complete abstinence from alcohol, caffeine, concentrated sweets, white flour and junk foods is imperative for those who are serious about getting well. Nutritional supplementation is an important part of regaining health.

A possible formulation of nutrients that could be employed successfully is listed below: 10702362, 10702366
Enzymatic Therapy:



Sweet Defense

2 tablets contain:

Raw Pancreas	150 mg
Raw Pituitary	40 mg
Vitamin A	5000 IU
Vitamin B-1	25 mg
Vitamin B-2	25 mg
Niacinamide/Niacin	115 mg
Vitamin B-6	25 mg
Pantothenic acid	100 mg
Chromium (GTF)	267 mcg
Zinc	10 mg
Manganese	10 mg
Choline Bitartrate	100 mg
Vitamin B-12	25 mcg
Methionine	100 mg
Vitamin C	200 mg
Raw Adrenal	60 mg
Green beet leaf powder	100 mg
Barberry root bark extract 4:1	30 mg
Wild Yam	50 mg
Inositol	200 mg
Potassium chloride	100 mg
Niacin	15 mg

With herbs: dandelion and golden seal with raw glands: adrenal, pancreas, brain, duodenum, spleen, heart, kidney and liver.

GTF - Glucose Tolerance Factor

The "raw" glandulars in the formula provide nutritional support to the glands themselves. The good health and proper functioning of the pancreas, pituitary and adrenal glands is essential to blood sugar stability in the body.

The B vitamins are essential to proper carbohydrate metabolism and the control of blood sugar level. B vitamin deficiency is known to be a contributing factor to hypoglycemia. With diabetes, drinking lots of water and frequent urination causes a loss of the B vitamins and magnesium.

White sugar leaches B vitamins from the system. Excessive sugar also causes a reduction in the growth of B vitamin producing bacteria in the intestines. This results in an insufficiency of B vitamins for interaction with glutamic acid which is mandatory to orderly brain functioning.

This formula emphasizes the B-Complex factors, B1, B2, B3, B6, B12, inositol and pantothenic acid. Besides working together in the metabolism of carbohydrates, these factors also help synthesize insulin. B1 is said to be especially valuable in preventing damage to the brain during diabetic acidosis and B2 deficiency is said to contribute to the development of diabetes.

Niacin, B3, helps regulate blood sugar in the hypoglycemic person by working as a coenzyme. Massive doses of B3 can rapidly relieve chronic depression, anxiety, tension, and exhaustion due to hypoglycemia. Niacinamide, which comes from the amide group, is used as an alternative in equal doses to niacin because it does not stimulate the typical niacin flush (redness and itching in the blush areas when taken in large doses).

There is a biochemical association of vitamin B6, with both hypoglycemia and diabetes. Basically there is a heightened requirement

for B6 with any stress. Lecithin, which is produced by the body to reduce blood fat and cholesterol characteristic of diabetes cannot be produced without adequate B6 and magnesium. B6 deficiency is established by the presence of xanthurenic acid in the urine.

When B6 is deficient, the amino acid tryptophan is not utilized properly and results in xanthurenic acid. In animal tests B6 deficient subjects had pancreas damage from xanthurenic acid within 48 hours. The longer the animals were fed B6 deficient diets, the more extensive damage to pancreas tissue. Injuries to the pancreas occur long before any other outward symptoms of B6 deficiency occur. When the pancreas is not seriously harmed, B6 restores health.

Because a number of drugs can cause xanthurenic acid in the urine, it is wise to use a B6 supplement with drug intake.

Vitamin B12 is important in protein, fat and carbohydrate metabolism and the synthesis of RNA/DNA. It is also required for the utilization of methionine and choline. It has been claimed that B12 combats diabetes. This is substantiated in laboratory experiments where a lack caused rats to have prolonged high blood sugar.

Pantothenic acid, always important with stress, is imperative to the health of the diabetic. If deficient, the blood sugar will drop so quickly after insulin is given that the danger of insulin shock is tremendously increased. Pantothenic acid is intricately involved in the conversion of glucose to energy. It is also part of the B-Complex used for protein synthesis. It works from glandular directives and aids in the production of cortisone in the adrenals.

Inositol is vital to carbohydrate metabolism. It has been called the "sparkplug" that starts off carbohydrate metabolism. Clinical reports verify cases of both hypoglycemia and diabetes symptoms being eliminated with the use of inositol alone.

Vitamin A is necessary for glandular health so its need is emphasized with both hypoglycemics and diabetics with their weakened endocrine systems. Diabetics are unable to convert carotene, the vitamin A precursor, into vitamin A and need to use fish oil. This inability probably explains the abnormally low amount of A in their blood even when their intake has been seemingly adequate.

Vitamin C increases the body's tolerance to sugars and other carbohydrates and helps to normalize sugar metabolism. It is a potent detoxifier and improves adrenal output. Vitamin C is needed before the several amino acids that form insulin can be utilized. So it follows that natural insulin output has often increased after taking vitamin C.

Vitamin C metabolism is slowed by large amounts of protein and trace minerals. Since this describes the diets of both hypoglycemic and diabetic persons, it is reasonable that their need for C will be higher. Also, the diabetic, especially on insulin therapy, loses vitamin C more readily. Their requirement is further increased by stress, urinary loss, and destruction of vitamin C by artificial sweeteners.

Four trace elements appear to have a synergistic effect on the body's ability to handle glucose and may be of value in the prevention as well as the control of both hypoglycemia and diabetes. They are chromium, magnesium, zinc and manganese.

Animal studies indicate that chromium, an essential trace mineral, is ineffective without insulin and that the effectiveness of insulin is enhanced 50-100% by the presence of chromium. Chromium works with insulin facilitating the entry of glucose into the cells. Pure chromium is poorly absorbed by the body but it is produced by the body itself in a special molecular structure called the Glucose Tolerance Factor, GTF. The best supplemental source of GTF is brewer's yeast that has been grown to supply this factor.

The severe lack of naturally occurring GTF in the American diet is probably due to food processing.