



HARE'S TO YOUR HEALTH

Nutri-West Blue Ridge



BLUE RIDGE

January/February 2017

New Findings for Diabetes Treatment

Diabetes can be a debilitating disease. In both type 1 and type 2 diabetes, blood sugar levels rise dangerously high. Tissue damage can occur when sugar molecules bind to proteins in a glycation/oxidation process (called "AGES"). This is a major pathway of vascular and neuronal damage in diabetes. In type 1, the diabetic doesn't produce insulin, whereas in type 2, they usually produce it, but have lost sensitivity to it. Lowering blood sugar, and preventing this glycation/oxidation reaction, is an important goal of the diabetic. An important study (by the Diabetes Prevention Program Research Group) highlighting the importance of dietary and lifestyle changes was published in the New England Journal of Medicine. When compared to the drug metformin (for type 2 diabetes), both groups had reduced rates of diabetes incidence compared to placebo, however, the preventive benefit of lifestyle interventions were even more dramatic! They cut the incidence by 58%, with-

out producing the high degree of gastrointestinal side-effects associated with metformin. Additionally, lifestyle interventions were able to normalize post-load glucose levels more effectively, AND they were more powerful in lowering levels of glycosylated hemoglobin, and important indicator of long-term glucose control and glucose-mediated damage to proteins (advanced glycation). Proper diet and exercise have been proven to be helpful for diabetes. Nutritional formulas, in the way of vitamins, minerals, and herbs, can be utilized to help support this condition. One of the most promising support ingredients to appear in a long time is benfotiamine. Benfotiamine is a new, highly solu-

ble a derivative of thiamin (vitamin B-1) with higher bioavailability. It has been proposed (H P Hammes) that, "The ability of benfotiamine to inhibit three major pathways simultaneously might be clinically useful in preventing the development and progression of diabetic complications." Not only can the benfotiamine (the major ingredient of Nutri-West's Complete Gluco-D) prevent diabetic damage by controlling the biochemical pathways of tissue destruction, it looks like the evidence is mounting that it will actually help heal the damage once it has appeared. This is huge!



The information in this article has been compiled and presented by our very own Dr. Lynn Toohey - thank you Dr. Toohey!

What's New @ NWBR

Amy & Kim will be attending Nutri-West 4-Life's Annual Symposium in Phoenix, AZ, January 27-29. The many, talented speakers that will be teaching are Drs. Wally Schmitt, Brandon Lundell, Dan Murphy, Don Bellgrau, Lynn Toohey, Stephan Ediss, and J. Dunn. We are extremely fortunate to experience all of this brain power in one weekend

and hope to see you all there!

On a sad note, Debbie Retzer, our employee for the last couple of years, lost her mom on January 12, Our condolences to Debbie and her family.

And on a much happier note, Amy is finalizing plans for her son's (Andrew) wedding in Key West on April 8.

This was Alan & Amy's favorite vacation spot for the last 10 years. Join us in wishing Andrew and his bride, Elisabeth, many happy years to come!

The NEW NW catalogs will be available mid February!!! We will post the catalog on our website; also let us know if you would like one when placing your order - we will be glad to include!

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Have U Heard/Tried?

Two tidbits from one of our docs recently...for a **SORE THROAT**—open a capsule of Total Probiotics, pour 1/2 of capsule down throat, then follow with water. Do this every couple of hours, and the soreness will be stopped cold!!! Also - to **HELP WITH SLEEPING**, open up 1-2 capsules of Total Enzymes and place on tongue at bed-time - works great!

“Catching up on sleep” can **CURB AGE-RELATED WEIGHT GAIN**. A Nurses’ Health Study surveyed 68,000 women about their weight and lifestyle habits over the course of 16 years. Women who slept five hours or less each night were 32% more likely to report major weight gain than those who got seven hours, though the seven-hour sleepers ate more.

MORE HEALTH BENEFITS OF GREEN TEA...green tea flavored with peppermint or citrus has a synergistic effect on the relaxation response, which counteracts stress; green tea is loaded with polyphenols (100 x’s the antioxidant power of vitamin C) and has a profound effect on skin cells that can improve the appearance of wrinkles, wounds, rosacea, repairs skin DNA,

and protects from ultraviolet carcinogenesis; green tea polyphenols act as a cardiovascular protection (lowers inflammation in bloodstream and reduces damage to LDL cholesterol); tea is second only to water when it comes to rehydrating and replenishing the body (might want to exclude the sugar that so many of us like to add to our tea!); and, green tea slows age-related cognitive decline - people who drank more than 2 cups a day had a 54% lower risk of developing memory loss and other cognitive impairments compared to those who drank less than 3 cups a week (*Positive Living*, Nov/Dec).

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.

Proverbs 3:5-6

END A BAD CASE OF

THE HICCUPS - Mix 1 tsp. apple cider vinegar with 1 cup warm water in a glass, then drink. The fruit enzymes dissolve hiccup-causing air bubbles (adding 1 tsp. to your pet’s drinking water ensures health-looking fur—the vinegar is high in potassium which maintains the health of hair follicles).

Eating certain fruit, particularly citrus, can **FADE SPIDER VEINS**. Lemons, oranges, and grapefruits contain bioflavonoids, antioxidants that

strengthen the vein valves that direct blood flow. This prevents the back up blood that enlarges veins, so they fade or disappear. Fresh fruit (not pasteurized juice) is the best bioflavonoid source, so try eating or drinking the juice of four fresh oranges or grapefruits daily to get the minimum proven dose of 200 mg. For optimal results, consume some of the pith (the white stringy tissue under the skin) since this is packed with bioflavonoids. “Tea” made from citrus peels steeped in hot water and fresh-squeezed lemonade also provide the benefit. You can also take 500 mg Ester-C.

When combined with moderate exercise (45 minutes of walking or running, 3 x’s weekly), fatty acids derived from fish oil can help promote **WEIGHT LOSS IN OVERWEIGHT INDIVIDUALS**. No other dietary changes are needed for an average of 4.5 pounds over the three-month period. It is believed that omega-3 fatty acids found in fish oil increase fat burning by improving blood flow to the muscles during exercise.



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Parting Words

A young woman was complaining to her father about how difficult her life had become. He said nothing but took her to the kitchen and set three pans of water to boiling. To the first pan, he added carrots; to the second, eggs; and to the third, ground coffee. After all three had cooked, he put their contents into

separate bowls and asked his daughter to cut into the eggs and carrots and smell the coffee.

“What does this all mean?” she asked impatiently.

“Each food,” he said, “teaches us something about facing adversity, as represented by the boiling water.” The carrot went in hard but came out soft and weak. The eggs went in fragile but

came out hardened. The coffee, however, changed the water to something better.



“Which will you be like as you face life?” he asked. Will you give up, become hard - or transform adversity into triumph? As the “chef” of your own life, what will you bring to the table?