

## Sugar Handling/Balancing

While blood sugar is not the most exciting topic, it sure does have a huge impact on how you feel throughout the day and how you sleep, not to mention the huge impact it has on your digestion, metabolism, and even your hormone levels.

Sugar intolerance and malabsorption has been found to be an issue for some individuals causing gastrointestinal distress, flatulence, bloating, diarrhea, fatigue, and anemia. Do any of these additional signs of poor blood sugar handling describe you...awaken a few hours after falling asleep - hard to get back to sleep, crave coffee or sugar in the afternoon, sleepy in afternoon, fatigue that is relieved by eating, headache if meals are skipped or delayed, irritable before meals, shaky if meals delayed, frequent thirst or urination? These are all indications that your body may be having a difficult time managing blood sugar. Usually, blood sugar regulation is controlled by the liver and pancreas, but when those organs become over-burdened, blood sugar falls too low and triggers your adrenal glands to get

involved. The adrenal glands release stress hormones and signal the liver to break down proteins and fats for energy. This causes a lot of bodily stress and inflammation.

Why is blood sugar important? First off, healthy hormone production will not happen without blood sugar balance. Failure to balance blood sugar stimulates the release of the stress hormones cortisol and adrenaline. These stress hormones block the healthy production of sex hormones, because reproduction is not a priority when your body is under stress (i.e., your body prioritizes survival over reproduction). Blood sugar is also important to digestion and assimilation. When your stress response is ON, your digestion is turned OFF for a similar reason, surviving stress is prioritized over your digestion. If that is not enough of a reason to want to have balanced blood sugar, this one should seal the deal. Without balanced blood sugar, your body

will not produce enough T3 (active thyroid hormone) to support a healthy metabolism!

To maintain even blood sugar, balance meals (and snacks) with protein, and even some of the good fat, so that blood sugar stays where it needs to be. Spread the caloric intake throughout the day to regulate blood sugar and prevent fat storage. Also...drink lots of filtered water every day (water lubricates cells, provides the necessary environment for metabolism, flushes toxins, provides a full feeling), avoid processed foods (usually contain unhealthy ingredients that cause imbalances), get as many carbohydrates as possible from dark-colored/cruciferous vegetables (unrefined, low-glycemic index, high fiber, hypoallergenic), and enhance flavors (example: lemon fools the taste buds into thinking they have had salt).

*For more tips and supplements to aid in sugar handling contact our office!*



### What's New @ NWBR

As many of you know by now, our beloved Dr. Alan Hare has passed away (June 1st) of a massive stroke from April 22 and fought hard for six weeks. We thank you for all of your thoughts and prayers at this difficult time; he has left such a void in all of our lives. Please know that Alan will be greatly missed and loved what he did - HEALING.

**Join us & Dr. Dan Murphy** for Life University's CE Fall Event (their homecoming), Thursday, September 29, in Marietta, GA. We will also be joined by Dr. Murphy @ the GCA Chiropractic Association's Fall Convention in Atlanta, GA, (October 21-23). We hope to see you all there!

**Last but certainly not least**, we FINALLY have **Dr. J Dunn** in our territory for our first stand-alone seminar in two years!!! She will join us in Atlanta, GA, October 28 & 29, for a seminar on METHYLATION & Genetic Defects and

their role in Clinical Practice. She will also teach: influences of methylation mutation and structural outcomes, an easy-to-use systematic approach to neurologic muscle testing, laboratory tests including blood work and genetic testing protocols, specific nutritional intervention, as well as many other applications that can be used on Monday morning. Please visit our website, [www.nutriwestblueridge.com](http://www.nutriwestblueridge.com), watch for postcard and brochure mailings as well as emails for further details!

## SEPTEMBER SPECIAL

**Through Sept. 30, ANY of these sugar-handling products are buy 6, get 1 FREE!**

**Aspartic Chrom  
Carbo Met  
Complete Gluco-D  
Coe Level Pancreas  
Enzyme Forte  
Glyco-Lyph  
Pan-Lyph Chelate  
Total Alpha Lipoic Acid  
Vana Chrom**

**See our website for monthly specials!**



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## Parting Words...

Inevitably, people are prone to failure, upset, and disappointment. There are far more participants in sports, and in the business world, than there are champions. Not every relationship is destined for a life-long commitment. Why, then, do some people handle failure and go on to prosper, while others seem to be scarred by failure for life?

See how these often-overlooked factors might apply to your own ups and downs, and to your personal quest for success, contentment, and long-term productivity:

**People who overcome failure do not try to control their thoughts.** The human mind is designed to find clarity by naturally replacing old thought with fresh thought. Those who thwart this process by trying to look on the bright side (forcing themselves to think positively) only perpetuate their own struggles, disappointments, and confusion.

**People who overcome failure know the difference between their life and their**

**life situations.** Your life is a constant; your life situations are always in flux. One key to overcoming failure is to grasp that losing has no bearing on your level of self-worth or esteem. Understand that your life situations cannot penetrate your and, win or lose, the perceptual field (your awareness) will remain expanded.

**People who overcome failure know that their reality is created from the inside out.** Your experience does not create your state of mind; your state of mind creates your experience. It's perfectly reasonable to feel upset if you don't win, but those who learn from the experience of losing know that their think, and not the loss itself, is the cause of the upset. The outcome remains, but your thinking and your perspective is guaranteed to change.

**People who overcome failure know that external circumstances are neutral.** Outside events and situations are purely neutral. Your current state of mind creates all of your external perceptions; realize this and you

can overcome anything.

**People who overcome failure use their feelings as their guide.** People who overcome failure distrust their thoughts when they are low. One secret to overcoming failure is to not believe what you think when this type of mood sets in. Resilient individuals allow insights, and answers, to arrive because they know that in a low state of mind their thinking is not helpful.

People who overcome failure employ stillpower - not willpower. The key is to see that if you leave your letdowns unattended, your state of mind will clear and the answers to your lack of success will become obvious. Win or lose, every competition, relationship, or experience is leading you inward—where the gold truly rests.

## Have U Heard...?

...**Cucumin** is fantastic for shedding visceral belly fat, because it is strongly anti-inflammatory. Plus it blocks a key fat-storing enzyme in the body. Study subjects (Tufts University) that had received a daily dose of curcumin had 43 percent less fat after 12 weeks than those who didn't get the extract. It is recommended to take a supplement that delivers 500-1,000 mg of curcumin per day (Complete Whey-G).

...**Omega-3s** ward off age-related vision loss!. New research reveals a surprising way to protect your eyesight - taking omega-3 fatty acids. DHA helps prevent the buildup of lipofuscin, a vision-damaging toxin. Try taking with meals three times a day (look for one with 2:1 ration of EPA:DHA) - Complete Omega-3 Essentials.

...**Could a vitamin deficiency** be causing your fatigue? If you experience all-day exhaustion and two or more of the following symptoms, you may have a B-12 shortfall: poor balance, muscle weakness, numbness or tingling of the extremities, depression or anxiety, restless legs at night, memory lapses or brain fog. Women over 40 are at higher risk for a shortfall. The reason - as we age, the stomach produces less hydrochloric acid, a stomach acid that binds to B-12 so it can be absorbed into the bloodstream. Since animal proteins are the only food source of B-12, women who limit red meat are also at an increased risk (NW's B-12 Lozenge has 1,000mcg).

...**One of the most important ways to heal the thyroid** is to get enough vitamin D, according to Dr. Mehmet Oz, This nutrient helps the gland cope with stress and convert inactive T4 into active T3 hormone, and it can even act like T-3 if the body's levels wane. It is recommended aiming for at least 1200 iu daily (we have 3 Vitamin D options ranging from 400iu - 5000iu).

**"Love bears all things, believes all things, hopes all things, endures all things. Love never ends."**

- 1 Corinthians 13:7-8