



# The Family Table

## Blood Sugar Health

Find ways to improve blood glucose levels and improve insulin function.

Sugar is everywhere, it is not just a special treat reserved for special events. We enjoy high sugar from the time we wake up until the time we go to bed. Blood sugar issues and Type II Diabetes is so common that at this point predictions are saying that over 50% of our children will be Diabetic in their lifetime. As this looks and sounds incredibly sad believe it or not type II Diabetes can be prevented. True prevention starts even before there are any signs but if you are starting to see lab changes there are many things you can immediately address.

Prevention of Diabetes is all about you!

- ✓ Control of diet – Get the sugars out and bring in healthy protein's & good fats.
- ✓ Finding healthy stress releases – holiday/vacation, adrenal support, L-Theanine.
- ✓ Solid organs of elimination – Kidney, Liver, GI – any concerns here need to be addressed.
- ✓ Simple testing of pH, Random Insulin (this is different than a glucose level)
- ✓ Keep Moving!!!
  - Helps maintain healthy serotonin, insulin, hormones.
  - It decreases stress, depression and anxiety.
- ✓ Sleep - 5 hrs uninterrupted! – Wake up feeling rested!
  - If you are not getting it, start working on it.

When to start addressing concerns:

1<sup>st</sup> Diet rich in sugar

Watch for hidden names for sugar. <b>Keep out as much as possible</b>	Safer, natural sugars <b>Keep to a minimum</b>
- Sugar (crystal, powdered, brown)	- Lactose – milk sugar
- Sucrose – another name for sugar	- Maltose – malt sugar
- Dextrose	- Fructose – fruit & vegetable sugars
- Glucose	- Honey
- Corn Syrup	- Molasses
- High Fructose Corn Syrup	- Brown rice syrup
- Maltodextrin	- Cane sugar/syrup
	- Maple syrup
	- Agave

2<sup>nd</sup> Strong family history

There are many things we like to blame on our family but if your genetics have a strong pull towards this it does not have to be inevitable. You are still in control of keeping this away as long as possible, so the sooner you work on it the better.

### 3<sup>rd</sup> Signs of Metabolic Syndrome

This presents as a collection of issues that can start with one concern and over time more are added on.

This can present in any order:

- Thyroid Issues
- Cholesterol Problems
- Blood Pressure Elevated
- Blood Sugar Control Lost
- Weight Gain

Our suggestions for the best supplements to take back control:

#1 – Watching – Glucose around 100, A1C >5.7-6

**Alpha Base w/o Iron** – 1 capsule twice daily - Provide the body with nutrients for normal body function

**Vectomemga** – 1 tablet daily - Helps protect heart and nerves from degeneration. As well as brain food.

**Cinnamon** – 1 capsule twice daily (take evening dose 1 hour before bedtime)

**Berberine MetX UltraAbsorption** – 1 capsule 1 hour before bedtime

#2 – Starting and Well On Its Way – Glucose 110-150, A1C 6-7

**Alpha Base w/o Iron** – 1 capsule twice daily - Provide the body with nutrients for normal body function

**Vectomega** – 1 tablet daily - Helps protect heart and nerves from degeneration. As well as brain food.

**GlucoResponse**– 1 capsule twice daily (take evening dose 1 hour before bedtime)

**Berberine MetX UltraAbsorption** – 1 capsule 1 hour before bedtime

(Possible Add On – Sucontrol D – 1 capsule twice daily and/or CuraMed 750mg – 1 at bedtime)

#3 – Intense Need – Glucose >150, A1C >7

**Mitocore** – 1 capsule twice daily - Provide the body with nutrients for best cellular health

**Vectomega** – 2 tablets daily - Helps protect heart and nerves from degeneration. As well as brain food.

**CuraMed 750mg** – 1 capsule twice daily – Helps with sugar, inflammation control, and cardiac health.

**Sucontrol D** – 1 capsule twice daily

(Possible Add On – Berberine MetX UltraAbsorption – 1 capsule 1 hour before bedtime)

Additional benefit:

- **Methyl B-Complex** – 1 capsule daily to 1 capsule twice daily  
Helps prevent atherosclerosis, neuropathy and improves metabolism of glucose.
- **Magnesium Glycinate** or **Magnesium Taurate** at 400-500mg daily in divided doses.  
Diabetics need double the magnesium that non-diabetics require. Cardiac and stress relief
- **Vitamin D3** – Its vitamin D of course it is important!
- **Ubiquinol** Co-enzyme-Q-10 50-100mg  
Higher amounts if on diabetic medication – Energy, cardiac and nerve health
- Antioxidant like **Clinical OPC 400mg**, **Healthy Feet & Nerves** and /or **Bilberry** 160mg  
Help maintain eyes health and improve circulation and decreases free radical deficiencies.
- Protect those Kidneys – **Renaven** 2 capsules in the morning
- Monitor, Monitor, Monitor  
Watch your numbers to make sure you are making the progress!

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