

# GlucoSmart FAQ

## Can I take it with diabetic and other medications like blood pressure?

You bet! You need to continue to take your medications, never go off of one without your doctor's assistance. Be sure you're testing your sugar a minimum of three times a day, six is better. Record the numbers and visit with your doctor when your numbers are consistently lower to get his assistance in reducing your medication.

## Do I need to take it with food?

The best time to take supplements is always with food. When your stomach has food in it there is an environment for digestion and absorption. Your body knows that now is the time to get the nutrients it needs and is prepared to do so. (Note from Penny, I tried taking GlucoSmart once without food, just took it in the morning with my Liver Cleanse. I got an upset stomach. That's the only time I didn't take it with food and that's the only time I got an upset stomach. I found I did best taking it after I had eaten a few bites of food. If I took it before I ate anything I didn't really want to eat anything, but knew I should after my experience with the stomachache. If I ate 2-3 bites first, then took the GlucoSmart I ate a small meal, often not finishing what was on my plate because I felt comfortably full. If I waited until the end of the meal to take it I often felt uncomfortably full, like I had eaten way too much.)

## How much should I take? Do I take more if I am diabetic?

Maintenance level is 3 capsules per day. A bottle contains 90 capsules, so it is roughly a one month supply. A diabetic can take up to 6 capsules per day, then taper down as their blood sugar responds. Some people may find they only need 1-2 capsules a day, others may find that 5 is their maintenance dose.

## Is there a special diet I should follow?

Everyone who buys a bottle of GlucoSmart will have an opportunity to fill out a form that will be reviewed by someone working with Dr. Whiting (creator of GlucoSmart). This will tell you if you are calorie intolerant, carbohydrate intolerant or a combination of the two. The literature available with GlucoSmart will then give you ideas of how to incorporate this information into your diet. Everything is designed to help you make food choices based on your body type, you can continue to eat out, go to parties, and dine with friends and family. Cheating is even designed into the suggestions! Chances are no one will even notice you have changed anything about your diet except you're eating less and looking great!

## Do I still need to test my sugar?

Be sure you're testing your sugar a minimum of three times a day, six is better. Record the numbers and visit with your doctor when your numbers are consistently lower to get his assistance in reducing your medication. It is vital that you continue to check your sugar, you don't want to have it get too low!

## Do I need to take these for the rest of my life?

All nutritional supplements such as herbs, essential oils, or foods provide the body with needed nutrients. If you are getting adequate nutrition from your diet then you will not need to use supplements. Essential oils and herbs are often used as supplements because they are more concentrated than most of the foods in our everyday diet and

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provide the body with the missing nutrients, vitamins, and minerals that it needs. If you modify your diet (if you currently are in need of a supplement that tells us that you are not receiving the needed nutrients from your diet) and if your digestive system is absorbing the needed vitamins and minerals then you will not need to continue using GlucoSmart, you will only need to use it to support pancreatic function until the body has had the time and received the nutrients needed in order for it to heal itself. After that, assuming you have learned to balance foods, fats, starches, and sugars in such a way that your body can stay in balance you will not need to continue to use GlucoSmart.

Can I take them if I am pregnant or nursing?

Chances are very good that yes, you can. If you feel any concerns at all, Dr. Whiting can consult with you to determine and address any special needs you may have. Generally speaking this is not an issue, but each woman's pregnancy is individual and we want to be sure that both you and your baby are getting the absolute best care possible.

How about gestational diabetes, is it effective for that?

Yes. Gestational diabetes can be a pancreatic issue (and GlucoSmart provides the nutrients the pancreas needs to begin working correctly again), it can also be a thyroid issue. If it's a thyroid issue we may need to look at some additional supplements.

Does my age matter?

As long as you are capable of swallowing a capsule you can use GlucoSmart. Please remember, however, that the recommended dosage of three capsules per day will need to be modified for children. The smaller the individual the smaller the dose. If you are assisting a very young child in dealing with diabetes we would encourage you to contact Dr. Whiting for individual support.

What happens if I run out? Any problem if I go off of them?

You will need to continue monitoring your blood sugar closely. If you have taken enough that your body has healed itself and if you are eating a balanced diet, then there will not be any problems. If, however, you are not eating a balanced diet and if your body has not healed, then you will need to address blood sugar levels.

When I first started taking them they upset my stomach. Is that normal?

Make sure you are taking them with food. You may find you need to eat a few bites of food first, then take the capsule, and continue eating. This should clear up the problem. If you find you still feel queasy or shaky, increase the dosage level and you should be feeling great!

Will this help protect against the eye damage of diabetes?

The damage done to the body by diabetes is really damage done through malnutrition. Your body is not receiving the nutrients, vitamins, and minerals that it needs, either through an imbalanced diet or because damage has been done and it is no longer able to break down the foods into the nutrients it needs. This results in the body leaching what it needs from what it considers to be less important organs or it simply cannot obtain those nutrients and organs are starved. Once the body is able to receive and use those vital nutrients then it will begin to feed those organs that have been starved and to replace the nutrients in those organs that it leached the nutrients from. Assuming that

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damage has not been done that is irreparable then the body will be able to repair itself once the blood sugar levels are at normal levels and the body's nutritional needs are being met.

Does it work on Type I and Type 2 diabetes?

It works best on Type 2 diabetes. Type 1 diabetes is due to pancreatic malfunction due to a genetic mutation. Their bodies simply do not produce the insulin hormone. GlucoSmart does not have the degree of beneficial impact with Type 1 diabetics that it has with Type 2 diabetics. Someone with Type 1 diabetes will always need to take insulin (most Type 2 diabetics who use GlucoSmart will be able to eventually quit taking insulin), however GlucoSmart has been shown to help even out their blood sugar levels. When someone with Type 1 diabetes takes their insulin their insulin levels spike and over time drop until time for their next shot. This process gives them high extreme highs and lows in insulin levels. GlucoSmart provides the nutrients and raw materials the body needs to help maintain balance. The person will still have insulin highs and lows, but they will experience rolling dips and highs as opposed to the extreme spikes. This can really help them maintain health and energy levels.

**To order, for class information, or if you have questions contact:**

Debby or Penny Swann

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