

GlucoSmart

GlucoSmart is part of our Smart Nutritionals line created by Dr. K. Steven Whiting, PhD. It is a proprietary herbal blend of chromium, vanadium, aspartic acid, bilberry extract, and extracts of several proprietary herbal blends. GlucoSmart was originally developed to address Type 2 Diabetes, both in management and prevention, it was also developed to assist those individuals suffering with other disorders that are caused by or have their root in Syndrome X (Syndrome X is a term used to refer to a combination of medical disorders that increase the risk of a person developing heart disease and diabetes. Scientists estimate that it affects one in five or one in four people, depending upon the study reviewed; the odds of having Syndrome X increase with age.) Simply put, GlucoSmart addresses challenges with excess insulin production; people with this challenge include those with polycystic ovarian syndrome (PCOS), hypoglycemia (low blood sugar), diabetics, those with moderate to severe obesity, elevated cholesterol (in some cases) and hypertension (high blood pressure). Each of these conditions can be traced to an imbalance between the production of insulin and the cells that insulin uses to convert blood sugar to stored energy.

This formula lowers insulin levels. Your first thought may be that diabetics don't have enough insulin, that's why many of them must use insulin shots. However, that is not the case. Unless a diabetic is very advanced they have more insulin than is necessary. The problem lies not in the insulin production, but in the usage of insulin. The insulin receptor sites, the cells that convert blood glucose into glycogen and triglycerides, become desensitized and damaged by years of excess sugar and white flour consumption. The pancreas has created this desensitization by increasing the production of insulin because of the consumption of refined carbohydrates. This creates a downward spiral. The more refined carbohydrates that are consumed, the more insulin that must be produced and the more receptor sites are damaged. Eventually the receptor sites will begin to fail and then we see elevated blood sugar levels. Western medicine chooses to address the blood sugar levels, not the damaged insulin receptor sites. GlucoSmart addresses the damaged insulin receptor sites by reducing the amount of insulin produced, this allows the receptor sites time to clear and recover making them more receptive. As this occurs, the pancreas produces less insulin and we have an upward spiral. In conjunction with this the person in question has fewer cravings for refined carbohydrates and automatically adjusts their diet towards a healthier one that consists of less refined carbohydrate consumption.

Many doctors and nutritionists would have you believe that weight loss or gain is only affected by the amount of calories consumed. You would lose weight if you only ate less and exercised more. There are thousands of people out there who can testify that this is not so, they have starved themselves and worked out, but they are still overweight. The current epidemic of Type 2 Diabetes and the other disorders related to insulin overproduction stand as testaments that something else is wrong, the current dietetic recommendations of the American Dietetic Association (ADA) are not providing the general populace with the knowledge of healthy food consumption that they need. Syndrome X affects everyone regardless of race, gender, age, education, or economic class. What is it that we need to change? What do we need to address?

Chemically, when the insulin levels in our bodies are constantly elevated, as they are when our pancreas is producing this excess of insulin, the appetite centers of our brain are stimulated to crave foods that produce sugar. Our bodies say, hey, there's too much insulin in here, let's get some sugar intake going so this insulin can be used up. If you've ever tried to go on a diet that includes little or no sugar and little or no carbohydrates you know that this is the best way to be absolutely miserable. That's because your body is fighting against you, it has this excess of insulin and it wants you to consume a sugar forming food to use up the insulin so it's telling you to eat a carbohydrate. The longer you resist the urge to consume carbohydrates the more forceful your body gets because

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the pancreas is still putting out insulin and your levels are getting higher. GlucoSmart cuts down the production of insulin. As the production of insulin decreases so does your craving for carbohydrates. You break the cycle easily and painlessly.

If you choose to participate in the Be Young weight management program you will be asked to fill out a questionnaire that will enable Dr. Whiting, creator of GlucoSmart, and his team to determine your metabolic type and provide you with a diet that designed for you. This diet will have sample menus, freedom to cheat, and will utilize GlucoSmart and other Be Young products to assist you in creating a cycle of health and vibrancy in your life!

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

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