

NATURAL DIABETES THERAPY

Sugar Coated

Just having the diagnosis of Diabetes shortens your lifespan by 10 years. High blood sugar is bad for you because the excess sugar in the blood binds to the microscopic machine parts in our cells, gumming up the vital workings on which life depends. This "sugar coating" also occurs along the artery walls, and this can lead to premature clogging of the arteries. Clogged arteries cause heart attacks and strokes. Gangrene can develop when arteries to the toes and feet become clogged.

Diabetes is also one of the leading causes of adult blindness because the sugar can clog up the small arteries in the back of the eye which supply blood to the retina. When sugar binds to the delicate nerve fibers of the body, loss of feeling or a painful burning

sensation, called neuropathy, can occur. Once neuropathy sets in, it can be very difficult if not impossible to reverse. Controlling blood sugar involves three steps:



- Eating the right diet.
- Maintaining a healthy weight.
- Keeping insulin levels as low as possible.

Borderline elevated blood sugar and Diabetes are very serious conditions that can erode your health over time. Nutritional therapy and nutritional supplements can play an important role in lowering blood sugar and protecting you from the devastating consequences of high blood sugar. Ask for the "How Sweet it is: Natural Blood Sugar Control" brochure for more details.

Did you know?

Vitamins Interact

There are some vitamins that are best taken in the morning and others that are best taken in the evening. And just like medication reactions, there are vitamin-vitamin interactions.

A "once-a-day" vitamin is incapable of delivering vitamins to the body when they are best absorbed and is loaded with vitamin-vitamin interactions. For example, America's most popular vitamin, Vitamin C, and America's most popular mineral, calcium, interact with each other and should not be taken in large doses together because they cancel each other out.

It never made sense to me that multi-vitamin manufacturers promoted a "once-a-day" pill that was loaded with vitamin-vitamin interactions and oblivious to timing.

For more information about how to prevent vitamin interaction, ask our staff for the "My Best Health: A Premium Vitamin & Mineral System" brochure.

Reduce Blood Sugar

SUPER C

by My Best Health

- **Reduces "easy-bruising"**
- **Helps prevent hardening arteries**



Vitamin C helps reduce blood sugar and the harmful effects on the body of elevated blood sugar.

Vitamin C has been shown to reduce the other medical problems that contribute to disease and debility in diabetic patients including high cholesterol, high blood pressure, and hardening of the arteries. Super C is a highly absorbable vitamin C with citrus bioflavonoids for extra anti-oxidant protection.

PRODUCT #

SIZE

190

90 cap



Remedy for High Blood Sugar

NUTRA-RX & TRUGLYDE THERAPY

by My Best Health

High blood sugar and diabetes continue to be a major cause of preventable illness and death. Just having the diagnosis of diabetes will statistically shave 10 years off of your expected lifespan.

And diabetes is still the number one cause of non-traumatic amputations and blindness in adults.

Dr. Hirt has a comprehensive, personalized program to help you control your blood sugar and avoid the cascading miseries of illness that come from neglecting high blood sugar. Nutra-Rx and Truglyde are an all-natural blend of effective herbal remedies for high blood sugar, and are without the typical side effects of prescription diabetes medicine.



Nutra-Rx and Truglyde are typically used together as a combined therapy.

NAME	PRODUCT #	SIZE
Truglyde	231	60 caps
Nutra-Rx (chocolate)	324	977 gm
Nutra-Rx (vanilla)	342	977 gm

Helps Liver Detoxify Blood

BLESSED THISTLE

by My Best Health

- **Lowers blood sugar and blood cholesterol**
- **Centuries old formula**
- **Lowers insulin levels**



Blessed thistle is the common name for the herb *Silybum marianum*, long appreciated through the centuries by medicine men for its tonic health benefits.

And now modern herbalists know why.

Blessed Thistle helps the liver detoxify the blood and regenerate itself when injured by the foods, drugs, and chemicals we ingest or inhale. It also has been shown to lower blood cholesterol, blood sugar, and insulin levels without side effects.

Blessed Thistle can be used by patients currently using medicines that tax the liver or for patients with high cholesterol, blood sugar, elevated insulin levels, and prostate concerns.

PRODUCT #	SIZE
270	60 cap

Improves Blood Sugar & Mood

GINSENG

by Pure

- **Memory**
- **Energy**
- **Sexual dysfunction in men**
- **Math Skills**
- **Menopause symptoms**
- **Reaction times**



In a randomized, placebo controlled study, ginseng was found to improve both blood sugar and mood in patients with Diabetes.

Ginseng also improves energy, memory, math skills, reaction times, menopause symptoms, and sexual dysfunction in men.

PRODUCT #	SIZE
172	60 cap



Less Limb Numbness

BIOTIN

by Allergy Research

- **Helps brittle nails**
- **Blood sugar control**



Biotin is an essential vitamin found in many different types of foods, including dark green vegetables, eggs, nuts, and dairy products. Without enough biotin in their bodies, patients can experience hair loss, red and scaly skin rashes (particularly around the nose and mouth), thin and brittle finger and toenails, numbness and tingling of the hands and feet, as well as elevated blood sugar levels.

While severe biotin deficiencies are rare, I have successfully used biotin as part of my Female Pattern Baldness remedy. Sorry guys, biotin does not seem to help Male Pattern Baldness. However, biotin can help both men and women with brittle nails and help diabetics get better blood sugar control and have less limb numbness when used as a comprehensive diabetic therapy program.

PRODUCT #	SIZE
118	60 cap

Resistance Training

Some 90% of patients with Diabetes have plenty of insulin, but their body's cells have become resistant to insulin's action. Insulin comes knocking on the cell's membrane to deliver blood sugar, but there is no answer. This is referred to as Type Two Diabetes and is characterized by insulin resistance. This resistance usually comes from the effect of hormones secreted by fat cells. The more fat cells you have, the more of these "insulin resistance" hormones are secreted. These hormones keep the cells from responding normally to insulin.

Fat cells are why obesity is the leading risk factor for developing Diabetes, and why losing weight is one of the best ways to cure your self of Diabetes. Even as little as 10 or 15 pounds of weight loss can substantially lower blood sugar levels by simultaneously reducing the fat-cell hormones that interfere with insulin blood sugar lowering action.

In many cases, once a healthy weight is achieved, nutrition supplements or prescription medication for blood sugar control may no longer be necessary.

Powerfully Nutritious Fruit

POMEXELLENT

by Health Concerns

- **Active for high blood pressure and blood sugar**
- **Addresses high cholesterol**
- **Good for patients with prostate enlargement or infection**
- **Supports normal heart function**
- **Important for patients with prostate, breast, colon, and skin cancers**
- **Directs healthy levels of leptin, a fat building hormone**
- **Targets arteriosclerosis**



Pomegranate is a powerfully nutritious fruit for patients with concerns about heart disease, arteriosclerosis, high blood pressure, and cancer. This potency comes from pomegranate's superior antioxidants which are more concentrated and potent than those found in red wine, blueberries, green tea, and oranges.

PomExcellent is an all-natural concentrated, full spectrum pomegranate extract that provides all of the benefits of the pomegranate with none of the fruit sugars and calories.

Clinical studies have demonstrated pomegranate extract to lower leptin (a fat building hormone) levels, reverse heart disease, improve heart function and circulation, lower blood pressure, normalize high blood sugar, and slow down cancer growth, particularly prostate, breast, colon, and skin cancer.

Usual dosage: Take two (2) capsules two to three times daily with meals.

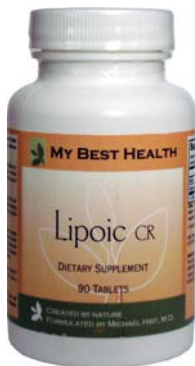
PRODUCT #	SIZE
282	60 tab



Protects Heart LIPOIC CR

by My Best Health

- Protection from hardening of the arteries
- Last 3x longer than other brands
- Provides all-day protection
- Helps neuropathy
- Helps blood sugar



Having been identified more than 50 years ago, alpha lipoic acid has long been appreciated for its potent anti-oxidant protection of the brain, nerves, heart, and arteries. This type of protection means a slowing of the aging process.

For patients with diabetes, alpha lipoic acid can help to reduce blood sugar levels and protect the body from the damaging "oxidizing" effects of

high blood sugar, such as hardening of the arteries and nerve damage (also known as neuropathy). Alpha lipoic acid also supports patients with other causes of neuropathy including chemotherapy, toxin-induced, and age-related.

Further boosting its anti-oxidant powers, alpha lipoic acid also helps the body recycle vitamins C and E.

Alpha lipoic acid is so powerful an anti-oxidant that it was used to treat victims of the Chernobyl nuclear accident and was shown to normalize affected internal organs and substantially reduce radiation-induced oxidative damage.

Now, you probably are not dealing with a disaster of this magnitude, but it is nice to know that the supplement you are taking is protecting you as if you were.

Lipoic CR has been proven to last three times longer in the blood than other brands, and therefore can provide all-day protection from the oxidative forces of aging and disease.

Usual Dosage: Take two tablets before breakfast and one before dinner for all day protection.

PRODUCT #	SIZE
255	60 tablets

Powerful Anti-oxidant SURE SORB Q10

by My Best Health



Coenzyme Q10 (CoQ10) is a powerful anti-oxidant that helps to block oxidative damage to the blood vessels, heart, kidneys, and brain. Blood levels of CoQ10 build to their highest levels in the first 20 years of life and then start to decline so that by the time a person turns 80 their CoQ10 levels are less than they were at birth.

CoQ10 is found naturally in foods in very small amounts and is also made by the liver

along the same production lines as liver-manufactured cholesterol. Statin medications (such as Lipitor, Crestor, Pravachol, Zocor, Lescol) block cholesterol production in the liver and also inadvertently block the liver's production of the very important CoQ10. Patients taking cholesterol reducing medications and herbs need to supplement with CoQ10 so that their bodies can be protected by the anti-oxidant benefits of CoQ10.

CoQ10 is so powerful an anti-oxidant that it has been shown to reduce blood pressure in patients with hypertension, reduce blood sugar in diabetics, protect the heart and kidneys from patients with cancer receiving certain types of chemotherapy, reduce headaches frequency by 30% in patients with migraines, strengthen the heart in patients with congestive heart failure, help treat patients with Parkinson's disease, boosts energy in patients with fatigue, and can lengthen the survival of patients with breast cancer.

CoQ10 has been so well studied for its therapeutic health benefits that it is available only as a prescription in some countries such as Japan where it is the sixth best selling drug in Japan.

CoQ10 is a powerful and beneficial supplement but most products are made with inferior, synthetic powders and gels that are not well absorbed. In clinical trials, Sure Sorb Q10 proprietary, patented, and all-natural Coenzyme Q10 was absorbed nearly 800% better than synthetic, powdered CoQ10. Sure Sorb Q10 represents the best of pharmaceutical grade effectiveness that is unmatched by any competitor product on the market today.

PRODUCT #	SIZE
267	30 cap
286	120 cap

High-potency Chromium Supplement

CHROMIUM

by My Best Health

- *Specially formulated for maximum effectiveness*
- *Reduces cravings for carbs and sweets*
- *Supports healthy blood sugar*
- *Helps reduce triglycerides*
- *Used for treatment of obesity and PCOS*
- *Helps reduce insulin, the #1 fat-building hormone*
- *GTF = Glucose Tolerance Factor = help for blood sugar and cravings*



Chromium is an essential mineral that is necessary for the hormone insulin to work properly. Without sufficient chromium, insulin cannot properly control blood sugar. Excess sugar is then deposited into body fat stores, particularly on the belly, chest and upper back.

Elevated blood sugar causes additional problems like diabetes and diabetic related health problems including accelerated heart disease, strokes, nerve damage, weakness, and blindness.

Chromium supplements have also been used to help lower cholesterol by reducing triglycerides. Scientists are currently studying high-potency chromium supplements in the treatment of obesity because of chromium's reported benefits of reducing sweet cravings, reducing appetite, and helping to manage insulin, a fat-building hormone.

In order to be effective at blood sugar control, cholesterol management, and weight loss,

medicinal doses of chromium are necessary. Chromium GTF is a mid-potency chromium supplement that provides chromium in its most absorbable form. Chromium 1000 is the highest potency chromium supplement on the market today that also provides chromium in its most absorbable form.

Chromium is found naturally in foods such as meats, animal fats, fish, brown sugar, coffee, tea, calf liver, whole wheat bread, and rye bread. However, due to over farming and soil nutrient depletion, the chromium content of most foods is lower than expected which has led to chromium deficiencies in many patients.

NAME	PRODUCT #	SIZE
<i>Chromium 1000</i>	331	100 tab
<i>Chromium GTF 200</i>	332	100 cap



Garbage In, Garbage Out

Your first step in managing your blood sugar is to control the amount of sugar that gets into your body from your diet. It is not just plain sugar that you have to watch out for but also the simple, white carbohydrates, as well.

Simple carbohydrates are made from over-processed white flour, and when these foods hit the pit of your stomach, they break down into sugar in a matter of minutes. So, a bagel with cream cheese and a donut look pretty much the same after a little bit of stomach digestion. A piece of white bread, some saltine crackers, and a couple teaspoons of sugar also look pretty much the same after one or two minutes of sitting in stomach acid.

It is important to choose complex, brown carbohydrates such as breads, crackers, and cereals made from whole grains. Not even "whole wheat" is as good as "whole grain." Choose brown rice over white rice, and eat your potatoes with the skin as opposed to mashed or French fried.

The closer your carbs look to the way G-d made them, the better they will be for you.

While not all carbohydrates are "bad," controlling your blood sugar will require you to balance the types and amounts of carbs in your diet. One carbohydrate that tends to consistently elevate blood sugar is amylose. This carb is found in bananas, beans, and most grains. To help you determine how much and how often you should eat amylose-rich foods, I have created personalized nutrition programs that can help you determine exactly what a balanced diet looks like for you.

When you are ready, just ask and we can get you started.

High Potency

EASY "C" POWDER

by My Best Health

- Mega doses Vitamin C
- Buffered for sensitive stomachs
- Maximum vitamin C therapy
- No pills



Vitamin C continues to be one of my favorite remedies. It is a time-tested, proven therapy for the treatment of a broad range of conditions including infections, cancer, osteoporosis, tooth and gum diseases, easy bruising, diabetes, heart disease, high blood pressure, asthma, allergies, and gout.

The question in my mind is never whether vitamin C works. The question is whether a patient has taken enough vitamin C.

Anthropologists studying human ancestry and diet have determined that the correct daily human dose for vitamin C is approximately 4,000mg, or about one teaspoon of Easy "C" powder. The RDA for vitamin C is 60mg which is barely enough to prevent scurvy, but far less than needed for optimal health.

When you are ill especially with an infection or stress (ie... surgery), your vitamin C requirements can more than triple from 12,000 to 20,000mg daily depending on the degree of stress.

Easy "C" powder should be used by all IV vitamin C patients to maximize the benefits of IV vitamin C and help keep blood levels as high as possible.

Easy "C" tastes best when blended into a flavored beverage.

PRODUCT #	SIZE
283	8 oz