

INTEGRATING
WESTERN MEDICINE,
NUTRITION AND
EASTERN TRADITIONS

THE CENTER FOR
**INTEGRATIVE
MEDICINE**

5620 WILBUR AVE., SUITE 220
TARZANA, CALIFORNIA 91356
PHONE: 818.345.2828
FAX: 818.345.2848

MICHAEL HIRT, M.D., A.P.C.

DIPLOMATE AMERICAN BOARD OF INTERNAL MEDICINE

DIPLOMATE AMERICAN BOARD OF NUTRITION

SweetRetreat

All-Natural GLP-1 Sugar/Weight Control

WHAT IT IS:

- A silica-based organic supplement that works to support healthy blood sugar and weight management

WHY YOU NEED IT:

- Targets patients needing to lower blood sugar and HbA1c: the lab marker for Diabetes and Insulin Resistance
- Important for patients with carb cravings, over snacking
- Good for patients who feel hungry too soon after eating
- Supports patients with intestinal bloating
- Great for patients with post meal fatigue
- Targets patients focused on Anti-aging and Longevity by leveling the risk of high blood sugar and cholesterol.
- Works only in the intestines, never gets absorbed into the bloodstream or body
- Naturally Vegan, Gluten-free, and Sugar-free

HOW IT WORKS:

Ever wish you could turn 'fast food' into 'slow food'?

Our modern diets are rich in fast carbohydrates and fast fats which can cause unstable blood sugar levels—resulting in post-meal crashes, intestinal bloating, weight gain, fatigue, and a higher risk of Insulin Resistance and Diabetes.

be well

One of the main reasons that fast food is bad for humans is that the fats and carbs in overly processed food get into the body's bloodstream too quickly. This spikes your blood sugar and increases your cholesterol.

When your blood sugar levels get too high, the body reacts by overcorrecting which then drives your blood sugar to low levels that can cause symptoms such as: fatigue, brain fog, shakiness, hunger and cravings...even though you may have just finished your meal not that long ago.

When you eat 'slow food' (think— unprocessed whole grains, root vegetables, and beans), your body has lots of time to digest this healthy food and gradually adds the calories into your blood. This allows you to feel fuller for longer and keeps your blood sugar (and lab tests!) at healthier levels.

SweetRetreat is a breakthrough, proprietary and all-natural supplement that works with your digestive system to turn all of your meals into 'slow food'. It does so by reducing the amount of digestive enzymes in your intestines: amylase (that breaks down carbs into sugar) and lipase (that breaks down fats); so taking SweetRetreat means it takes longer to digest the food and fewer of the calories are available to be absorbed into your body — less sugar, fat and cholesterol.

SweetRetreat also makes you less hungry by naturally boosting GLP-1, the body's satiety hormone, because it promotes a slower and steadier digestive process...just like the weight loss shots.

But SweetRetreat works without any side effects.

Unlike a drug, SweetRetreat exits the body exactly the same way it came in: it is not metabolized nor absorbed.

Patients using SweetRetreat experience:

- 91% report more stable blood sugar levels
- 90% report lower HbA1c Diabetic/Insulin Resistance markers
- 89% report reduced urge to snack between meals
- 93% report feeling fuller for longer after meals
- 92% report less bloating after meals

We all understand the dangers of high blood sugar, high cholesterol and high body weight. SweetRetreat was designed to support patients with these concerns, but without any of the side effects of drugs.

Patients focused on maximizing their Anti-Aging and Longevity protocols will appreciate the natural benefits of blood sugar and metabolic control offered by SweetRetreat.

Usual Dosage: take 2 capsules of SweetRetreat at the start of your meals, 2 – 3 times daily. Take separately from prescription medications to reduce chances of delayed action/absorption.