



Health Matters

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Our most devastating yet preventable medical condition is Type -2 diabetes. Affecting an estimated 20 million Americans, its associated costs exceed \$130 billion a year. Type-2 diabetes is rising to epidemic proportions primarily due to increased obesity and sedentary lifestyles.

A few simple steps can help prevent and control Type-2 diabetes. 1. Eliminate refined foods such as cereals, cookies, crackers, etc. (quickly increases blood sugar and causes more cravings). 2. Get adequate hydration and exercise (half of body weight in oz of water and at least 30 min of exercise daily). 3. Avoid artificial sweeteners (use leads to excessive insulin response and weight gain).

If more help is needed to stabilize blood sugar, one of the most powerful natural therapies is **Berberine**, a plant alkaloid clinically proven to effectively regulate blood sugar and A1C levels. Clinical trials published in the medical journal, *Metabolism*, state, "**Berberine** works just as well as the top-selling drug Metformin for Type-2 Diabetes".

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