

Blood Sugar Concerns

The amount of glucose, or sugar, in the blood is called your blood sugar level. Since your cells use glucose for energy, it is important that these levels stay within normal limits for cells to function properly.

Normally, blood sugar levels stay within normal limits throughout the day, being highest after meals and lowest in the morning. However, under certain conditions, the body is no longer able to control the level of glucose in the blood, which, over time, can lead to cell damage.

Cause: Type 1 diabetes occurs when the pancreas stops producing insulin. The cause is unknown but some believe it is due to a virus. People with type 1 must take insulin for life. Type 2 diabetes develops when the pancreas produces enough insulin, but the cells resist it. This is called insulin resistance. Obesity increases the risk of type 2.



What May Help: Watkins Superfood Multiple (Super Multi)

Why: Contains B-complex vitamins which help to convert glucose to energy and help to prevent nerve damage, and chromium, which helps to balance blood glucose and cholesterol in diabetics.

What May Help: Watkins Reduce Plus (WMS #2) (check with physician and monitor blood sugar regularly)

Why: Contains banaba, chromium and gymnema sylvestre which help to balance blood sugar levels.

What May Help: Watkins Cinnamon

Why: 1/4 tsp per day helps to lower blood sugar levels in type 2 diabetics by helping to make insulin more effective in the body. Consume cinnamon at each meal for best results.

Ground Breaking News!

Cinnamon shown to lower blood sugar, fats and cholesterol!

Recent studies reported in the journal, *Diabetes Care*, have shown that just 1/4 tsp of cinnamon every day may help to lower blood sugar, fats and cholesterol by up to 30 percent in those with type 2 diabetes. Researchers suggest it may also stave off the onset of type 2 diabetes in those at risk.

Study author Dr. Richard A. Anderson of the Beltsville Human Nutrition Research Center in Maryland noted that diabetics could add a dash of cinnamon to their morning servings of coffee, orange juice or cereal.

Anderson and his team found that all cinnamon-takers experienced a drop in blood levels of glucose, fats and cholesterol by up to 30 percent. No change was seen in the people taking placebo.

As an added bonus, cinnamon contains virtually no calories, Anderson said, allowing diabetics to add zest to their meals without adding to their waistlines.

Previous research has shown that cinnamon appears to help fat cells recognize and respond to insulin. In recent studies, the spice increased glucose metabolism by about 20 times.

Helpful Hint: Try **Watkins Purest Ground Cinnamon** every day on cereal, oatmeal, toast, apples and savory dishes. Place in coffee grounds before brewing for rich flavor and aroma.

Consult your physician before taking any dietary supplements.

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