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Take control of your health

Before it takes control of you—and your finances

Elevated insulin and blood sugar levels have been linked to a number of serious health issues, such as vision and circulatory problems and impaired kidney function. Fortunately, there are simple preventative measures that you can take now to help retain normal blood sugar levels and stay healthy – and being healthy can mean ***fewer costly medical expenses***. As part of the Shaklee commitment toward a better, healthier tomorrow, we'll help you every step of the way with useful tips and product suggestions.

Five tips to retaining a normal blood sugar level

1) Achieve a healthy weight

In a properly functioning body, insulin, a hormone made by your pancreas, helps transport glucose into the cells of the body so it can be use for energy. However, in overweight individuals, cells of the body can become resistant to insulin's action. One of the best ways to retain normal blood sugar levels is to achieve and maintain a healthy weight. Try the Cinch® Inch Loss Plan, an effective and clinically tested† program powered by leucine, an amino acid that helps preserve your muscle while you lose body fat.

2) Eat foods with a low glycemic index

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When you're constantly on the run, it's easy to forget about giving your body the proper nutrition it needs. You may find yourself reaching for a bag of cookies, which most likely have a high glycemic index (GI), meaning the carbohydrates in those cookies are quickly broken down to glucose and released into the bloodstream. This quick release can then lead to a sharp rise in blood sugar, followed by a sharp drop in blood sugar leaving you with feelings of low energy. Help retain normal blood sugar levels by eating foods that have a low GI. Cinch® Shakes and Meal-in-a-Bars are a great alternative because they taste great, fill you up and give your body the sustained energy it needs. For more information about the Cinch® Inch Loss Plan, **click here**.

3) Enhance your health

So, you're at a healthy weight and your blood sugar is where you want it to be. What else? How about the health of your heart, brain, digestive system, and other body parts? Keep the healthy momentum going and remember to take your vitamins and minerals on a daily basis. Shaklee Vitalizer™ is the perfect supplement for daily nutritional support. Its 80 bio-optimized, clinically proven nutrients that enhance immunity, protect your DNA, and help manage your stress. It contains more than 20 antioxidant compounds and essential vitamins and minerals you need for a comprehensive approach to health, wellness, and vitality.*

4) Additional botanical support

Certain minerals and botanicals have been scientifically shown to help retain normal blood sugar levels. These include banaba leaf extract, which helps stimulate glucose uptake, and chromium, a mineral essential to insulin function. Shaklee Glucose Regulation Complex® contains these plus other normal blood sugar supporting ingredients including magnesium, vanadium, zinc, taurine, and alpha lipoic acid.* For more information about Shaklee Glucose Regulation Complex®*, **click here** .

5) Stay active

Last, but not least, stay active. Try to get in 30 minutes of regular physical activity, such as brisk walking, bicycling or swimming most days of the week. If your busy schedule won't allow that, break your activity into

sessions—10 minutes in the morning, 10 in the afternoon, and a short 10 minute walk in the evening. Being more active will not only make you feel good, it will enhance your body's ability to use insulin and help you maintain a healthy weight.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

†12-week preliminary study.

november, 2008

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