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March 2011



## Total Wellness Concepts Newsletter

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### How To Reduce Blood Sugar



Recent studies have revealed that fasting blood sugar should be between 80 and 85mg/dL for optimal health. However many Americans have blood sugar above 100mg/dL, a sign that they may soon develop the metabolic syndrome, a prelude to type 2 diabetes. Type 2 diabetes is currently the fastest growing degenerative disease in America.

To lower blood sugar, you can the you can add the herb cinnamon to your coffee or you go a step further and take Cinsulin, a new formulation from Life Extension Foundation. You may also take Gymnema sylvestre a popular herb used in India to increase insulin secretion in the pancreas. Eat bitter melon which is usually sautéed with beef or chicken and black bean sauce at authentic Chinese restaurants. Bitter melon is a great food to lower blood sugar. Buy it at oriental supermarkets and cook it at home. It can also be purchased as a supplement at many vitamin and organic food stores. Begin an exercise

program that emphasizes high intensity workouts for short periods of time, 20 to 40 minutes. If you are out of condition, work up to high intensity workouts slowly to avoid injury.

### **Did You Know:**

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- Last year, about 35 million boxes of candy were purchased by Americans for Valentine's Day alone.
- In a blind tasting of 6,000 people more expensive wines were rated lower than cheaper ones, according to Julian Whitaker, MD.
- Prescription and recreational drugs are a factor in one-third of all fatal auto accidents.
- That regular use of low dose aspirin conferred a 34% reduction of cancer mortality after five years as revealed by a study of 25,000 patients in England. The dose was 81mg/day taken with food. Low dose aspirin also reduces risk of heart attack.
- That CT scans pose risks such as cause cancer in every one person in 270 who undergo this test. Furthermore, in a recent study only 9% of emergency-room doctors were aware of this risk.
- The newest artificial sweetener neotame, a derivative of aspartame, should be avoided since it contains 3-dimethylbutyl, a known irritant that stimulates the pancreas to secrete lots of insulin. So even though it has no calories you will still gain weight due to excessive insulin secretion.
- The safest sweeteners are stevia and Lo Han, both from herbs. They are available from most vitamin and organic food stores.
- Huperzine A is an herbal extract from Chinese club moss. Studies have shown it to be more effective than Aricept or Cognex in treating Alzheimer's disease. And huperzine A has no side effects like the two drugs do.

Consult my blog on my web site

[www.totalwellnessconcepts.com](http://www.totalwellnessconcepts.com) for more information on this herb.

- Recent studies suggest that Parkinson's disease may be caused by certain metals such as high levels of manganese.
- The newest and most authoritative reference book on natural medicine is now available." Nutritional Medicine" by Allan Gaby, MD can be had for \$295 by calling 603-225-0134.

I invite you to read by blog which covers such topics as diet, wellness, exercise, vitamins and herbs among other things. Go to my website at [www.totalwellnessconcepts.com](http://www.totalwellnessconcepts.com) and click on blog.

Be well.

Sincerely,

**Steve Seater**  
**Total Wellness Concepts**

Steve Seater, CPT, CNC, CN, is a life long fitness enthusiast with a strong interest in holistic nutrition and wellness. He is a certified nutritionist (CN), and a certified nutrition consultant (CNC). Additionally, he is a certified personal trainer (CPT) and a certified spinning instructor.

**Contact Information:**

**Phone: 240-888-5453**

**Email: [sr.seater1941@yahoo.com](mailto:sr.seater1941@yahoo.com)**

**Web: [www.totalwellnessconcepts.com](http://www.totalwellnessconcepts.com)**

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