



# LIFESOURCE INSTITUTE NEWS

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## Excellent Immunity Starts with a Balanced Blood Sugar

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#### STAY ON TRACK

- \* **Good News** you are in charge of your blood sugar! Blood sugar is directly related to what you are eating.
- \* **Eating** in a way maintaining healthy blood sugar balance, then an occasional indulgence like those sweet treats shouldn't be a problem.
- \* **Nutrients like** cinnamon has shown to enhance insulin activity.
- \* **Last** the COVID-19 pandemic has changed many things, yearly physicals, the amount of in house time, and most eating habits, some of these changes have not been for the best. Please consult health care professionals use tele medicine so not to let possible problems with your health linger and get worst.
- \* **Remember** during this time of COVID 19 we are all here for each other the coaches at LIFESOURCE INSTITUTE will help you to bridge the gap between **mind body** and **spirit**. Don't worry about cost if that is the only hold back, we can work with any budget. Blessings, and may you all remain safe.
- \* **Disclaimer:** As a service to our clients or readers, LIFESOURCE INSTITUTE provides access to our library of archived newsletters. None of the content on this site, regardless of date, should ever be used as the substitute for medical advice from a doctor or qualified clinician.

**Managing Diabetes** your blood sugar and glucose balance are essential to your overall health when eating sugary foods and the most simple carbohydrates (like fries, pasta, or bread), which are rapidly converted and digested into glucose which can lead to very sharp pikes in blood sugar. Following a very healthy diet is vital, and lots of fiber is a great place to start. Several nutrients and supplements can give added benefits in controlling your blood sugar.. Chromium helps lower cholesterol and makes insulin more effective in blood-sugar management. Magnesium also supports the regulation of insulin in your blood sugar. For anyone with diabetes, it is very important to know that low levels of magnesium levels aggravate your diabetic condition like

numbness and tingling in the feet.

**Most Of Us** eat excessive amounts of carbohydrates definitively more than our bodies need, which causes us drastic spikes in glucose and insulin levels. To seriously maintain healthy blood sugar, always aim to stay between 100 and 150 gram of carbs each day. Most Americans eat between 350 and 600 grams of carbohydrates each day in the form of grains and refined, processed sugars.

**The Pancreas** responds by releasing a quick surge of insulin that directs the correct amount of glucose to the cells, which lowers the blood sugar level instantly back to normal. Sugar or refined carbs occasionally consumed in tiny amounts is the most

effective system for your body. When the ingests these types of food, it makes your body constantly fight to keep your levels in check or a normal range by regularly pumping more insulin into the blood.

**One Notable Study** in Diabetes Care evaluated 60 people with type 2 Diabetes. After taking a supplement containing 1 to 6 grams of cinnamon daily for 40 days, serum glucose dropped by 18 to 19 percent. Another nutrient essential in the production of insulin production is zinc, supplementation is shown to improve glucose tolerance. Remember, if you eat the majority of your carbs from a large amount of non-starchy vegetables with a smaller amount of higher carb foods like carrots, potatoes, and beets you will still accomplish your goal to stay in range. In closing, you are what you eat.

### MUST READ: INTUITIVE FASTING BY DR. WILL COLE

#### ASK THE COACH?

**Q: COACH BERNARD: I AM IN THE USA EVERY 6 MONTHS WHEN THERE I HAVE A TREMENDOUS BOUT WITH ALLERGY'S, ANY SUGGESTIONS? RICARDO R. SPAIN**

**A; GREAT QUESTION,** RICARDO, YOU ARE NOT ALONE I SUFFER FROM A HOST OF ALLERGY PROBLEMS MYSELF, AS YOU KNOW I BELIEVE IN THE HOLISTIC APPROACH, THERE IS A COMPANY WWW.ALLERGENA.COM WHO SPECIALIZE IN HOMEOPATHIC SUBLINGUAL IMMUNOTHERAPY WHICH BUILDS A STRONG IMMUNE SYSTEM TO HELP FIGHT ALLERGIES WITH NON-DROWSY, NO SIDE EFFECTS AND NO DRUG INTERACTIONS, NO GMO'S AND NO GLUTEN, ALLEVIATES RUNNY NOSE, SNEEZING, CONGESTION, SINUS PRESSURE, ITCHY & WATERY EYES, CONTAINS HERBAL DRAINAGE REMEDIES TO ENHANCE THE DRAINAGE PROCESS AND REMOVE ANTIGEN RESIDUE, ADDITIONAL IMMUNE SUPPORT PROVIDED FROM ECHINACEA. GO TO THIS SITE AND SEE WHAT ZONE YOU ARE IN, THE ZONE IS YOUR FORMULA THAT IS GEARED TO THE UNITED STATES LOCATION THAT YOU ARE IN. I AM IN ZONE 6, I USED THE TRADITIONAL MEDICINE WHICH NEVER WORKED THIS HOLISTIC APPROACH DOES.

PLEASE CONTACT ME IF YOU NEED

FURTHER AT [BERNARD@LIFESOURCEINSTITUTE.COM](mailto:BERNARD@LIFESOURCEINSTITUTE.COM)