



You Are What You Eat!

There's a Silent Danger in our midst.
It's lurking just beneath the surface of the
"Ocean of Processed Foods" that we eat.
But most people ignore it.....

18 million Americans already have it!

41 million Americans are well on their way to getting it!

1 in 3 who have it don't even know they have it!

20% of those over age 65 have it!

Most parents don't realize the risk to their Children!

You can PREVENT IT !

And it's reversible in the early stages

If it was an infectious disease, the public health officials would be screaming about an epidemic. Yet, this difficult disease is striking an ever-growing number of adults, and even more alarming..... it is now showing up in our teenagers and young children.



Blood Sugar (aka Glucose) is the fuel that provides energy to all 10 Trillion cells that make up a human body. When we eat, carbohydrates are converted into blood sugar, the blood sugar then moves

through your bloodstream to feed your cells. It's very important to have just the right amount of blood sugar in the blood because your body has some fairly complex "Internal Machinery" to metabolize the sugar.

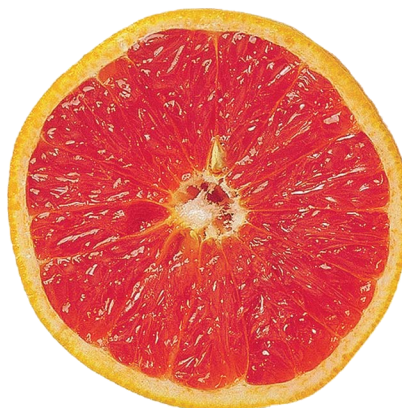
It is important to understand that carbohydrates come in two forms, natural and man-made. The man-made carbs are found in processed foods such as white table sugar, candy, sodas, high fructose corn syrup, white bread and fast food additives like MSG. Eating man-made carbs causes sudden increases in your blood sugar level. The brain detects this enormous rush of sugar and quickly signals the pancreas to produce insulin.

Insulin is a chemical messenger that rings the "dinner bell" for your cells. When the "dinner bell" rings, all 10 Trillion cells come running to feed on the excess blood sugar. This constant over-production of insulin, year after year, can cause your "internal machinery" to wear out before it should – the same way that smoking causes your lungs to wear out before they should.

In some cases, the pancreas gets tired and can't produce enough insulin. In other cases, the "dinner bell" rings so often that the cells get tired of hearing it, and stop running to get their sugar.

Either way, when this happens, the drug companies declare that you have type 2 Diabetes - and yes, for only a few hundred bucks a month they can keep you alive.

Right now, it's a \$132 billion dollar a year business for the drug companies and there's no end in sight.



Natural sugars, like the sugars found in fruits, vegetables and other whole foods, are natural carbs. Your body was designed to ingest them. They are referred to as slow sugars because they do not cause

those sudden increases in your blood sugar level. With natural carbs your "internal machinery" can last a lifetime.



Man-made Carbs cause your "Internal Machinery" to wear out, Natural Carbs don't. Its really that simple!



In our society, the entire health care system is financially fueled by disease. Think about that. If no one gets sick, no one makes any money. This unfortunate fact explains why type 2 diabetes is spiraling out of control.

Imagine a health care system where doctors got paid a monthly fee for keeping you healthy but had to treat you for free if you got sick. If that were the case, do you think you'd be hearing more about **prevention** from the health care system? If you're waiting for the doctors and the drug companies to educate you, don't hold your breath. Educating yourself and taking responsibility for your own health is the best - medicine for you, your family, and your children.



According to the Harvard School of Public Health,

making a few changes can dramatically lower your chances of developing type 2 Diabetes. The same changes can also lower the chances of developing heart disease and even some cancers.



Control your weight.

Excess weight is the single most important cause of type 2 Diabetes. Being overweight increases your chances of developing type 2 Diabetes by 700%. Being obese makes you 20

to 40 times more likely to develop Diabetes than someone with a healthy weight. If your weight is above the healthy range, losing only 10% of your current weight can reduce your chances of developing type 2 Diabetes by 50%.



Get moving. Inactivity promotes type 2 Diabetes on a daily basis. Every two hours you or you kids spend watching TV instead of pursuing something more active increases the chances of developing Diabetes by 14%. Working your muscles more often and making them

work harder improves their ability to use insulin and absorb blood sugar. This reduces the stress on your insulin-making machinery – just like quitting smoking reduces the stress on your lungs. Long bouts of hot, sweaty exercise aren't necessary to reap this benefit. Findings from the Nurses' Health Study and Health Professionals Follow-up Study suggest that walking briskly for a half hour every day reduces the risk of developing type 2 Diabetes by 30%. This amount of exercise has a variety of other benefits as well. And even greater cardiovascular benefits and other health benefits can be attained by more intense exercise.

TUNE UP YOUR DIET

2 Dietary changes that can have a big impact on preventing Type 2 Diabetes.

1. Choose whole grains and whole-grain products over highly processed carbohydrates.

In other words, choose whole foods instead of processed foods, junk foods, and fast foods. Whole foods are simply foods that grow out of the ground – namely fruits, vegetables, nuts, seeds, grains, and berries.

2. Choose good fats instead of bad fats.

The types of fats in your diet can also increase your chances of developing type 2 Diabetes. Good fats, such as the polyunsaturated fats found in tuna, salmon, liquid vegetable oils, and many nuts, can help ward off type 2 Diabetes. Trans fats do just the opposite. These bad fats are found in many margarines, packaged baked goods, fried foods in most fast-food restaurants, junk foods and any product that lists "partially hydrogenated vegetable oil" on the label.

If you smoke, try to quit. Add type 2 Diabetes to the long list of health problems linked with smoking. Smokers are 50% to 90% more likely to develop Diabetes than nonsmokers.

Alcohol now and then may help. A growing body of evidence links moderate alcohol consumption with reduced risks of heart disease. The same may be true for type 2 Diabetes. Moderate amounts of alcohol—a drink a day for men, a drink every other day for women—increases the efficiency of insulin at getting blood sugar inside cells. Some studies indicate that moderate alcohol consumption decreases the risk of type 2 Diabetes. If you already drink alcohol, the key is to keep your consumption in the moderate range. If you don't drink alcohol, there's no need to start—you can get the same benefits by losing weight, exercising more, and changing your eating patterns.

The bottom line? The key to preventing type 2 Diabetes can be boiled down to these words: **Stay Lean and Stay Active!**

A special note to parents: Junk food and sugar might put a smile on their face for now..... but what about tomorrow?



Healthy habits, learned at a young age, is something that your children will thank you for many times over. When they're forty years old, slim, in good shape and full of energy and vitality, they will in turn pass these healthy habits on to your grandchildren and your family will benefit for generations to come.



Type 2 Diabetes is not an infectious disease, but it can be passed from parent to child by unwittingly passing on the unhealthy lifestyle habits that many of us learned as children. Are you a victim of the unhealthy habits that were passed onto you? If so, then you can be the one to rise up and break the perpetual chain of disease in your family. You may have felt defeated in the past, but today is a new day that offers you the opportunity to make a new start! Your child's diet is **YOUR** choice. **You CAN set a good example** and **you CAN teach them healthy habits.**

The ingredients to health, happiness, vitality, and longevity are no secret. Every major **non-profit** health organization in the world has been offering the same advice for many years. **Eat more fruits and veggies, drink more water, exercise on a daily basis, lose weight if you need to, don't smoke, avoid toxins, and reduce stress.**



Small changes can make a **BIG difference** when it comes to educating your children and teaching them healthy lifestyle habits. Drinking more water, being more active and keeping healthy whole food snacks on hand can make all the difference in the world. To help you make small changes, we offer a wide variety of whole food meals, snacks, soups, smoothies and treats that you and your kids will love.



Honey, We're are Killing the Kids!



There's a new television show that we're highly recommending to all parents. It's on The Learning Channel and it's called "**Honey, We're Killing the Kids**". Watching this show can literally

help you save your children from a life of obesity, disease and suffering. Will you watch it? Will you give one hour of your life for your kid's sake? The TV schedule is available online at www.TLC.com This is one of the best television shows related to children's health that has ever been produced and watching only one episode can **literally be a life changing event.**

Wholefood Farmacy foods are exactly the types of foods that **The Harvard School of Public Health** recommends. They are delicious whole foods that come ready to eat, and that's the real advantage. If healthy foods are **ALWAYS handy**, then it's **EASY** for you and your kids to make healthier choices. Whether you like sweet, spicy, chewy, crunchy, hot or cold – we've got a delicious and nutritious whole food treat waiting for you!

For More information Contact:

