

Q2 2022

# PLANET HEALTH NEWSLETTER

5A CLARKSON RD. ELLISVILLE, MO 63011  
636.527.8888



## TAKING CONTROL OF BLOOD SUGAR

The need for dietary supplements to help manage blood sugar levels is significant. According to the U.S. National Institutes of Health, 34.5 percent of American adults, more men (37.4 percent of U.S. adults) than women, (29.2 percent) have elevated blood sugar.

Lynda West, president of Med Free Living in Pittsburgh, PA, noted that COVID-19 has pushed consumers to change their lifestyles and eating habits, and they are increasingly taking charge of their own health. "they are reading more labels, dropping the sugar, carbs and meat and looking more toward dietary supplements for immunity, blood sugar control, brain health and digestion," she said.

Yet, the number of adults who have type 2 diabetes or insulin resistance is close to 10 percent of the world population and is expected to greatly increase in the years to come. Excess sugar in the blood stream is the culprit behind many conditions: diabetes, insulin resistance, increased inflammation and chronic pain, and many more.

## CINNAMON AND BLOOD SUGAR

Cinnamon comes from the Greek, meaning “sweet wood.” There are two main types of cinnamon: Ceylon cinnamon and cassia. Cassia is most likely the type of cinnamon in your spice rack, as it is the most common type sold in the U.S. Cassia cinnamon contains coumarin, which may cause liver damage when taken in high doses. If you plan to take a supplement, Ceylon cinnamon would be the wiser choice.

The manner in which cinnamon may help lower blood sugar levels isn’t fully known. Scientists believe the spice helps in two ways. Cinnamon may play a role in transporting glucose into the cell where it belongs, thereby lowering the amount of glucose in the bloodstream. Cinnamon may also improve insulin sensitivity, which is how well your body responds to insulin. In other words, does your body allow insulin to perform its duty?

In a meta-analysis of 16 randomized controlled trials, cinnamon significantly reduced fasting blood sugar levels and reduced insulin resistance. It did not reduce hemoglobin A1C levels, the three-month average blood sugar levels. However, other studies have found that cinnamon lowered both fasting blood sugar and A1C.

## CARB CONTROL AND BLOOD SUGAR

Patients with type 2 diabetes improve their ability to regulate blood sugar levels if they eat food with a reduced carbohydrate content and an increased share of protein and fat. This was shown by a 2019 study conducted at Bispebjerg Hospital in collaboration with, among other partners, Aarhus University and the Department of Nutrition, Exercise and Sports at the University of Copenhagen.

In summary, the study stated:

- A diet with a reduced carbohydrate content, high protein content and moderately increased fat content improves glycemic control by reducing blood sugar after meals and “long-term blood sugar” (measured by HbA1C,” which is blood test used to measure the average blood sugar level over approximately the past two months)
- A diet with a reduced carbohydrate content, a high protein content and a moderately increased fat content reduces liver fat content.
- A diet with reduced carbohydrate content may be beneficial to patients with type 2 diabetes even if it does not lead to weight loss.

## NEWSLETTER SPOTLIGHT

### BERBERINE



Helps maintain healthy blood sugar balance and promotes cardiovascular health. Supports healthy insulin sensitivity and weight management. Helps reduce the digestion of carbohydrates and promotes gut and liver health.

### CHROMIUM PICOLINATE

Vital in glucose metabolism. Essential for optimal insulin activity. This essential mineral maintains stable blood sugar levels through proper insulin utilization, and can be helpful both for people with diabetes and those with hypoglycemia. It also promotes the loss of fat and an increase in lean muscle tissue.

### PROTEOLYTIC ENZYMES

People with this disorder often fail to digest protein properly, resulting in “leaky gut syndrome” and allergies.

### PANCREATIN

For proper protein digestion. Helps break down fats, protein, and carbohydrates.



# WHAT'S NEW?



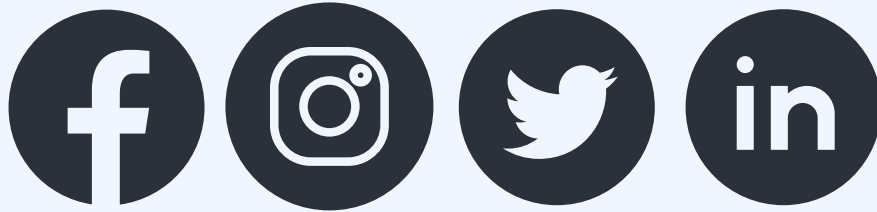
FANTASTIC CREAMY HAZELNUT CHOCOLATE JOY  
VEGAN  
NO PALM OIL  
ORGANIC  
FAIR TRADE





# JOIN OUR NETWORK

@PLANETHEALTHSTL



5A CLARKSON RD.  
ELLISVILLE, MO 63011

636.527.8888

[WWW.PLANETHEALTHSTL.COM](http://WWW.PLANETHEALTHSTL.COM)

## HOURS:

MON-THURS 9AM-7PM

FRIDAY 9AM-6PM

SATURDAY 9AM-5PM

CLOSED SUNDAY



To remove your name from our mailing list, please click [here](#).

Questions or comments? E-mail us at [planethealthstl@yahoo.com](mailto:planethealthstl@yahoo.com) or call 636.527.8888.