

7 Natural Ingredients to Help Balance Your Blood Sugar and Lower Your Diabetes Risk



Are you among the 1 in 2 Americans with high blood sugar problems?

Are you one of the millions of people with blood sugar problems?

Does plummeting blood sugar sap your energy? Make you feel so tired all you can do is lie on the sofa all day?

Or are you worried it might develop into type 2 diabetes? And risk damaging your sight, causing nerve damage or an amputated foot?

Bouncing blood sugar is bad news. It can make you feel irritable, anxious, give you brain fog, make you crave sugary foods and cause you to put on weight.

And it now affects up to HALF of all Americans.(2)

Perhaps you've already resigned yourself to a lifetime on medications to manage the symptoms?

Well, I'm here to tell you that it doesn't have to be this way. If you follow the steps I share in this article, you may be able to get your blood sugar under control, safely and naturally, without side effects or expensive pharmaceutical drugs.

Heal the cause, rather than medicate the symptoms.



I'm Gareth Churchill, a natural health researcher.

Ten years ago I was struggling with near crippling anxiety and depression. So I went to my doctor for advice. When I told him about the anguish and strain I felt every day, he nodded as if in understanding. He then passed me a note. It was a prescription for beta-blockers to "help calm me down".

Taking drugs normally prescribed for high blood pressure was not the answer I was looking for. So I did my own research.

This led me on a journey which resulted in changing my diet, taking up jogging and weights and undergoing cognitive behavioural therapy. Gradually over time, these lifestyle changes took effect. I started to improve the way I viewed and reacted to the world. My anxiety reduced, and my anxiety problems are now firmly in the past.

Since then, my mission has been to help other people realize that, for many common health problems, medicating the symptoms is not the answer. Instead we need to fix the root cause.

We need to switch to "preventative medicine" and make healthy lifestyle changes that can help us become fitter and healthier.

In this guide I reveal:

- The terrible damage high blood sugar can do if you don't fix the underlying cause
- Why so many people now suffer from high blood sugar and why it's not your fault
- How the processed food industry hides sugar in your food (found to be more addictive than cocaine)(4)
- Why too much sugar sends your metabolism haywire
- 7 key nutrients that may help lower blood sugar naturally by pulling glucose from your blood stream and sending it to your muscles as energy

- The diet now recommended by the UK's national health service for combating the epidemic of blood sugar problems, type 2 diabetes and heart disease
- How to implement an exercise routine you'll stick to over the long-term
- A doctor endorsed all natural solution containing all 7 key nutrients that's been found to help improve blood sugar by up to 46 percent

High Blood Sugar Decays the Body from Inside

If left to fester, high blood sugar can do a LOT more damage than just sap our energy.

Inflammation, caused by chronic high blood sugar, can decay every vital organ in your body.

It can cause:

- Heart disease
- Nerve damage (neuropathy)
- Kidney damage (diabetic nephropathy) or kidney failure
- Damage to the blood vessels of the retina and blindness
- Clouding of the normally clear lens of your eye (cataract)
- Damaged nerves or poor blood flow in the feet
- Foot amputation
- Bone and joint problems
- Skin infections, fungal infections and nonhealing wounds
- Teeth and gum infections (5)



Can you imagine losing your sight? Not being able to walk without crutches? Or your foot being amputated? Do you risk being a burden to your partner for the rest of your lives?

I know this sounds extreme, and like a nightmare scenario.

But the sad reality is that type 2 diabetes, from chronic high blood sugar, and all its debilitating symptoms has rocketed 60% in the last decade.(6)

In fact, 1 in 10 American adults are now diabetic. And the Center for Disease Control and Protection estimates 1 in 3 will be diabetic by 2050.(7)

Maybe you know someone who suffers from it?

Maybe you've seen how it brings misery to them and their family from the long list of medical complications and loss of freedom?

Choose to Take Control of Your Health



Many people suffering from high blood sugar think they're doomed. That suffering from low energy, brain fog or nerve damage is the way it has to be.

But that's simply not true.

You don't have to choose between a lifetime of ill health or swallowing handfuls of pills each morning. And remember, these medications CANNOT heal your body. They're little better than a sticking plaster that just *manages* the symptoms.

However, thanks to the advances in nutritional science...

there are natural alternatives to medication that have the potential to heal your body from inside.

They can help repair the damage, and even reverse it.

Is Sugar Loaded Food Making Us Sick?

If you're already suffering from blood sugar, you need to know you're not alone and it's NOT YOUR FAULT.

You're just another victim of the abundance of sugars, sweeteners, additives and other ingredients in the modern diet. They're added to make food taste better. But they may be slowly killing us instead.

Even so called "health foods" aren't safe.

We've been *brainwashed* into thinking that all fat is bad. We now know this isn't true. In fact, natural fats like avocados, eggs, coconut oil, Greek yogurt and nuts are *actually* good for us.(8)

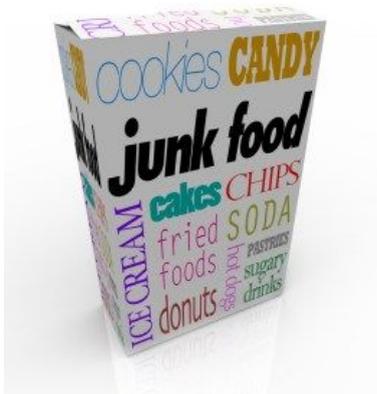
But for decades we've been led to believe we should be eating foods labelled "low in fat" or "diet" instead. When, in reality, these foods may actually be WORSE for our health.

When you buy a yoghurt "low in fat" do you know what it contains instead?

That's right - SUGAR.

Sugar is almost impossible to avoid these days. It's in everything from bagels to ketchup to canned fruit to pasta sauce to salad dressing.

And soda is so unhealthy that, when he was the mayor of New York, Michael Bloomberg tried to have large size sodas banned.(9)



It's now believed that just one soda a day increases your diabetes risk by 26 percent.(10) And not even the "diet" versions aren't safe. They contain sweeteners believed to TRIPLE your risk of dementia.(11)

As you can see, the odds are stacked against you.

Just from eating so called "diet" foods you can become a victim of the high blood sugar epidemic.

But unfortunately this game is not one you want to lose, as it can be fatal.

Studies link sugar increased death risk

Researchers reported in the New England Journal of Medicine that people with chronic high blood sugar have a 15 percent higher risk of premature death.(12)

Diabetes UK estimates that, on average, people with type 2 diabetes live up to 10 years fewer than healthy people.(13)



If hearing all this has you worried, it's understandable. It worries me too.

But I didn't just write this article to frighten you.

I just want you to be aware of what can happen if you don't get your blood sugar under control.

I want you to appreciate the dangers to your health of continuing to eat a diet filled with sugar loaded foods, which likely caused your high blood sugar in the first place.

I also wrote this article to give you hope.

Because it is possible to counter the damage sugar may be doing to your body.

By following the steps later in this article, you may be able to reverse some of the damage, and finally regain your lost energy and health from the ravages of high blood sugar.

Your Body's Natural Insulin Needs a Helping Hand

If you've had high blood sugar for a while, you likely know what insulin is and what it does in your body.

If you need a quick refresh - insulin is your body's natural hormone that turns glucose into energy. Glucose is what sugar is broken down into by your small intestine.(14)

At normal levels, glucose is a good thing. It's what gives your body and brain energy.

But too much glucose can cause inflammation and all the terrible damage I mentioned earlier: heart disease, nerve damage, kidney failure, blindness and and even death.

And due to today's sugar loaded processed food, you may easily be consuming more sugar than your body can cope with.

If this happens, glucose can get stuck in the bloodstream. It then clots together to create sticky globs of fat called triglycerides. These triglycerides then get stored in your cells as fat, typically around the hips and belly. As well as look unattractive, this buildup of fat can be lethal to your health.



To avoid this happening, it's vital the excess sugar and glucose in your system isn't left to decay your body. Instead you need to turn it into energy.

The good news is that it's possible to help your body combat excess sugar through nutrition. There are 7 vital nutrients that some studies suggest can do a similar job to insulin in your body.

It's believed that they can actually open up the receptor sites on your cells. This enables them to pull the glucose from out of your system and into your cells. It can then be metabolized and turned into energy, safely and naturally without side effects.

Why Hasn't Your Doctor Told You This?

Rates of serious diseases, including heart disease, type 2 diabetes and dementia, are all rocketing. The problem is being made worse by the current focus of mainstream medicine on treating the symptoms, instead of the root cause.

Aggressive selling tactics by the pharmaceutical industry, the pressure on doctors by patients to be "given something" to take the pain away and the lack of training in nutritional science means that America seems to be hooked on medications.



Despite only having 5 percent of the world's population, America consumes 50 percent of the world's pharmaceutical drugs, and 80 percent of its painkillers. (17)

Doctors do their best. They have your well being at heart. But the odds are stacked against them. So I believe it's up to natural health researchers, such as myself, to spread awareness that another way is possible.

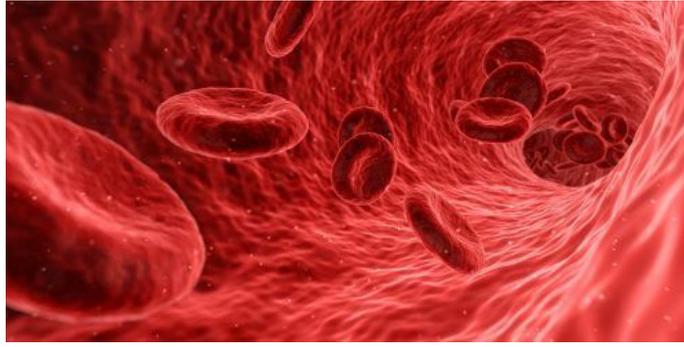
Instead of medicating ourselves to the eyeballs, with potentially terrible consequences, a better approach is to address the root cause.

Rather than try to douse out a raging fire that never goes out, stopping chronic inflammation starting and spreading in the first place is a smarter strategy.

How can this be done?

Through nutritional medicine, exercise and healthy lifestyle choices.

Getting Your Blood Sugar in the SAFE Zone...



Keeping your blood sugar at a stable level can improve your body's insulin efficiency. It can slow the release of glucose from your food into your bloodstream. And decrease oxidative damage to your body.

And this is GREAT NEWS because it can mean...

More energy - With your blood sugar at an even keel, you may find you become more active. Maybe you can take up sports like tennis. Go for long cycle rides or simply spend all day gardening.

No more midday “crashes” - Those midday crashes when your blood sugar dips may become a thing of the past.

Fewer carb cravings - Steady energy levels mean you may experience fewer cravings for sugary snacks, which only make your blood sugar worse in the long run.

Feel happier and at peace - Low blood sugar can mean irritability, anxiety and even depression. Yet with steady blood sugar levels, you may experience your low moments replaced by a more energetic, positive attitude.

Get in shape - Along with nutrition, the key to balancing blood sugar over the long-term is daily exercise. With higher energy levels your workouts won't feel like such a slog. In fact, you may start to enjoy daily yoga, jogging or long walks, particularly when you see the difference in the mirror.

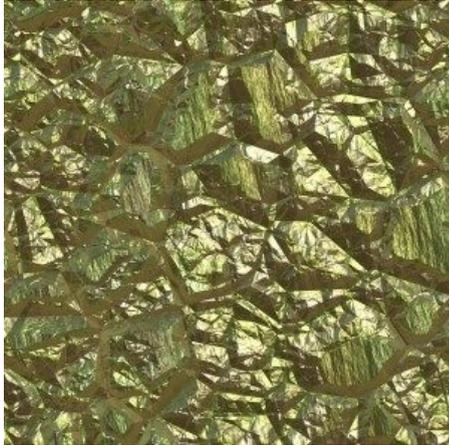
How can you finally balance your blood sugar and gain all these health benefits?

There are 7 natural ingredients that can help...

They're not synthetic compounds that trick your body into doing anything it's not supposed to. Instead, they help heal the body from within.

Blood Sugar-Balancer #1

Chromium: *Healthy Metal*



Sugar can deplete many of the body's key nutrients. Chief among them is chromium.

Chromium is a mineral and considered an "essential trace element". Chromium is believed to help pull glucose from your blood. What's more, it's believed to help your body's natural insulin to incinerate fat. It's also been suggested that it can help build muscle, improve your mood and raise good HDL cholesterol.(18)

Blood Sugar-Balancer #2

Vanadyl Sulfate: Blood Sugar Gatekeeper



Vanadyl Sulfate is another mineral your body needs but which is deficient in most adults. The reason is that most people don't get enough from their food.

Like chromium, vanadyl sulfate is believed to help pull excess glucose from the blood and send it to the muscles to be burned off as energy. According to Web MD: "There is some evidence that vanadium might act like insulin, or help to increase the effects of insulin." (19)

Blood Sugar-Balancer #3

Cinnamon: Sweet that's safe to eat



Cinnamon is often recommended as a sugar substitute for diabetics. It's what gives the sweet taste to apple pie, adds spice to Indian butter chicken and adds a delicious kick to Hawaiian pizza.

As well as taste good, cinnamon is believed to help your cells become more responsive to insulin, and lower your blood sugar naturally.

WebMD reported on a study which assessed that cinnamon can reduce cholesterol by about 18% and blood sugar levels by 24%.⁽²⁰⁾

Blood Sugar-Balancer #4

Gymnema Sylvestre: Sugar Destroyer

Gymnema sylvestra is a woody shrub with a long history in Indian medicine for helping to lower blood sugar. And its name literally means "destroyer of sugar."

It works in two ways, First it is believed to help slow down the release of glucose into your bloodstream from sugar.



And with less sugar to convert into energy, your body doesn't have to battle to produce enough insulin.

Secondly, gymnema sylvestra is believed to help reduce sugar cravings. So you may find you feel less tempted to eat a sugary bun, and will happily get your energy from a banana instead.

According to Web MD: "Gymnema contains substances that decrease the absorption of sugar from the intestine. Gymnema may also increase the amount of

insulin in the body and increase the growth of cells in the pancreas, which is the place in the body where insulin is made.” (21)

Blood Sugar-Balancer #5

Bitter Melon: Fruit of Happiness for Blood Sugar Sufferers

It's amazing how many remedies are to be found in mother nature. Bitter lemon is another of them.

As well as adding a deliciously sour taste to tropical drinks, bitter lemon has a long history in alternative medicine for helping to lower blood sugar and reduce food cravings.



As WebMD states: “Bitter melon contains a chemical that acts like insulin to help reduce blood sugar levels.” (22)

Blood Sugar Balancer #6

Banana Leaf: Mother Nature's Natural Healer



With 1 in 10 Americans now a diabetic and 1 in 2 having high blood sugar, the need to find a natural way of lowering blood sugar couldn't be more urgent. In many countries where pharmaceutical drugs aren't so widely available, they rely on the gifts of mother nature to keep their blood sugar in the safe zone.

In the Phillipines banana leaves dont go to waste. They contains a high concentration of *corosolic acid*. This acid is believed to mimic the way insulin works by moving glucose out of the bloodstream and into the cells.

According to Wellness Resources: “Human studies show that it can help lower blood sugar within 60 minutes by helping the transport of sugar into cells...The typical human response is a 10-15% decrease in blood sugar within two hours of ingestion.” (23)

Blood Sugar-Balancer #7

Alpha Lipoic Acid:

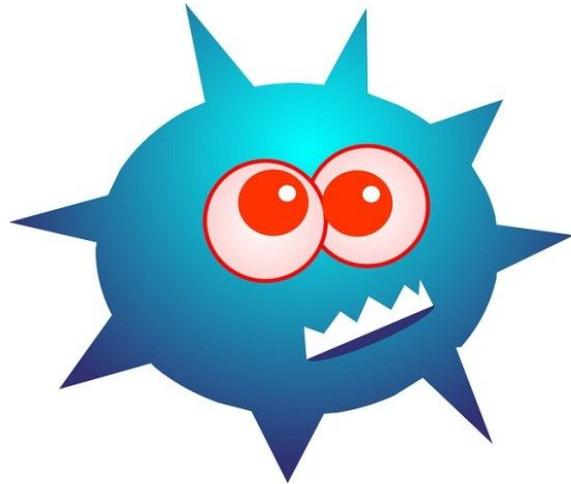
A Natural Antioxidant from Fruit and Vegetables

Lets be clear - too much glucose is bad news. It leads to the inflammatory condition of glycation that wrecks havoc to your cells and vital organs. Over time, it can also lead to heart disease, premature aging and death.

Another problem linked to chronic inflammation is free radicals. Free radicals are unstable molecules caused by pollution, fertilizers and other atmospheric changes. When they get in our bodies these free radicals can cause "oxidation". This then leads to damage to your cells and nerves at a microscopic level.

Thankfully, our bodies produce antioxidants to counter these free radicals before they do too much damage. But like with insulin, your body may not be able to produce enough antioxidants. And needs a helping hand.

Alpha Liopic Acid is an antioxidant found in fruit and vegetables. And the great thing about Alpha Liopic Acid is that it's both fat and water soluble. So it can work wherever it's needed in your body.



According to WebMD:

"Alpha-lipoic acid seems to help prevent certain kinds of cell damage in the body, and also restores vitamin levels such as vitamin E and vitamin C. There is also evidence that alpha-lipoic acid can improve the function and conduction of neurons in diabetes. Alpha-lipoic acid seems to work as an antioxidant, which means that it might provide protection to the brain under conditions of damage or injury. The antioxidant effects might also be helpful in certain liver diseases." (24)

The Best Source of Nutrition is Food

Adding these 7 nutrients to your daily diet is a good first step towards getting your blood sugar under control.

To keep it balanced over the long-term, think seriously about cutting out processed foods from your diet. After all, eating foods loaded with sugars is likely to be what caused your blood sugar problems in the first place.

Start small by replacing soda with a glass of water flavored with bitter lemon and replacing your mid morning sugary snack with a banana. Then over time, try to switch your diet completely from food that comes in tins and jars to food in its original wrapper - fruit skins and vegetable peel!

If you're ready to switch completely to a healthier diet...

the UK's national health service (NHS) actively promotes the Mediterranean diet to people at risk of heart disease, obesity or type 2 diabetes.(25)

The Mediterranean diet is low in sugars and starchy carbs. Instead it's rich in olives, fish, leafy vegetables, nuts, eggs and other 'healthy fats'.



“People living in countries bordering the Mediterranean and who eat the traditional diet of this region appear to have less heart disease than those of us that live in the UK and northern Europe. Health professionals now advise the traditional Mediterranean way of eating as a good approach to helping improve health and longevity.” – heartuk.org.uk (26)

As well as being packed with nutrients, eating leafy vegetables, like broccoli, peas and lentils, helps increase your dietary fiber. This creates a type of plant gel in your stomach, which helps to slow down digestion. So you feel full quicker, don't overeat and can absorb more of the nutrients from the food you do eat.

So as well as healthy, eating leafy vegetables can actually help you lose weight and become healthier at the same time.

Exercise daily for 30 minutes



If you've been battling blood sugar problems for some time, the idea of exercising for 30 minutes a day can seem daunting. Low energy levels and exercise aren't a good mix.

However, you need to get moving for three key reasons:

1. Burn glucose - As excess glucose gets turned into energy you need to burn it off through exercise. Otherwise it will remain trapped in your blood stream.
2. Lose Weight - As more of the fat stored in your body is burned off, your body's insulin levels can ensure more of the sugars you do eat are safely metabolized into glucose.
3. Happiness - Exercising for 30 minutes will help to release endorphins - you're natural feel good hormones. Low moods and anxiety are typical symptoms of low blood sugar, and exercise will help to lift them naturally.

The good news is that you don't have to go on long runs and cycle rides to gain the benefits. You can start light and build up your exercise regimen over time.

Start with a morning stroll, Yoga, Tai Chi or just stretching. Then switch up to serious fat and muscle building exercise gradually.

A study (published in the journal *Scandinavian Journal of Public Health*) found that shorter exercise sessions can give you more energy as well as burn more fat than longer routines.

In the study, 60 moderately overweight men were tracked for 13 weeks. Those that exercised for half an hour lost 7.9lbs while those exercising longer lost just 6lbs. The group that exercised for just 30 minutes also reported having more energy and feeling more motivated to stay healthy. (27)

Get all 7 Natural Sugar Balancers in One Easy to Swallow Tablet

NOTE: Always consult your doctor before making any changes to your medication or taking any supplements that may interfere with your medications. In particular, if you're type 2 diabetic and currently on insulin or oral hypoglycemic agents, have high blood pressure, kidney or liver conditions are pregnant or lactating, always speak to your doctor before trying Blood Sugar Optimizer.

Food is always the best source of nutrition. However, fitting the 7 blood sugar balancing nutrients listed into your daily diet can be tricky. Thankfully, it's possible to consume all 7 in one easy to swallow pill. And this is no overpriced "magical bean" that does nothing for you.

It was found to improve blood glucose levels by up to 46% in a randomized, double-blind, placebo controlled study. And it has hundreds of verified reviews and blood tests to prove it works.



This supplement has been formulated by Dr Sam Robbins. He has a family history of blood sugar problems. And as a practicing doctor, he regularly met patients who were struggling to get their blood sugar down and avoid developing type 2 diabetes.

Rather than simply hand out prescriptions, Dr Robbins decided to do his own research into the underlying causes of high blood sugar.

He dug deep into the medical studies, journals and cutting edge research. What he discovered is that people suffering from high blood sugar are also deficient in the 7 key nutrients listed in this article, as well as had unhealthy lifestyle habits.

So he set about formulating a solution that could replenish these 7 nutrients and "heal the body from within".

He called his solution [Blood Sugar Optimizer](#).

Multi-functional and Natural

Blood Sugar Optimizer is a unique “all-in-one” formula packed with the 7 nutrients mentioned in this article, along with additional herbs and vitamins believed to help the body balance blood sugar naturally.

It is designed to provide a number of benefits without medication or side effects:

- Lower blood sugar
- Reduce sugar cravings
- Metabolize sugar and carbs
- Improve insulin and glucose sensitivity
- Reduce the causation factors of diabetes.
- Doctor formulated & clinically researched.
- 15+ year proven formula & 97 million pills sold.
- Guaranteed or refund + \$100.00 cash back.



But does it work?

15 Year Track Record with Proven Blood Tests

Blood Sugar Optimizer has now been taken safely for over 15 years, with 97 million pills sold in that time.

On his website, Dr Robbins shares [verified reviews, blood test results and video testimonials](#) attesting to its efficacy at lowering blood sugar, safely and naturally.

This includes the results of a randomized, double-blind, placebo controlled study which reported an average Improvement of blood glucose by up to 46% among patients.

Video Reviews  Text Reviews  ★★★★☆ (214 Reviews)

★★★★★ *Improves sensitivity* **

Works the best for controlling blood sugar. Makes cells more sensitive to insulin. **

★★★★★ *works well* **

My husband is a type 2 diabetic and we can't afford one of the meds he is supposed to take along with his Glucophage. I was desperate but have always used supplements and thought I'd give this a try. I am so glad I did. I can afford this and in conjunction with Glucophage keeps his blood sugar within the parameter it's supposed to be in. The big thing is to monitor the sugar levels, both before starting AND after. **

★★★★★ *Home test validates product works* **

Home sugar tests pre-using this product was typically 125-140. (Test strip normal range 100-140, which I suspect is the goal range for diabetics). My lab blood test are typically around 120, which is elevated. After using this product my home test have dropped to 98. I suspect lab blood test will show similar improvements. I believe this product works. **

★★★☆☆ *I wish it cost less =(* **

The product works, that's for sure and I would have given it 5 stars. But, I haven't had a job in 8 months and it's getting difficult to afford my medications and supplements. I've lowered the dose, so the bottle lasts longer but it's still difficult to pay for it each month. Even though, it's cheaper than the drug. Damn economy! **

★★★★★ *blood sugar optimizer* **

This product is helpful in keeping my blood sugar stable especially if I have a few more carbs than I should have in a day. **

HFL does not imply any medical claims for customer reviews. Individual results will vary. **

Disclaimer - These results are not typical and personal experience may vary. Blood Sugar Optimizer is not a magic pill or a replacement for eating a healthy and getting daily exercise.

Just imagine what keeping your blood sugar in the safe zone could mean...

Along with daily exercise and a healthy diet, swallowing a **Blood Sugar Optimizer tablet before meal times may be enough to keep your glucose levels normal and stable.**

This can mean:

You can stop living in dread of whether your energy levels will suddenly crash...

You may find your brain fog starts to fade away. With more glucose going to your brain, you may find you can concentrate for longer periods and perform better at work...

Your muscles may feel like they have more power and energy than before...

You can take up cycling, go for long walks with your partner and enjoy a more active lifestyle...

With your blood sugar in the safe zone, you can put your fears of losing your vision or a limb from chronic inflammation behind you...

You may find that your increased energy levels, activity and better diet leads to you losing weight and getting in shape too.



If Your Blood Sugar Doesn't Stay Balanced within 30 Days, Get Your Money Back + \$100

Dr Sam Robbins is so confident that his formula will help balance your blood sugar within 30 days that if it doesn't you get your money back + \$100.

So you either get healthy, stable blood sugar or you get paid \$100.

If you're on the fence, it's understandable. There are so many supplements promising a miracle cure that it's impossible to believe any of them actually work.

It's right to be cynical. However, all that I ask is you hear what Dr Sam Robbins has to say.

He's created [a short presentation video](#) in which he explains how Blood Sugar Optimizer works, why he considers it to be superior to other supplements and he shares the testimonials and real blood tests of customers to prove that it works.

Why not just hear what he has to say? It may lead to you finally getting your blood sugar under control so you can regain your lost energy and health problems from this terrible condition.

In his short video, Dr Sam Robbins reveals:

- Why drugs and diets don't work for most people (this is advice you're unlikely to hear from a mainstream doctor).
- The REAL cause of high blood sugar
- 1 simple tip both he and his family use to lower their blood sugar quickly
- How to increase longevity, without drugs or drastic diet changes.

[>>>Watch Dr Sam Robbins' short video about Blood Sugar Optimizer and how it may help to lower your blood sugar safely and naturally](#)

Wishing you a long, healthy and happy life!

Gareth Churchill

Natural Health Researcher

Disclaimer – Blood Sugar Optimizer is not a magic pill. Any supplement needs to be taken in combination with a healthy diet and daily exercise to gain its health benefits. Statements made in this article have not been evaluated or approved by the FDA. You should never make changes to your medication without speaking to your doctor as some natural ingredients may interfere with them. Blood Sugar Optimizer is not designed to treat or cure any serious health condition or disease. Erudite Lifestyle has a monetary relationship with Dr Sam Robbins and will be compensated for purchases made via the links in this article.

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