

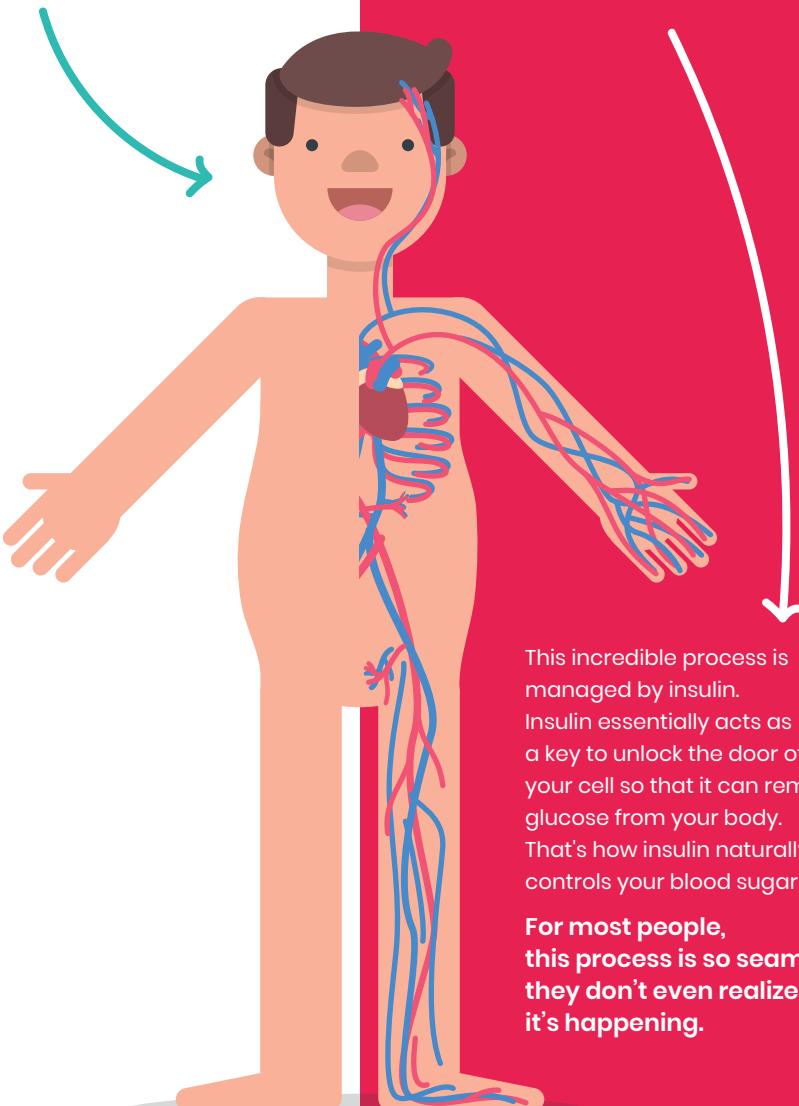
# What is **TYPE 2 DIABETES** in Plain English

**Ask for  
Ayurvedic diabetes  
supplements  
today!**

Type 2 diabetes is a chronic condition  
that affects the way the body  
metabolizes glucose.



**This is  
your body.**



## *This is your* **CIRCULATORY SYSTEM.**

It's a pathway for blood to flow through your body. Blood carries oxygen and nutrients to feed your body.

These nutrients include glucose.

**What is glucose?**

**Glucose is your body's fuel.**

Your body is constantly regulating the amount of glucose in your blood so you always have the energy you need.

This incredible process is managed by insulin. Insulin essentially acts as a key to unlock the door of your cell so that it can remove glucose from your body. That's how insulin naturally controls your blood sugar levels.

**For most people, this process is so seamless, they don't even realize it's happening.**

## What does diabetes do to your blood?

As we know all too well, there are times when something goes wrong. Perhaps the body isn't producing enough insulin to offset sugar intake. Or the blood cells aren't complying well with insulin's orders. If this happens, glucose cannot exit the bloodstream.

**Next thing you know, there's a huge traffic jam of glucose in the bloodstream, one that keeps piling up.**

With no way to process the existing glucose, the glucose traffic jam grows, getting bigger and bigger. This build-up of glucose changes the blood from its normal 'watery-like' state into a thicker liquid, something more similar to **syrup**. And if the amount of sugar in someone's blood reaches a certain level, this person will be diagnosed a diabetic.

**So, in a nutshell, diabetes is the body's inability to process glucose.**



## Why is DIABETES HARMFUL?

As mentioned earlier, when there is **too much glucose in your blood, it becomes physically thicker, similar to syrup**.

Now, if your body is made to process blood, you can imagine how hard your body would have to work to process something thick like syrup. This can cause some serious short-term and long-term health issues.

The thicker blood puts more pressure on the eye (intraocular eye pressure), which is why diabetes can lead to blurry vision or blindness.



Thick blood slows circulation, so the nervous system may not get enough blood, which leads to nerve damage and neuropathy, a constant tingling feeling in the limbs.



Not enough blood flow can starve outer limbs like the feet and legs. This can lead to complications ending with limb amputations.

Organs like the kidneys, liver, and pancreas all need to work harder to filter all that sugar from the body. They can get overworked, leading to organ failure.

Plaque begins to build up in the bloodstream, increasing the risk of a stroke.



**Worst of all, this puts more pressure on your heart, increasing the risk of a heart attack.**

**So....**

# What are the SYMPTOMS OF TYPE 2 DIABETES?



## Frequent Urination

As glucose builds up in the body, your kidneys remove some of it through urine (your kidneys are trying to help your insulin get the job done), making you dart for the bathroom more and more.



## Thirst

All of that urination pulls fluids from your body, causing dehydration and an unquenchable thirst. You can drink liters and liters of water, and still be dehydrated.



## Extreme Hunger

Remember, your body uses glucose as fuel. If you aren't getting fuel, your body will think it's still hungry. Always. Hungry.



## Fatigue

The lack of ready-to-use energy (your body can't use its fuel) leads to constant tiredness and fatigue. No matter how many naps you might take.



## Blurry Vision

The buildup of intraocular eye pressure can cause blurry vision or blindness, even if you've always had perfect sight.



## Neuropathy

A tingling feeling in the hands and feet is caused by poor blood circulation and nerve damage. It's like your foot is asleep and you just can't seem to wake it up.



## Bad Breath

Breath that smells foul, like a strong nail polish, is caused by high levels of ketones – even if you're downing Listerine like there's no tomorrow.

# Common myths about DIABETES

## “Diabetes comes from sugar”



Diabetes does not come from sugar. Diabetes develops when your body is no longer able to make or utilize insulin, so the sugar you consume cannot be converted into energy or fat. Diabetes is caused when the glucose just hangs around in the body.

## “Diabetes always comes with symptoms”



While children with type 1 diabetes will always have symptoms, type 2 diabetes could easily go undiagnosed. There are over 7 MILLION undiagnosed diabetics in the USA alone. That's why it's important to get tested!

## “Insulin cures diabetes”



There is no known cure for diabetes, including insulin injections. Insulin shots simply give your body an extra dose of the hormone because it's unable to produce enough on its own.

## “Diabetes is contagious”



Diabetes is not contagious. Although diabetes is genetic and runs through some families, it cannot be caught like a cold or a flu.

## “Insulin pills help you control diabetes”



You can't take insulin orally. Because insulin is a protein, if you took it as a pill, it would digest in your stomach and wouldn't make it to the blood stream. There are other pills and capsules diabetics can take, but they do not include insulin.

## “If you have diabetes, you need to take medicines”



Many diabetics are able to manage their condition with diet and lifestyle changes. There are also natural products to improve your glycemic response. More on that later.

## “If you have diabetes, you need to eat special foods”



Most of the foods claiming to be healthy for people with diabetes also raise glucose levels and offer no benefit to diabetics. It's officially recommended that diabetics eat a healthy diet that's low in saturated fat.

## “If you have diabetes, you can never eat chocolate or sweets”



As part of an overall healthy diet and lifestyle, diabetics can eat chocolate or sweets in moderation.

# What are the DIFFERENT TREATMENTS for Type 2 Diabetes?

## Oral Medications

Most diabetics take oral diabetes medications.

Metformin is the most prescribed. It decreases the amount of glucose that you absorb from food and reduces the glucose produced by the liver. If the condition worsens, other oral drugs may be prescribed, including sulfonylureas, GLP1 agonists, DPP4 inhibitors, SGLT2 inhibitors, and others.

### SIDE EFFECTS

- Diarrhea
- Gas
- Constipation
- Heart failure
- Headaches
- Pancreas failure
- Infections
- Fungal growths
- High cholesterol
- Vomiting

## Injection Medications

Insulin injections are used to control blood glucose levels that are too high to be controlled by oral medications alone.

The insulin supplements what your body isn't producing on its own. Unfortunately, insulin cannot be taken orally, meaning that insulin users have to inject themselves at least twice a day (or more!) depending on their blood sugar levels.

A big disadvantage of insulin injections: modern, more effective forms of insulin are becoming increasingly unaffordable. Some insulin users have even started rationing their insulin because they cannot afford the correct amount. Insulin costs have more than doubled in the last 5 years alone!

### SIDE EFFECTS

- Redness
- Swelling
- Itching
- Weight gain
- Constipation
- Wheezing
- Dizziness
- Blurred vision
- Fast heartbeat
- Sweating
- Weakness
- Muscle cramps

# Wait...

**ARE THERE NATURAL WAYS TO MAINTAIN HEALTHY GLUCOSE LEVELS?**

# Yes.

There are completely natural supplements and formulas that can help you maintain healthy glucose levels – without any negative reactions!

These are usually based on ancient medical practices. Let's look at one of them... **Ayurveda.**



# Learn about AYURVEDA

Ayurveda is an ancient system of medicine from India. Despite being one of the oldest medicinal systems in the world, it is so effective that over a BILLION people still use Ayurvedic formulas to maintain their health.

The Ayurveda medical system is very complex. Simply put, it aims to balance the digestive system, endocrine system, and body movement systems (circulatory, respiratory, muscular, and nervous).

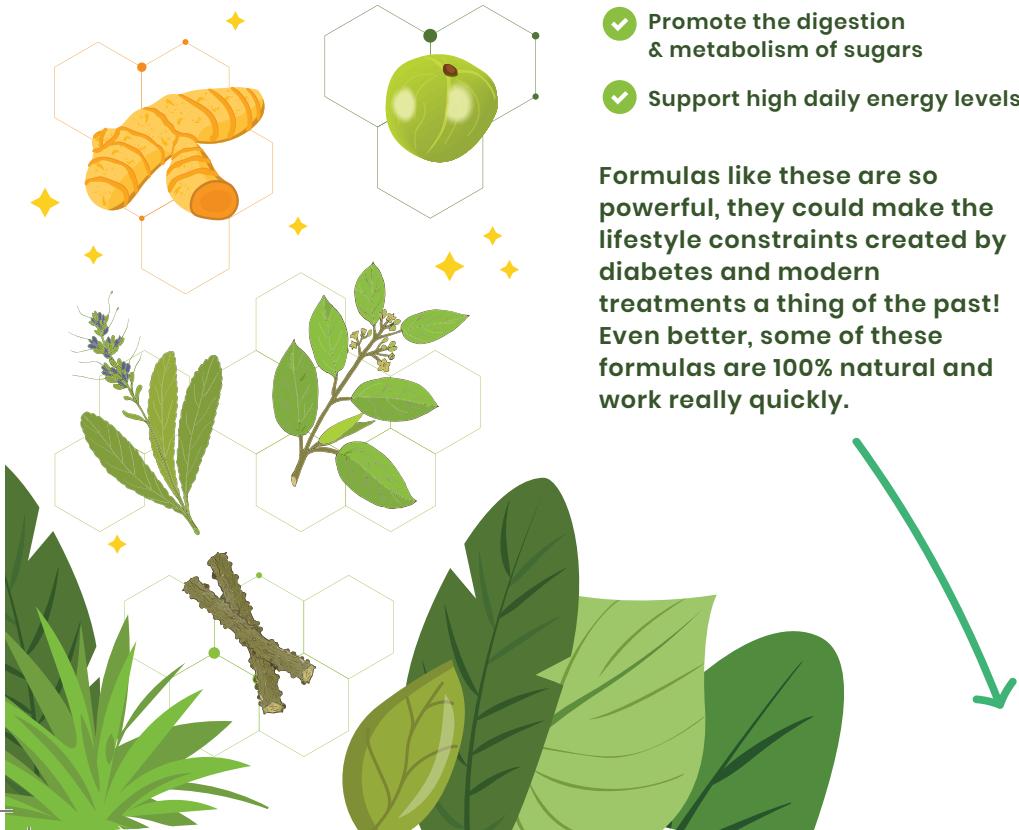
**Ayurvedic formulas use herbal recipes to create a holistic balance inside the body so you can maintain optimal health, even as a diabetic.**

This ancient Indian medicine is making waves in Western medical practices! Forbes magazine rated Ayurveda as one of the leading health trends in 2019. There are even Ayurvedic dietary supplements designed specifically for diabetics. Their goal is to find a natural way to help you maintain healthy glucose levels and a good glycemic response.

**For example, some Ayurvedic formulations aim to:**

- ✓ Support insulin sensitivity & production
- ✓ Promote enhanced insulin metabolism
- ✓ Support weight loss & the metabolism of fats
- ✓ Reduce cravings for sugars & other carbs
- ✓ Maintain healthy pancreatic beta cell function
- ✓ Promote the digestion & metabolism of sugars
- ✓ Support high daily energy levels

Formulas like these are so powerful, they could make the lifestyle constraints created by diabetes and modern treatments a thing of the past! Even better, some of these formulas are 100% natural and work really quickly.



# Which Diabetes Compounds Are Used in Ayurveda?



Diabetes is a serious condition, one that affects every part of daily life. But for thousands of years, people have been using these natural ingredients to maintain healthy glucose levels and support a healthy glycemic response.



## Bitter Melon

- + Promotes insulin sensitivity
- + Supports cellular glucose absorption
- + Promotes healthy physiological function in damaged pancreatic cells



## Turmeric

- + Supports healthy insulin sensitivity
- + Promotes a strong immune system
- + Maintains balanced glucose levels



## Cinnamon

- + Supports healthy insulin sensitivity & release
- + Helps maintain healthy fasting glucose & A1c levels
- + Supports healthy weight loss
- + Promotes healthy cholesterol
- + Promotes a healthy feeling nervous system



## Syzygium Cumini

- + Promotes healthy fasting glucose levels through a reservoir of glucose macromolecules
- + Supports healthy liver function



## Fenugreek

- + Contains lots of fiber
- + Promotes insulin production, secretion, and sensitivity
- + Supports a healthy rate of carbohydrate absorption



## Swertia Chirata

- + Supports the healthy release of insulin from the pancreas, glucose absorption from the digestive system, and intracellular metabolism of glucose



## Amla

- + Promotes stable blood glucose levels
- + Enhances general cognition
- + Helps the pancreas function well
- + Supports vitality and graceful aging



## Gymnema Sylvestre

- + Reduces cravings for sugar & carbs
- + Encourages healthy insulin release
- + Promotes a healthy rate of carb absorption



## Picrorhiza Kurroa

- + Packed with antioxidants
- + Promotes liver and spleen health
- + Supports glucose tolerance
- + Helps support a healthy weight



## Try an Ayurvedic Advanced Glucose Support Supplement

Now that you understand the diabetic condition, the treatment options available, and how Ayurvedic compounds can help support your health, it's up to **you** to ask your pharmacist, health store, or healthcare provider for synergistic Ayurvedic supplements **that can help YOU improve your life.**