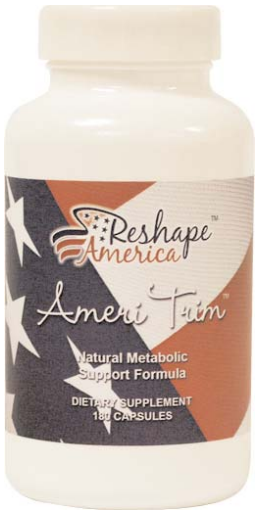
Healing HA America

PRODUCT REPORT

AmeriTrim



"QUICK FIX" DOESN'T CUT IT

First it was low-sugar or sugar-free. That turned into low-fat and non-fat. These days, we are either ourselves or know someone who is on a low-carb diet. Many health experts advocate lessening carbohydrate intake to help with weight loss and weight control. The problem with this is, carbohydrates themselves aren't the sole source of the problem. They just happen to illustrate the problem in a really accessible way. In fact, it is the spiking and dropping of insulin levels brought on by the metabolism of certain types of carbs that is the real issue. The types and amounts of sugar and fat we eat also contribute to the equation.

Here's how it works: it gets to be mid-afternoon and we find our energy level dipping and the hunger pangs starting. So maybe we grab a soda and snack. It could be a candy bar or a bag of chips, or perhaps we even go for the "healthy choice" like a granola bar. We feel better for awhile, but too soon the process starts again.

The immediate burst of energy we receive from the food is short-lived, because most of the convenience foods that are so readily available to us are composed largely of processed grains, refined sugar, and an overabundance of fats. They offer a "quick fix" in more ways than one. Over time, this can - and often does - lead to weight gain and ultimately decreased insulin function and diabetes.

IT'S ALL ABOUT INSULIN

Insulin is a hormone produced by the pancreas. Its job is to "guide" glucose (or sugars) from the bloodstream into the cells where it can be put to good use as energy for daily living. There, insulin attaches itself to built-in "receptor sites." Think of these like the electrical outlets in your house. When the body is getting a healthy, balanced diet, and things are functioning at a normal optimal level, this process runs smoothly.

Often, however, things don't go exactly as planned. The receptor sites decide not accept glucose from the insulin anymore. Why? Well, let's just say Americans have taken Mary Poppins' advice a little too much to heart. Instead of "a spoonful of sugar," Americans today each consume an average of 152 pounds of refined sugars every year! Our bodies are constantly bombarded with sugar, so eventually, the receptor sites in the cells get overwhelmed and stop responding to the insulin. It's the same idea as an electrical current surge overwhelming the circuits in your house. You literally "blow a fuse."

You can probably guess what happens next. The cells may have stopped accepting the glucose deposits from the insulin, but that doesn't mean we quit feeding our bodies all the refined sugar. So, naturally, the sugar levels in the bloodstream start to build up. The pancreas sees this and says, "Whoa! Gotta do something about all that sugar!" It starts pumping even more insulin into the bloodstream where it starts to build up.

The situation the body now finds itself in is one in which the cells are becoming increasingly insulin resistant resulting in an excessive amount of insulin in the blood. This creates problems for weight management, since excess insulin stimulates hunger and sugar cravings, promotes storage of excess calories as fat, and inhibits mobilization and use of stored fat to fuel metabolic activity. In other words, excess insulin tends to make us overweight and keeps us that way.

THE NUMBERS

- The Centers for Disease Control and Prevention report that some 64% of American adults are obese or overweight
- 15% - some 9 million - of children and adolescents ages 6 to 10 are overweight
- Obesity rates in children ages 6 to 19 have tripled in the past 40 years
- According to a recent Institute of Medicine report, nearly 500 new food products targeted at kids were introduced in 2004
- Americans each consume, on average, over 150 pounds of refined sugars annually

AN EVEN KEEL

The trick to navigating these tricky waters is keeping blood sugar levels more level to help prevent the peaks and valleys, and to avoid buildup of insulin. That's where AmeriTrim from Healing America can help. Its high quality natural ingredients work with your body to reduce insulin resistance and to promote better glucose metabolism. With sugar and insulin levels evened out, we're less likely to snack as much, because our bodies are not telling us we are constantly hungry. AmeriTrim helps control cravings (particularly for sweets) that are subject to the vagaries of insulin gone wild in our blood streams. Let's look at how these ingredients work together:

Nopal (Prickly Pear Cactus)

Extracts from this cactus commonly found in Central and South America play a role in lowering blood glucose levels by reducing the absorption of sugars and fats in the gastrointestinal tract. With its combination of amino acids, niacin (vitamin B3), and fiber, Nopal has also been shown to lower LDL cholesterol (the "bad" cholesterol) and increase sensitivity to insulin by helping to reinvigorate sluggish receptor sites.

Konjac Mannan (Glucomannan)

This southeast Asian plant extract is a soluble fiber with an amazing capability: It can absorb up to 200 times its weight in water, giving it the highest water holding capacity among dietary fibers. So what does that mean for us? Well, as it expands, soluble fiber slows the passage of food from the stomach into the intestine, thereby controlling the amount of glucose that enters the bloodstream. By reducing the speed of the sugar uptake, it actually helps prevent rapid blood sugar level jumps. In fact, a New England Journal of Medicine report suggest that a high intake of soluble dietary fiber not only improves blood sugar control, it also lowers plasma lipids (fats in the blood).

Konjac Mannan is reported to lower cholesterol and triglyceride levels, reduce fat absorption, promote blood sugar control, and encourage weight loss.

Gymnema Sylvestre (Gurmar)

A climbing, woody plant growing in the tropical forests of central and southern India and parts of Africa, this member of the milkweed family has been used as a traditional treatment in India for diabetes for nearly 2,000 years. The Hindi name for the plant -- gurmar -- actually means "sugar destroyer." This name comes from the unique capacity of the leaves to decrease the ability of the taste buds to detect sweetness. In effect, chewing on the leaves reduces a person's craving for sweets. As you can imagine, this quality makes Gymnema Sylvestre helpful in promoting weight loss.

But that's not all it does. Gymnema sylvestre addresses imbalances in insulin levels in two basic ways: first, it suppresses the transport of glucose into the bloodstream, thereby lowering blood sugar levels; and second, it improves the way the glucose that DOES enter the bloodstream is utilized. It does this by making insulin and insulin production in the pancreas more effective. The leaves are also noted for lowering serum cholesterol and triglycerides, and acting as a cardiovascular stimulant.

Fenugreek (Trigonella foenum-gracum)

Commonly used as a spice in cooking, Fenugreek is cultivated mainly in India, Egypt, the Middle East, and North Africa. The seeds of this annual herb have been used for years as a traditional remedy for gastrointestinal disorders, gout, wound healing and inflammation, and diabetes.

Fenugreek has a hypoglycemic effect on the body due to its mucilaginous fibers, known as galactomannan. That's kind of a fancy way of saying it acts like a giant sponge, binding up fats and sugars from the intestinal tract and helping to flush them out of the body before they are absorbed. Because it reduces the absorption of fats by the body, Fenugreek also helps lower LDL ("bad") cholesterol.

Bitter Melon

While some have described its appearance as an "ugly cucumber," this tropical fruit - as bitter as its name implies - is used throughout Africa, Asia, South America, and the Caribbean as both food and a medicine. Conditions it is said to benefit include diabetes, infections, and even cancer. In fact, bitter melon contains three compounds that have hypoglycemic (sugar lowering) activity. These include charantin (a mixture of steroidal saponoins), peptides that mimic the function of insulin, and alkaloids. Together, these compounds work to lower blood sugar levels. Bitter melon is also rich in vitamins C and A, and it contains nearly twice the potassium of bananas.

Corosolic Acid

Found in the leaves of the Lagestroemia Speciosa (Banaba) tree, corosolic acid is a natural plant derivative that is similar in function to insulin. It has been used for years in Asia as a medicinal plant. In recent laboratory studies, corosolic acid appears to stimulate the uptake of glucose by the cells. This means the amount of glucose in the bloodstream decreases and less insulin has to be released.

Cinnamon

What's not to like? It smells good, tastes good, and it's good for your health! In fact, health practitioners have been touting the benefits of cinnamon for centuries for everything from flatulence and digestive issues to menstrual problems. More recent studies are showing an exciting new promise of the health benefits from this well-known spice - improving insulin function and glucose metabolism. Some studies have shown that cinnamon's most active compound, MHCP or methylhydroxy chalcone polymer, increases insulin metabolism nearly 20 percent!

Cinnamon is also a powerful antioxidant.

Rice Bran

Rice is a food staple for people around the world. Some estimates indicate rice may account for nearly half the daily calorie intake of half of the world's population. Unfortunately for many of us, the rice we eat has had many of the vital nutrients stripped away by processing. What most of us end up eating is the polished white rice - the least nutritional portion - which is actually so devoid of nutrients that U.S. regulations require it to be enriched with vitamins!

Rice bran - the outer layer that comes off in processing - contains a high concentration of nutrients that help stabilize glucose metabolism. That means the body processes sugars and carbohydrates more evenly through time, thereby avoiding the peaks and valleys that can cause stress on the pancreas and insulin production. The soluble fiber in rice bran is responsible for a lot of that stabilization. Rice bran also contains several powerful antioxidants that help combat free radical damage. Some of these antioxidants - like gamma oryzanol - are found only in rice bran.

Alpha-Lipoic Acid

This is a sulfur-containing fatty acid found in spinach and animal protein. Studies have shown it to lower glucose levels 10-30 %, and it also improves insulin function. In addition, alpha-lipoic acid is a universal antioxidant, scavenging free radicals from the body.

This workhorse can be found in the mitochondria of our cells. Think back to your high school biology class, and you might recall that mitochondria are sort of the "powerhouses" of our cells. That's where energy production takes place. Alpha-Lipoic Acid works there to help break down sugars for the cells to use as energy. It even helps regenerate Vitamins E and C, and it promotes liver health.

Magnesium

Found commonly in such food sources as artichokes, nuts, beans, whole grains, and shellfish, magnesium is a mineral shown to help improve nerve and muscle function, and increase energy and metabolism. Magnesium is necessary for the secretion and action of insulin. It also helps control blood pressure. Low magnesium levels have been tied to Syndrome X (or Metabolic Syndrome), characterized by insulin resistance and high levels of insulin in blood and other body fluids.

Chromium

Chromium is an essential trace mineral that aids in glucose metabolism, regulation of insulin levels, and the maintenance of healthy cholesterol levels. It is commonly found in such foods as meats, whole grains, cheese, mushrooms, prunes, nuts, and asparagus.

Chromium deficiency disturbs normal insulin function. In fact, chromium is necessary for the proper action of insulin at cellular receptor sites. By increasing insulin sensitivity, it prevents accumulation of excess amounts of insulin in blood and body fluids, which increases hunger and sugar cravings, promotes fat storage, and reduces use of stored fat for energy.

Vanadium

Named for the Norse goddess of youth and beauty, Vanadium is a trace mineral that plays a role in the metabolism of carbohydrates, cholesterol, and blood lipids. Vanadium can be found in seafood, mushrooms, certain cereals, and soybeans.

Vanadium helps regulate blood sugar levels, as it mimics the effects of insulin on the body. Some studies suggest it also helps in the formation of bones, teeth, and cartilage.

PUTTING IT ALL TOGETHER

Imbalance in sugar and insulin has become an epidemic problem in the contemporary world. This not only creates problems with regard to weight management, but is also associated with a rapidly increasing incidence of type 2 (acquired) diabetes. This was previously known as adult-onset diabetes, but the "sugar poisoning" of our society knows no age limits, and both obesity and diabetes are rapidly increasing among children as well as adults.

Fortunately, there are steps we can take to positively impact both of these problems. Losing weight and exercising regularly - at least 30 minutes a day, five days a week - are two keys to that. Cutting down on consumption of refined sugars and processed foods can help as well. And AmeriTrim from Healing America can be a valuable tool in both weight management and normalizing insulin metabolism.

CAUTIONS:

Because this product impacts many of your body's metabolic pathways, care should be taken when using it in conjunction with other prescription drugs. Consult your health care provider.

These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease, but rather is a dietary supplement intended solely for nutritional support.

SOURCES:

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