



# Health Matters

by  
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Natural Foods Market

Type-2 Diabetes affects an estimated 25+ million Americans and associated costs exceed \$130 billion a year. Due to alarming rates of obesity and sedentary lifestyles, Type-2 Diabetes unfortunately is becoming a wide-spread epidemic. Left untreated, this potentially life-threatening disease can lead to heart attacks, strokes and even blindness.

Eating low-glycemic foods, staying active and managing your weight are all essential to keeping blood sugar under control. If more help is needed, though, one of our most powerful natural therapies is **Berberine**, a plant alkaloid clinically proven to effectively regulate blood sugar and A1C levels.

Published in the journal, *Metabolism*, a clinical trial states, "Berberine works just as well as the top-selling drug Metformin for Type 2 Diabetes". Another study in *The Journal of Clinical Endocrinology & Metabolism* found that Berberine also lowered triglycerides by 35%, LDL cholesterol by 21% and total cholesterol by 18%.

As always, we guarantee your satisfaction.

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