



Health Matters

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Fatigue, irritability and depression are typically more prevalent around the holidays. Often associated with conditions such as hypoglycemia, insulin resistance and/or diabetes, these symptoms can be related to fluctuating blood sugar levels.

If you suspect unstable blood sugar levels, you may be interested in knowing about a review of study results concluding that a compound derived from vegetable fiber called **Inositol Hexaphosphate (IP6)** could be key in regulating insulin production.

Through 15 years of extensive research at the University of Maryland, scientists have focused mainly on the ability of **IP6** to improve immune function, increase natural killer cell activity, even slow down abnormal cell division, but, by chance, it was also found to stabilize blood sugar levels.

Of course, it's also important to stick with dietary and lifestyle strategies proven to help keep blood sugar stable, cravings under control, and energy/mood optimal.

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