



# Health Matters

by  
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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 condition can lead to heart attacks, strokes and even blindness.

Eating low-glycemic (low-sugar) foods, staying active and managing your weight are all essential to keeping blood sugar under control. If more help is needed, though, one of the 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%.

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