

HEALTHYFORLIFE

U

3

TRICKS

EVERY DIABETIC

MUST KNOW

Welcome

Thanks for your interest in this eBook!

There are so many products, programs and diet plans out there, it's hard to know who to believe. Walk into your local nutrition store and you'll find thousands of products and books on the shelves. How can anyone possibly choose from that selection!

Good news! Healthy for Life U is all about simplicity and convenience! We've done the research for you and have found highly competent experts in the subject matters covered. We then deliver the information to you in a concise easy to read format.

You won't have to feel like you're guessing about your health any more!

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About Healthy for Life U

Since its founding in 1998, Healthy for Life U has helped thousands of people like you turn their health around.

The Healthy for Life U philosophy is that nutrition should come from the food we eat - the way it was intended. Over the years, our society has favored convenience and mass production, leaving our food supply lacking in a few essential nutrients. Our program is simple: eat whole food and supplement the few essential nutrients often missing from our foods.

Additional information is available on our website www.healthyforlifeu.com.

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Cardiologist



Dr. Carlos Reynes, MD
Internal Medicine
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Physician



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Watch a live seminar
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website

About the Author

Jake Velie has spent the last 13 years in the integrative and functional healthcare setting working with physician groups, health systems, universities, companies and families all over the world.

Jake has served as Founder and CEO of several integrative medical clinics and led multiple other healthcare companies. Jake's companies practiced family medicine, physical medicine, rehabilitation, lifestyle education and psychotherapy, as well as fitness and personal training. Jake has worked with thousands of patients with his physicians and practitioners to develop clinical systems that employed functional medicine concepts which resulted in outcomes successful beyond conventional treatments alone.

His clinics also served as an internship and experiential learning location for medical and pharmacy students as well as an educational center for graduating nurses and family practice medical students.

Jake now serves as the CEO and Chairman of the Clinical Advisory Board of National Integrative Health, where he also authored the organization's official Health Foundation System. Jake also serves as the Director of Corporate and Family Health at Bearence Management Group out of Minneapolis, MN, Des Moines, IA and Kansas City, MO.



Jake Velie, CPT

Introduction

I have been working with people that have diabetes for almost 15 years now. Between my clinics and physician partnerships and consulting, I have worked with thousands of people struggling with this disease. My job has always been to help the physicians develop care plans and programs for their patients to improve their diabetes control without increasing medical interventions (diagnostics, medications, etc.).

In this position I have seen almost every kind of patient situation you can imagine. From the patient that has just found out they have diabetes and are scared of how it will impact their future, to the person that has had diabetes for over 20 years and has almost “become one” with the disease, having fully integrated every piece of the chronic management process into their lifestyle.

But there are a few very important things that I would like to share with you in this eBook. These things represent the most impactful dynamics that I shared with diabetic patients. When I say impactful—I mean that every time I worked through these 3 top tricks—it changes the person’s life and health forever and they were able to begin to take more control over the disease and increase the quality of their life.

These 3 tricks may surprise you as they are all very different from one another, yet incredible powerful. You will discover that there are many things that impact diabetes, but none more important than these—let’s get started.

Trick 1

Type 2 Diabetes is likely the most reversible chronic disease of all

Now, I know that this doesn't seem like a "trick"...but more of a statement. However, this statement is so powerful that I consider it to be a trick in and of itself because it is the first step in taking control of your symptoms. I know this statement saying diabetes is reversible may come as a surprise, but it is true. In my time working with physicians in the clinic and their patients, I have been blown away at the amount of success that I have seen in reversing the symptoms and physiological impacts of diabetes.

Think about it—if you believe that your diabetes is a death sentence that will eat away at your vitality until ultimately it takes your life from you, there is no way you will be successful in any type of program you do. You will also, most likely, not believe that your condition can be impacted in a positive way and that you can get control of it.

The way I have seen this belief playing out in a patient's life is watching them do nothing more than take increased levels of medications and adding more medications without any attempt to change their situation. It's not necessarily their fault, as most of them are only told to chronically manage their

disease by their own doctors. This is precisely why this single fact about diabetes is possibly the most important factor of all—you must know and believe that diabetes can be reversed to then take the necessary steps to do so.

The differences and similarities: Type 1 vs. Type 2 diabetes

Now, of course we know that some cases of diabetes do not show many signs of improvement or change no matter how hard our patients seemed to be working at it. Specifically, type 1 diabetes tends to be a lot more challenging for many different reasons.

Unlike type 2 diabetes, where the body becomes resistant to its own insulin, type 1 is characterized by the inability of the body to produce enough insulin, as the beta cells within the pancreas which are responsible for the production of insulin (and the proinsulin from which it is made) are either destroyed or seriously impaired. This can happen due to autoimmune issues, bacterial or viral infections, incompatible foods in the diet and chemical exposures (or a combination of any one or more of these factors), to name but a few major triggers.

But even in type 1 diabetes, research has found that there is still hope for lifestyle and environment to play a key role in the quality of life and amount of treatment needed for a type 1 diabetic. Let me repeat that—even a type 1 diabetic can get significant control and reduce insulin by taking the right steps in their lifestyle and environment. I have witnessed this with my own eyes and it is amazing!

Another case of difficulty is when diabetes has been severe or poorly managed for a prolonged period of time and has caused significant and irreversible damage to areas of the body. We have

probably all heard about something called diabetic neuropathy, which is nerve damage caused by long-term levels of high amounts of glucose in the blood. This damages nerves and causes damage to the nerves of the peripheral nervous system (arms, hands, legs, feet, etc.).

No matter what type of diabetes you are dealing with, there is hope. Not just hope of controlling your blood sugar, but improving the entire scope of your quality of life and health forever.

If diabetes can be reversed or drastically improved without more medications— how do I do it?

You must understand the root causes of your diabetes.

What most of us fail to do when we are struggling with health problems is to find the root cause of our issues. The medical system has conditioned us to listen to our doctors and not ask questions—but if we don't ask questions about our health problems, our doctors are simply not volunteering the necessary information we need to get to the bottom of our health issues. Unfortunately, even if we do ask questions about what is causing our symptoms we will get more of the “what” than the “why”. You will most likely be told that you are having symptoms because your cells are no longer sensitive to the insulin that your pancreas/beta cells are producing (or something like this)—not why your cells are no longer sensitive.

Getting to the causes of our symptoms is absolutely necessary if we have any interest in reversing or improving our conditions. Again, the key point here is that we can only begin to change our situation if we understand where we are, how we got there and understand that, based on the way our body

works, our symptoms are absolutely able to be impacted in a positive way through our daily routine.

In the second trick, we will explore the most important lifestyle factors that you must know can turn your diabetes around and get you to your goal of reversing your symptoms.



Trick

What you eat, or don't eat every day means everything to your diabetes management

It is vital for us to understand that everything we eat, or don't eat, has an impact on our blood sugar levels. Our bodies were designed to respond to everything we eat to make sure that our blood chemistry levels stay in check. In essence, this means that we actually are commanding our body's response every time we choose to eat a food item.

If we choose the types of foods that cause our body to respond to blood glucose, our cells will eventually become less sensitive to the insulin that is designed to tell the cells to open up and allow the glucose in the blood stream to be let in and processed as energy or stored as a less harmful substance known as triglycerides.

So let's talk about the foods that will help to support our insulin sensitivity and lower our blood sugar levels naturally.



Proteins

Protein is considered one of the three major food groups and is one of the most important to anyone that wants to take control of their diabetes. The others are carbohydrates and fats, which we will cover shortly. Proteins are known as the “building blocks” of the body. Your body would not have structure including bones, skin, organs, blood vessels or brain matter without these most important protein building blocks.

Proteins in your diet consist primarily of meat, dairy and egg sources. You may also consider nuts as proteins, but by caloric ratio, nuts would properly be classified as a fat source first—then protein.

Proteins are extremely important to diabetics as they help to stabilize blood sugar and digest slower and more steadily than carbohydrates. A good rule of thumb to control blood sugar is to build your meals around a core protein and vegetables.



Carbohydrates

Most diabetics are taught to “count their carbs” to know how much insulin to use. The very first thing that a diabetic should do is to drastically reduce their intake of carbs all together.

Carbohydrates convert into glucose in the blood. Excess glucose is the very reason for a diabetic diagnosis. It is only common sense to look to the source of the problem to begin to build the

solution. A diabetic can get very quick results by drastically reducing the processed, grain-based carbohydrates in their diet.

Foods comprised of simple sugars have a high glycemic index. This causes a spike in insulin levels, which negatively affects the metabolism. Too much insulin tells the body to store fat quickly and prevent your body from drawing on fat for energy needs. If you want to lose weight you must make sure that your body's fat is the primary source of energy. In short, avoid the white stuff – white fours, white sugars, etc. Complex carbohydrates such as fruits, veggies & whole grains, are processed slowly so insulin levels stay more stable due to slower rising blood sugar levels.

From a scientific perspective, carbohydrates in our diets are not actually necessary to maintain health. Our bodies actually produce all of the necessary glucose for optimal organ and brain function through the proteins and fats that we eat. I am not suggesting to completely eliminate them from your diet—but it would be wise to focus specifically on proteins and fats if you want to heal your body.

Fats

Unfortunately, the medical and dietetics communities have ostracized fats for decades. This unfounded position against fat consumption was derived by faulty research that was released in the 1950's linking fat consumption with an increased risk of heart disease, which was then picked up by the largest food companies and was propagated through their marketing efforts for profits.

Since that time, we have seen heart disease skyrocket and dominate the #1 position of killers of

Americans every year by a wide margin. We have also seen very good research emerge over the past decade that actually sheds some much needed light on the actual science of fats and how they interact with our bodies. What we know now is that fat is actually very important for our vitality and plays a part in almost every function of the body as a major component of every cell.

Here are my favorite sources of fat:

- Organic, raw Omega 3-6-9 daily supplement
- Avocados
- Nuts—walnuts, almonds, pecans, macadamia nuts, but not peanuts (one recent study showed a handful of nuts a day reduced death from all causes by 20 percent)
- Seeds—pumpkin, sesame, chia, hemp
- Fatty fish, including sardines, mackerel, herring, and wild salmon that are rich in omega-3 fats
- Extra virgin olive oil (a large study showed that those who consumed 1 liter a week reduced heart attacks by 30 percent)
- Enjoy grass-fed or sustainably raised animal products (I recommend the Environmental Working Group's Meat Eater's Guide to eating good quality animal products that are good for you and good for the planet).

You can even eat saturated fat like extra virgin coconut butter, which is a great plant-based source of saturated fat that has many benefits. It fuels your mitochondria, is anti-inflammatory, and it doesn't cause problems with your cholesterol. In fact, it may help resolve them. I have many diabetic patients whose health improves when I get them on diet that's higher in fat.

General dietary recommendations to not just manage diabetes—but beat it:

Meal Timing

- Eat protein for breakfast every day, such as whole omega-3 eggs, a protein shake, or nut butters.
- Eat something every 4 hours to keep your insulin and glucose levels normal.
- Eat small protein snacks in the morning and afternoon, such as a handful of almonds.
- Finish eating at least 2 to 3 hours before bed. If you have a snack earlier in the day, you won't be as hungry, even if you eat a little later.

Meal Composition

- Controlling the glycemic load of your meals is very important.
- You can do this by combining adequate protein, fats, and whole-food carbohydrates from vegetables, legumes, nuts, seeds, and fruit at every meal or snack. The more even your ratio of each food group, the more even your blood sugar levels will be.
- It is most important to avoid eating quickly absorbed carbohydrates alone, as they raise your sugar and insulin levels. Examples of this would be crackers, chips, cereal, granola bars, etc.

What to Eat

- Choose organic produce and animal products whenever possible.
- Eat high-quality protein, such as fish — especially fatty, cold-water fish like salmon, sable, small halibut, herring, and sardines — and shellfish.
- Cold-water fish such as salmon, halibut, and sable contain an abundance of beneficial essential fatty acids, omega-3 oils that reduce inflammation. Choose smaller wild Alaskan salmon, sable, and halibut that are low in toxins. Canned wild salmon is a great “emergency” food.
- Eat up to eight pasture raised, non-GMO eggs a week.
- Create meals that are high in low-glycemic legumes such as lentils, chickpeas, and soybeans (try edamame, the Japanese soybeans in a pod, quickly steamed with a little salt, as a snack). These foods slow the release of sugars into the bloodstream, which helps prevent the excess insulin release that can lead to health concerns like obesity, high blood pressure, and heart problems.
- Eat a cornucopia of fresh fruits and vegetables teeming with phytonutrients like carotenoids, flavonoids, and polyphenols, which are associated with a lower incidence of nearly all health problems, including obesity and age-related disease.
- Eat more low-glycemic vegetables, such as asparagus, broccoli, kale, spinach, cabbage, and Brussels sprouts.
- Berries, cherries, peaches, plums, rhubarb, pears, and apples are optimal fruits. Cantaloupes

and other melons, grapes, and kiwifruit are suitable; however, they contain more sugar. You can use organic frozen berries (such as those from Cascadian Farms) in your protein shakes.

- Focus on anti-inflammatory foods, including wild fish and other sources of omega-3 fats, red and purple berries (these are rich in polyphenols), dark green leafy vegetables, orange sweet potatoes, and nuts.
- Eat more antioxidant-rich foods, including orange and yellow vegetables, dark green leafy vegetables (kale, collards, spinach, etc.), anthocyanidins (berries, beets, grapes, pomegranate), purple grapes, blueberries, bilberries, cranberries, and cherries. In fact, antioxidants are in all colorful fruits and vegetables.
- Include detoxifying foods in your diet, such as cruciferous vegetables (broccoli, kale, collards, Brussels sprouts, cauliflower, bok choy, Chinese cabbage, and Chinese broccoli), green tea, watercress, dandelion greens, cilantro, artichokes, garlic, citrus peels, pomegranate, and even cocoa.
- Season your food with herbs such as rosemary, ginger, and turmeric, which are powerful antioxidants, anti-inflammatories, and detoxifiers.
- Eat organic or grass-fed animal products, when possible. These include eggs, beef, chicken, pork, lamb, buffalo, and ostrich. There are good brands at Whole Foods and other local health-food stores or search localharvest.org to find a farmer directly.
- Garlic and onions contain antioxidants, enhance detoxification, act as anti-inflammatories, and help lower cholesterol and blood pressure.

- A diet high in fiber further helps to stabilize blood sugar by slowing the absorption of carbohydrates and supports a healthy lower bowel and digestive tract. Try to gradually increase fiber to 30 to 50 grams a day and use predominantly soluble or viscous fiber (legumes, nuts, seeds, whole grains, vegetables, and fruit), which slows sugar absorption from the gut.
- Use extra virgin olive oil, which contains anti-inflammatories and anti-oxidants, as your main cooking oil.
- Increase your intake of nuts and seeds, including raw walnuts, almonds, macadamia nuts, and pumpkin and flax seeds.
- And yes ... chocolate can be healthy, too. Choose only the darkest varieties and eat only 2 to 3 ounces a day. It should contain 70 percent cocoa.

Decrease (or ideally eliminate) your intake of:

- All processed or junk foods
- Foods containing refined white flour and sugar, such as breads, cereals (cornflakes, Frosted Flakes, puffed wheat, and sweetened granola), flour-based pastas, bagels, and pastries
- All foods containing high-fructose corn syrup
- All artificial sweeteners (aspartame, Sorbitol, etc.) and caffeine
- Starchy, high-glycemic cooked vegetables, such as potatoes, corn, and root vegetables such as rutabagas, parsnips, and turnips

- Processed fruit juices, which are often loaded with sugars (Try juicing your own carrots, celery, and beets, or other fruit and vegetable combinations, instead)
- Processed canned vegetables (usually very high in sodium)
- Foods containing hydrogenated or partially hydrogenated oils (which become trans fatty acids in the bloodstream), such as most crackers, chips, cakes, candies, cookies, doughnuts, and processed cheese
- Processed oils such as corn, safflower, sunflower, peanut, and canola
- Organ meats
- Large predatory fish and river fish, which contain mercury and other contaminants in unacceptable amounts, including swordfish, tuna, tilefish and shark
- Dairy — substitute unsweetened, gluten free, almond milk, or hazelnut milk products
- Alcohol — limit it to no more than 5 glasses a week of red wine per week



Trick 3

Diabetics are almost always deficient in essential fats, minerals and proteins

Most of the time diabetics are told that their body is simply malfunctioning, which is what leads to their high glucose and A1c levels. Either their cells are no longer receptive to the insulin being produced by their pancreas, or their pancreas is no longer producing adequate levels of insulin—either way, most of the time it is described as a disease or symptom set that is simply not working right and now you need medication to manage it.

But, don't you find yourself asking, "Why did this happen?" Being that the medical profession is more focused on the symptoms and pharmaceutical treatment, we really never get to the "why" behind our symptoms. If you remember back to the beginning of this ebook, we spoke about the understanding of your symptoms and where they came from being one of the most important things to getting back to health—and we are going to cover one of the most powerful pieces of the "why" right now.

Diabetes symptoms like low insulin sensitivity or low insulin production are, in most cases, products of our lifestyle choices. And what we choose to eat or not eat is one of the most important areas of our lifestyle as it relates to beating diabetes. But what happens when we are trying our best to eat

healthy and give our body what it needs—and we still end up falling short on the things that our cells really need to thrive and heal from diabetes?

So what are we falling short of? Essential nutrients. Essential nutrients are specific nutrients that we cannot manufacture in our body so we must get them from our diets. There are only a few nutritional components that are considered truly essential. These are a small group of proteins, 2 fatty acids and a short list of minerals. It is no coincidence that the lack of these specific nutrients is key in cellular function connected to the symptoms of diabetes

We will now examine how deficiencies in essential nutrients impact the cellular functions that lead to diabetes.

Why are essential nutrients so important?

We just learned that essential nutrients are important substances that our body needs, but can only get from our diets. But, why are these nutrients so important?

There are thousands of substances that the body uses to complete all of its necessary functions for us to thrive. However, your body can actually make the vast majority of these substances on its own. Yes, your body can make vitamins, proteins, glucose and many other substances on its very own—without any outside substances being taken in through the diet. But, there are a core group of substances that the body can't make that are needed to complete many of the bodily functions that keep us healthy. These nutrients are called the “essential nutrients” and they are so important to the body because they anchor the manufacture of all of the other substances in the body. Without them,

the body has no way of pulling together other substances to get the job done.

This is why essential nutrients are so important to all of us—but especially to a diabetic looking to improve their health and reverse a disease process. There is so much information about diet out there but much of it misses this most important area of essential nutrients. By focusing your attention here, you can ensure that your body is getting the important building blocks that it can't make on its own and supporting it in functioning properly and returning to health!

So what exactly are the essential nutrients? Let's cover that now.



Essential Fats

Fats are involved in multiple functions that include synthesis of fat-soluble vitamins (i.e., A, D, E and K), making up vital components for cell membranes, and are a large part of the myelin sheaths that electrically insulate nerve fibers. If you have watched the news lately, you see a story on the importance of Vitamin D almost every week—without fat, vitamin D cannot move through the body and get to where it needs to be. This is just one of the many examples why we must focus on the essential fats in our diets.

Fat is needed for so many important functions:

- Cell membrane structure
- Eye health
- Formation of cells for glands and tissues
- Membranes for barriers to infection
- Competence of macrophages vital to innate immunity
- Proper use of iron to create red blood cells
- Bone structure and use of calcium
- Defends against microbial invaders
- Reduces inflammation
- Modulates neuromuscular function
- Influences actions of genes responsible for cell health, morphology and elimination of unhealthy cells
- Transport of antioxidants
- Reduces cellular and DNA damage
- Regulates blood clotting proteins

As I am sure you can imagine how detrimental it can be for your body to not have the essential fats that it needs for proper cell health.

In fact, research has shown that a diet high in fat actually helps lower blood sugar and improves blood lipids over diets that are low in fat.¹

Can I get these essential fats in my diet?

Unfortunately, many of the fats found in most of our diets are not essential and are most likely highly processed, which actually makes them dangerous to our body. Even as we try to eat healthy, we all struggle getting everything we need from our diets due to eating out or eating convenience foods to accommodate our packed schedules. When it comes to essential fats and how important they are to our health—there is no room for error with these important nutrients.

Most of us fall short on the recommended amounts of these essential fats in our daily diets. Getting raw and/or unprocessed fats—the way our body prefers them, tends to be very difficult.

The foods that supply these essential fats are:

- Raw nuts and seeds
- Grass-fed beef
- Pastured poultry (chicken, turkey, etc.)
- Pastured eggs
- Dark green vegetables

1. In type 2 diabetes, randomisation to advice to follow a low-carbohydrate diet transiently improves glycaemic control compared with advice to follow a low-fat diet producing a similar weight loss by H. Guldbbrand, B. Dizdar, B. Bunjaku, T. Lindström, M. Bachrach-Lindström, M. Fredriksson, C. J. Östgren and F. H. Nyström. Diabetologia online first 9 May 2012. 2012, DOI: 10.1007/s00125-012-2567-4.

If you evaluate your diet—most likely you will find a large gap in these essential fats and the foods that deliver them.

So, how can we ensure that we get these most important nutrients in our bodies without huge amounts of planning and food preparation? A quality supplement will solve this problem.

What kind of supplement do I need?

Proper fatty acid supplementation should always focus on the parent sources of fatty acids LA (Linoleic Acid: Omega 6) and ALA (Alpha-Linolenic Acid: Omega 3). When taking lessons from human physiology, we find the fatty acid structures to be predominantly the parent form fats (LA and ALA). Supplements should always focus on parent forms of omegas with very little derivative content.

Essential Fatty Acids (EFAs) are known as LA (Linoleic Acid: Omega 6) and ALA (Alpha Linolenic Acid: Omega 3). All other omega fatty acids are derived from these two “parent” sources, and are thusly called derivatives. With respect to fatty acids, only 8% or less (normally stated between 1-5%) of the parent form Omegas are converted to any type of derivative. The body prefers to utilize the parent omega oils primarily.

These supplements should also be organic in nature and wild sourced. Because of their high concentration (think of a good supplement as a highly concentrated food), you do not want to take a supplement that could potentially carry concentrated levels of toxins, contaminants and peroxidase (oxidized fat). Vegetable-sourced fatty acids are flax oil, evening primrose oil, safflower oil, sunflower

oil, pumpkin seed oil and virgin coconut oil. These must all be organic and extremely low in oxidation (damaged fats due to oxygen exposure).

Essential Minerals

Many times we are told that we need to be taking multivitamins. Traditionally, this was just something that we “knew”. Now that we understand a lot more about the human body and what it needs, we understand that the body actually manufactures many of the vitamins it needs on its own or these vitamins are readily available in the necessary amounts, from food. This makes vitamin supplementation not nearly as important as there is not necessarily an “essential” class of vitamin. This means that the vitamins your body needs can be created on its own through normal diet.

What is most important when we talk essentials is Minerals. We should all be focused on minerals for optimal cell health and cellular communication—especially those of us who struggle with diabetes. Glucose processing in the body is heavily determined by cells communicating with each other and receiving messages from substances in the body, like insulin.

If a diabetic focuses on getting the essential minerals in their diets, they can ensure that their cells have the tools necessary to communicate and receive messages to their best potential. Essential Minerals are a key component to reversing diabetes and improving your blood sugar levels.

What are the essential minerals?

Calcium, Chlorine, Sodium, Potassium, Phosphorus, Magnesium, and Sulphur. (Essential mineral resource sited: U.S. Dept. of Agriculture National Research Council). These are the minerals that your body needs to survive, but can't make on its own. Therefore, we must make sure that we get adequate amounts of these minerals in our diets.

Do I need an essential mineral supplement?

Due to the depletion of minerals in the soil and conventional growth practices, finding a good chelated mineral supplement is a good idea. Minerals should be the chelated variety as they are the most bioavailable source of essential minerals.

What is Chelation and why does it matter?

Chelation or chelated basically means that the metal (or mineral), which has been ionized in the stomach, is attached to a carrier protein that moves the mineral substance through the wall of the intestine and into the blood stream. In whole foods, many minerals are already attached to a protein (chelated) and are able to completely avoid the process of ionizing in the stomach and pass through to the blood stream even easier. Glycine has been researched to be the most efficient carrier protein for this process.

To simplify, you want to make sure you are getting all of the essential minerals and you want to be sure they are chelated to be totally confident they are absorbed and used by the body.



Essential proteins

Remember earlier when we spoke about how important proteins are in your diet? We reviewed how there are a specific category of protein are essential and that those proteins are found primarily in meat, dairy and egg sources in perfect balance.

The good news here is that you can get the essential proteins you need from your food intake—most of us don't need a protein supplement if we focus on the food items above, in our daily diets.

However, if you are not getting adequate essential proteins from meat, dairy and egg sources in your diet or you would like to increase your current intake, a supplement is a great way to accomplish this ever important goal.

But, be careful of the supplements you chose in this category as they vary greatly in quality and health benefits. Let's review the differences...

Essential protein supplements

Proteins are vital to most action in the human body (cells are 50% amino acids). Amino acids need to be sourced from an appropriate, natural source. It is common for protein to become denatured in processing, rendering it useless and possibly even harmful. This is another reason to understand the source of your protein and make sure you are supplementing with a pure, “native” source of protein. It is also important to make sure you are supplementing with the entire spectrum of essential amino acids, as these need to come from your diet.



Putting It All Together

We hope you have learned some useful information and enjoyed reading this eBook! Following the principles in this eBook **will help you achieve your health goals**. Your body really can heal when you eat fresh whole-foods and supplement key nutrients that may be missing from your diet.

For your convenience a quick reference is on the following page, and be sure to check our website for additional resources.

Additional Resources



Watch the video online

Not a reader? Watch the video online! Videos are only a few minutes each, so you'll be up to speed in no time.

www.healthyforlifeu.com



Take it further

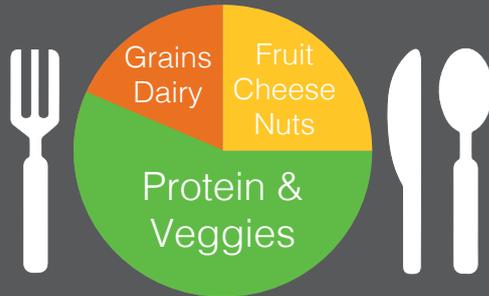
Want to learn more? View additional resources with more in-depth information for each lesson.

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The Healthy for Life U plan

This booklet is very concise and is intended to help get you started quickly with a good understanding of how to support your body's health. Be sure to check our website to for additional resources to continue learning and understanding your health!

1 Eat whole foods



2 Supplement



Omega 6 & 3



Minerals



Cleanse

3 Be active



4 Common sense health

The best way to help determine if that next great thing is really all it's cracked up to be is to apply two quick common sense checks.

1. Has anything been added, modified or taken out of your food?
2. For products, ask if your body is deficient in the product and if so, why you aren't getting it from food. Watch out for any product or program that doesn't follow the foundational principles in this course.

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