



Breaking Through Nutritional Boundaries

BLOOD SUGAR SOLUTIONS

ACTIVITY

	A.M.	Noon	P.M.	Duration	# per week
Walking					
Aerobic					
Strength					
Flexibility					

RELAXATION & SLEEP

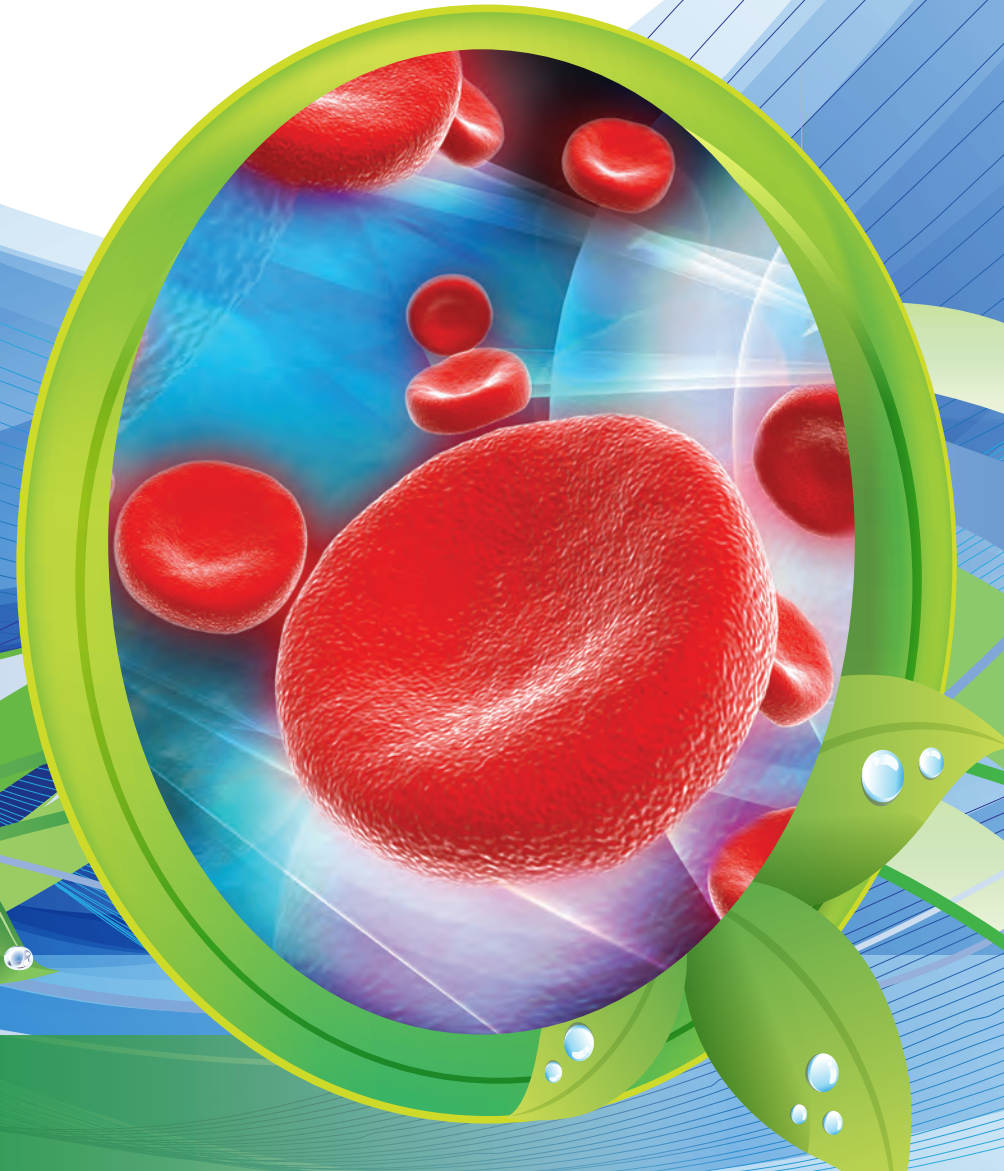
	A.M.	Noon	P.M.	Duration	# per week
Deep Breathing					
Meditation					
Yoga					
Hobbies					
Other _____					

NUTRACEUTICALS

	A.M.	Noon	P.M.	With or without food

HEALTH CARE PROFESSIONAL NOTES:

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



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WHY HEALTHCARE PROFESSIONALS RECOMMEND THE BLOOD SUGAR SOLUTION

Having healthy blood sugar levels is vital to having a healthy body. Blood sugar can be too low or too high and one of the leading issues with poor blood sugar is diabetes. Low Blood sugar can result in being tired, stressed, and nauseous. High blood sugar can result in a need for frequent urination, extreme hunger, and even blurring vision. The Blood Sugar Solution is designed to support healthy levels of blood sugar in the body. A full food program in combination with the supplements program may help support healthy blood sugar levels.

SYMPTOMS OF POOR BLOOD SUGAR REGULATION

- | | | |
|---|---|---|
| <input type="checkbox"/> Drowsiness | <input type="checkbox"/> Shaking | <input type="checkbox"/> Extreme hunger |
| <input type="checkbox"/> Nausea | <input type="checkbox"/> Fast heartbeat | <input type="checkbox"/> Weakness and tiredness |
| <input type="checkbox"/> Extreme hunger and/or thirst | <input type="checkbox"/> Sweating | <input type="checkbox"/> Irritability |
| <input type="checkbox"/> Blurring vision | <input type="checkbox"/> Anxiety | <input type="checkbox"/> Diabetes |
| | <input type="checkbox"/> Dizziness | |

BLOOD SUGAR SOLUTION

Begin following the food guide and start with nutraceuticals as listed below.



Super Shake or Best Whey Protein:
Mix 1 scoop with 8 oz. of water, almond, rice, or coconut milk and ice.



Pro Oranges:
Mix 1 rounded scoop (10 g) in 6-8 ounces of cold water or juice, 1 to 2 times daily



Sugar Solve:
Take one to two capsules with food, 1-2 times daily

FOOD



Meat and Fish: Organic or Free Range, All canned (water-packed), frozen, or fresh fish; chicken; turkey; wild game; lamb, beef.



Fruit: All fresh, frozen, water-packed, or canned, limited to 1-2 per day.



Vegetables: All fresh raw, steamed, sautéed, juiced, or roasted.



Starch: Brown rice, sweet potatoes, yams, gluten free oats.



Bread and Cereal: Limit 1-2 slices per day- Ezekiel bread, 100% whole grain bread, minimum of 3 grams of fiber per slice.



Legumes: All beans, peas, and lentils



Nuts and Seeds: Almonds, walnuts; sesame (tahini), sunflower, and pumpkin seeds; butters made from these nuts and seeds.



Milk and Dairy Substitutes: Milk substitutes such as rice milk, almond milk, oat milk, coconut milk, other nut milks.



Fats: Cold pressed olive, flax, coconut, safflower, sunflower, sesame, walnut, pumpkin, almond oils, omega 3 fish oils.



Beverages: WATER Filtered or pure spring water, herbal tea, seltzer or mineral water.



Spices and Condiments: All spices unless otherwise indicated. Cinnamon, cumin, dill, garlic, ginger, carob, oregano, parsley, rosemary, tarragon, thyme, turmeric, vinegar.



Sweeteners: Stevia