

## **Dr. Rashidi Nutritional Support Recommendations I**

### **DIABETES**

- WELLNESS PACK:** Green Magic, Meal in a Glass, New Life 1000, Megapro, Nutricleanse, Enzymes, Vitabalance 2000
- GLUCOSOL:** lowers blood sugar by 30%!, helps lose weight (2 lbs. per month), lowers blood pressure, antioxidant, benefits kidney, lower cost than drugs, helps insulin resistance, no abnormally low blood sugars even in non-diabetics, only one tablet a day (48 mg).
- VITATRIM:** (gymnema, chromium, carnitine) helps with glucose regulation, reduces sugar craving, GTF improves glucose tolerance, helps with weight loss, aids in release and utilization of insulin
- ULTRACLEAR:** (bilberry, lipoic acid, lutein, taurine, lycopene, ginkgo, eyebright, selenium, zinc, N-acetylcystine) important antioxidants to protect against vision loss due to cataracts, macular degeneration or diabetic retinopathy; anti-aging; also helps blood sugar control
- LIVER ENHANCER:** cleansing and detoxification of liver to maintain healthy regulation of blood sugar levels.
- RECHARGE:** Foot lotion with chlorophyll, tea tree oil, and menthol to cool and soothe feet. Massage feet daily to keep them healthy and reduce risk of sores and ulcerations that lead to gangrene and amputation.
- LIPOIC ACID:** Prevents nerve damage, helps control blood sugar levels, helps preserve the insulin producing Beta cells of the pancreas.
- BEE POLLEN:** Improves metabolism of glucose
- CARDIOPLEX:** Cardioprotection, prevents buildup of homocysteine that can lead to heart attack, also helps protect against numbness of feet (neuropathy)
- BIOAVAIL:** Coenzyme Q 10 protects heart, improves circulation and helps stabilize blood sugar.