

The Silent Killer : Diabetes Mellitus



Diabetes Mellitus (DM), a common chronic disease in every country, is the seventh leading cause of death as reported by the World Health Organization (WHO). One in every 10 people suffers from diabetes, and the WHO predicts that this number will double by 2030. The death rate is 22.4 per hundred thousand, and that is 2.2% of the total death rate. The death rate increases gradually because of this disease and DM poses a big health and economic threat to every industrialized nation.

DM, a metabolic disease owing to endocrine imbalance, can be divided into two types: Type I and Type II. Over 90% of DM patients belong to Type II. The cause of DM is insufficient insulin or its dysfunction. Death results not from the disease itself but from complications induced by free radicals from DM. Diabetic complications can be classified broadly as micro-vascular (including neuropathy, nephropathy and retinopathy) or macro-vascular disease (including heart disease, stroke and peripheral vascular disease).

Research is extending medical treatment to include a nutritional approach. Water-soluble vitamins including niacin, biotin, inositol and mineral magnesium are co-factors of carbohydrate metabolism. Zinc and chromium affect the synthesis of insulin, the sensitivity of insulin and glucose delivery. Antioxidants, vitamin C and vitamin E can reduce oxidative stress induced by high glucose. Vitamins C and E can also improve inflammatory reaction and abnormal blood coagulation. In addition, research has shown that chromium yeast, bitter melon, evening primrose oil and bilberry extracts possess the ability to improve glucose levels, and lower blood lipid and antioxidants levels. Therefore, besides medical treatment, a single nutrient derived from natural foods can improve diabetes. Also these 11 multi-nutrient combinations can act synergistically and provide even more benefits.

Scientific Evidence Speaks ! Gluco Health helps you to get rid of the burden of sweets.

Scientific evidence is the standard driving New Health product development. Based on this principle, Dr. Simon Hsia cooperated with associate professor, Kung-Chi Chan, in the Department of Food and Nutrition at Providence University and performed the experiment of "The effect of metabolic abnormality and chronic inflammation to diabetic Wistar big mice induced by STZ by taking multi-nutrient, Gluco Health™, containing bitter melon extract." Results were published in 2008.

This research used the New Health Nutraceutical, Gluco Health, containing chromium yeast, bitter melon extract and other New Health multi-nutrients to interfere with Type II diabetes. The point was to determine if fasting glucose, metabolism abnormality, and chronic inflammation can be improved or not. Results showed that: 1) taking Gluco Health could effectively improve fasting glucose after 4 weeks. 2) Hyperlipidemia is a common complication in diabetes patients. After 8 weeks, the Gluco Health group diabetic hyperlipidemia levels improved. 3) Results showed Gluco Health supplementation can elevate HDL-Cholesterol, which is helpful for cardiovascular disease in diabetes patients. 4) Results demonstrated that the supplementation of Gluco Health in diabetic mice could effectively improve fasting glucose, reduce inflammatory reaction and reduce the amount of damage to endothelium cells, as well as improve blood lipid values to relieve thrombosis complication in cardiovascular disease.

The most detrimental part of DM is the complication mentioned above. Medical treatment of these complications is expensive. In addition, complications also lead to an elevated death rate and increased discomfort of each patient's daily life. Results from the above experiments show that 11 multi-nutrients, Gluco Health, containing chromium yeast, bitter melon extract and other Nutraceuticals produced by New Health can effectively improve diabetes. Choosing natural and safe nutritional supplements, healthy life style, and exercise can greatly prevent the health damage from diabetes.

Nutrient	Potential function of Nutrients	NH Products
Chromium	Essential mineral : Main Glucose Tolerance Factor (GTF). Important factor for blood sugar metabolism that regulates glucose level. Chromium in yeast form is the safest and non-toxic for the body.	Gluco Health
Vitamin B Complex	Niacin and Inositol help improve blood sugar; Vitamin B Complex can also improve neural damage caused by diabetes.	B-Strong
Green Barley	Consists of 500 – 700 types of enzymes, chromium, and dietary fiber. Helps regulate glucose level and insulin secretion.	NH Green Barley Powder
Ginkgo Biloba	Assists blood sugar regulation and improves neural damage caused by diabetes, improves blood circulation, and prevents foot ulcer and amputation.	Prime Ginkgo
Multiple Antioxidants	Vitamins C and E can improve pancreas function of secreting insulin. Combines with Vitamin A, selenium, zinc, extracts from grape seed, green tea, and cruciferous vegetables to optimize overall needs and reduce free radical damage.	Prime Shield
Multivitamin and minerals	The fundamental nutrients for maintaining a healthy body. With chromium to help regulate blood sugar.	Joy for Life

