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Diabetes - Attain GC Control

(Please read our disclaimer)

A major study predicts that 40% of adults in the United States are expected to develop type 2 diabetes. The prospect looks even worse for some ethnic minority groups with one in two predicted to develop type 2 diabetes.

Millions of people have prediabetes, or higher than normal blood sugars. If they continue the same lifestyle and diet they will probably develop type 2 diabetes. Even children who become overweight are at risk of developing type 2 diabetes. Obesity wreaks havoc on the pancreas and is a major risk factor for cardiovascular disease.

Type 2 diabetes can slowly sneak up on a person. Some signs of growing older may not be normal aging but may be signs of diabetes. Finding it more difficult to see or hear clearly are two of the five sneaky signs that the American Association of Diabetes Educators warn are symptoms of diabetes.

Diet

Lifestyle and diet changes can prevent, and in some cases, reverse diabetes risk factors. Eating low-glycemic whole foods helps maintain balanced energy and contributes to weight loss. Highly processed foods are quickly digested by our body and raise blood sugars and trigger inflammation.

The following study shows a preventative benefit from eating whole fruit, vegetables and greens. In contrast drinking additional fruit juice increases the risk of getting diabetes. Whole foods with their fiber intact act as "slow carbs." Juices without fiber act like sugar.

Fiber

The Melaleuca Wellness Guide reports on a study where 75% of insulin-dependent diabetics reduced their insulin requirements after a few weeks on a high-fiber diet. Carefully (because it does contain some sugar) add FiberWise to your diet. Diabetics can also work Access Bars and Sustain Sport into their diets.

Attain GC Control

A study looked at how supplementing meals with different proteins affected metabolism. Whey protein helped maintain healthy blood sugars levels.

Whey protein is one of the main ingredients found in Attain GC Control. The Melaleuca Wellness Guide recommends drinking Attain GC Control Shakes. Attain GC Control was clinically tested and found to help balance blood sugar levels and promote a healthy insulin response. When our body handles sugar and insulin efficiently we feel less tired and less hungry. Weight loss becomes easier.

Supplements

Cardiovascular disease is often a complication of diabetes. Peak Performance Heart Health contains research supported supplements which help maintain heart health. The pack includes ProvexCV and Phytomega and CardiOmega EPA.

Exercise and Weight Loss

Diabetics are often advised to lose weight, but dieting "to be thin" is not enough to prevent diabetes. A person can be thin or obese and have a loss of skeletal muscle mass and strength known as sarcopenia. Having low skeletal muscle mass and strength is believed to raise the risk of developing type 2 diabetes.



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The most natural way to start an exercise program is by sitting less and moving more. If need be, your exercise routine can consist of several, short, 10-minute sessions done throughout the day.

In Review

Make activity part of each day. Take Peak Performance Heart Health and FiberWise. Eat a diet based on natural low-glycemic whole foods and for hunger-control add Attain GC Control Shakes.

Note that type-1 diabetes is the result of the immune system attacking and destroying insulin producing cells in the pancreas. The cause involves genetics and unknown environmental factors.

~ Richard M Barry

Diabetes - Attain GC Control Success Stories

The people below will receive a free copy of The Melaleuca Wellness Guide for submitting their stories.

I've been diabetic for years; and have had to give myself Insulin shots, the fast acting NovoLog Pen and the long lasting Lantus at bedtime. I've been taking our Attain GC Control products, and my sugars would be low and then spike but not all the time. I'm taking our new Peak Performance Total, and this is the first time in a long time that my sugars have been within normal ranges. I haven't had to give myself shots since last year. In the past my sugars have been high, 250 and more. I've been eating things diabetics shouldn't, and my sugars are still within normal ranges. It's the Attain GC Control along with our New Peak Performance Packs, there is no other explanation.

~ Sandi

I was diagnosed with type 2 diabetes in November 2014 with an A1c of 12. The first thing I did was order some GC Control. In less than 90 days I brought my A1c to an 8.1 and I am eager to see my next test in 2 weeks!

~ Charlotte

You asked for success stories from diabetics using the Attain GC Control shakes. I was diagnosed a type 2 diabetic in August 2008. For several years my sugar levels yo-yoed. By January 2013 my sugar was out of control. It would surge to over 200 every time I ate. And it would stay high for hours. In fact, by the time I needed to eat again my sugar was still around 160 to 170, which is a high launch pad. The only way to bring it down would be to go for a long walk, at least an hour. My sugar would come down to 120 or so, but even then it would start creeping back up to around 150-160. Then we went to Melaleuca Launch in January 2013. They talked about this new product called GC Control Shake that regulates your blood sugar. We ordered it that month. The first night my sugar came down about 50 points and stayed down. By the end of the first week my sugar was coming down to anywhere between 90 and 100 about an hour to an hour and a half after drinking the shake. And the best thing is my sugar STAYS DOWN until I eat again. That is phenomenal. I will be a customer for this one product alone for the rest of my life. I'm so grateful to Melaleuca. I know without these products I would be on insulin by now.

~ Dave

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