

## 4 Paths To Wellness

We are focused on the "4 Paths To Wellness": Physical, Financial, Personal and Environmental.

### My Experience With Attain GC Control Shakes

I've written a few blogs about my battle with diabetes. It's an ongoing fight and will probably be waged for the rest of my life. I was diagnosed a type 2 diabetic in August 08. I seem to be up and down with diabetes. For a while I eat well, and my A1C comes down to near normal. Then I guess I get lazy or sloppy and the numbers start creeping up. The only way to truly control diabetes is to combine exercise with eating healthy, low carb foods. I managed to cut out bread for a while, but that's extremely hard to maintain over a long period of time. Let's face it, bread is damned convenient. A sandwich makes for a quick and easy lunch. Sometimes when you have to eat on the run, a Subway sandwich is the easiest option. It's healthier than McDonalds, right?

Exercise is good for you. Everybody knows that. I love to walk. But walking in the hot humid heat is no walk in the park. (Pun fully intended.) Nor is walking on a frigid winter day when the sidewalks are icy or snow covered. So I let that slip at times. Now it's the Fall and the temps are ideal for walking, I intend to start my walking regimen again.

Tomorrow.

My wife and I belong to a shopping club called Melaleuca. They have over 350 all natural products that are good for home and body. Last week I found out about a new product that was only launched this year. It's called the GC Control shake. It's a chocolate shake that is designed to help people who are pre-diabetic or who have metabolic syndrome. It's high in fiber and protein. It's also a chocolate shake. Yum! Ingredients include Cinnamon extract, Korean Red Ginseng, Mulberry Extract, Green Tea Extract and Sweet Potato Powder. So a pretty healthy concoction

Melaleuca says the shakes haven't been tested on people who are type 2 diabetics. So I'll be their guinea pig. Lately, my blood sugar has been surging again. Sunday, my fasting sugar was 171. I had my first shake Sunday night. The GC shakes come in powder form. You just add water. And let me tell you, they don't taste bad at all. It's a chocolate shake, so it's obviously going to taste good. They have a caramel flavor too. I haven't tried that one yet. That one is definitely in my future. The other day a couple of hours after eating, my sugar was 288. Yeah, I admit it, I had a bad dinner! So I had my first shake. Just 45 minutes later my sugar was 238. My sugar had gone down 50 points in just 45 minutes after drinking a chocolate shake. Not bad for the first time!

It gets better. I've had at least one shake every day since Sunday. Each day my fasting sugar has dropped. Today, Tuesday, three days after I started taking the shakes, my fasting sugar was 131. Remember how it was 171 on Sunday?

Yesterday, my sugar at 12:20 am was 198. I tested 40 minutes later I was 148. Another 50 point drop in 40 minutes!

On to tonight. Tonight at around 9:24 pm I tested and my sugar was 211. Yikes. So I drank a shake. An hour later, at 10:50 pm I tested again. This time my sugar was 137. A 74 point drop! From drinking a freaking chocolate shake. Whoever heard of such a thing?! In that time between the two tests, I did nothing else that could bring my sugar levels down. In fact, I was sitting on my ass, listening to a conference call on the phone. This stuff is amazing. Obviously the experiment has only just begun but I'll be sure to blog again as the days go by to give updates. Am I saying these shakes are a cure for diabetes or will let me eat whatever I want? Nope. But they can be used as part of a healthy living regime. And as long as I see results like this, I'll be a Melaleuca customer for life!

If you would like to know more or if you'd like to hear about any more of our great products, you can email me at [Dave@4pathstowellness.com](mailto:Dave@4pathstowellness.com).

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## One thought on “My Experience With Attain GC Control Shakes”

1. *Emily* says:  
MAY 9, 2013 AT 4:06 AM

I was looking for personal reviews of Melaleuca's GC Control shakes and found your blog! You might want to check out Leslie Sansone's DVDs for walking inside when it's too hot and humid or too cold to walk outside. She has many "Walk at Home" DVDs that are really great! And you can do anywhere from 1 mile (15 minutes) to 5 miles (approx 75 minutes). Anyway, thought you might appreciate that.