

Homemade Blood Sugar Remedies



by

PUREHEALTH[®]
RESEARCH

Homemade Blood Sugar Remedies

by

PUREHEALTH®
RESEARCH

PureHealth understands facing the reality regarding your health is often hard at times, especially when you have reason to fear something is wrong in your body. Whatever happens in life remember, you can always rest easier knowing the PureHealth Research team is working day-&-night to ensure your body has exactly what it needs to operate and run at 100%! However...

It is up to you to be as open as possible so that you can examine the true nature and core of your health concerns, and with over **100 MILLION** Americans already suffering from diabetes, there is no better time to sit, reflect & take...

This book is not intended as a substitute for medical advice of physicians. The reader should consult a physician in matters relating to his/her health. The information provided in this book is designed to provide useful informed advice on the subjects that are being discussed. This book is not meant to be used to diagnose or treat any medical condition. For diagnosis or treatment of any kind, consult your own physician. Moreover, the techniques and exercises listed in this book are meant to be carried out in a safe environment and on the readers own personal responsibility. The publisher and author are not responsible for any specific health issues or injuries that might occur from inappropriate practice.

Copyright © 2019 by PureHealth Research

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other non-commercial uses permitted by copyright law. For permission requests, contact the publisher, at the address below.

WWW.PUREHEALTHRESEARCH.COM

PUREHEALTH'S DANGEROUS BLOOD SUGAR SURVEY!

1. DO YOU WAKE UP OR EXPERIENCE EXCESS THIRST & DRY MOUTH?
2. ARE YOU NON-STOP FATIGUED & FEEL NON-STOP BRAIN-FOG?
3. DO YOU HAVE FREQUENT BATHROOM VISITS YOU CANNOT CONTROL?
4. ARE YOU WITNESSING BLURRED VISION & FREQUENT HEADACHES?
5. DO YOU SEE UNFLATTERING WATER WEIGHT OR SUDDEN WEIGHT LOSS?
6. DO YOU HAVE CONSTANT CRAVINGS FOR SUGAR OR SUGARY SWEETS?
7. ARE YOU AGITATED OFTEN AND CANNOT SEEM TO REMEMBER ANYTHING?
8. DOES EVERYTHING SEEM TO BE A STRESS MARKER FOR YOU?
9. DO YOU NOTICE ELEVATED & ESCALATED BLOOD PRESSURE AT TIMES?
10. DO YOU SOMETIMES FEEL RANDOM PAIN AROUND YOUR KIDNEYS?

PureHealth knows the unfortunate truth is symptoms similar to the ones above can one day result in you to suffering from **PERMANENT & IRREVERSIBLE...**

- **VISION IMPAIRMENT OR BLINDNESS**
- **FOOT ULCERS, INFECTIONS & AMPUTATIONS**
- **KIDNEY FAILURE**
- **HEART ATTACKS, STROKES & HYPERTENSION**
- **PERIPHERAL VASCULAR DISEASE (WHEN BLOOD FLOW TO THE LIMBS IS REDUCED)**
- **DAMAGE TO THE NERVOUS SYSTEM**

Conditions you deep down would never wish upon your greatest enemy, let alone yourself, yet for some reason, you continue to find yourself reaching for unhealthy snacks and sugary desserts. Now is the time to reclaim your health before it's too late!

DETER THE DEADLY THREAT OF DIABETES & A LONG LIST OF POTENTIAL HEALTH CONCERNS AS YOU DISCOVER...

PUREHEALTH'S 7 HOMEMADE BLOOD SUGAR "REMEDIES"

Are you ready... PureHealth Research is beyond excited to be able to open your eyes and share the tips and secrets you need to cut glucose spikes and prevent the corrosion currently attacking your organs! The best part? These are all tips you can utilize around your own home.

Our experts could not rest until we were able to bring you the information you need to avoid the deadly effects of diabetes in the comfort of your own space, so strap yourself in and begin your mission with PureHealth Research to end fatal insulin spikes once-and-for-all!



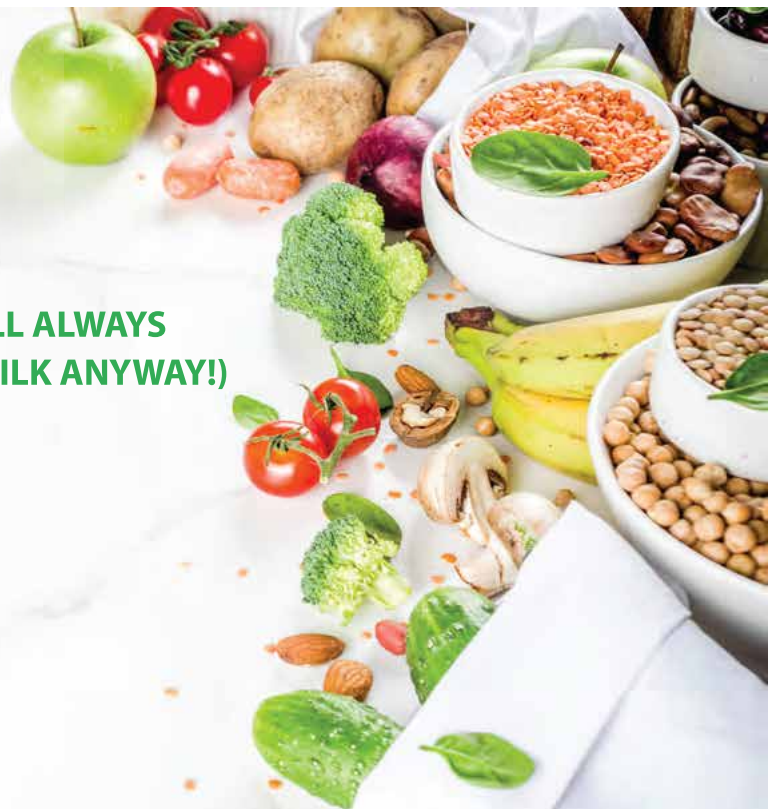
HOME REMEDY #1:

FOCUS ON FOODS IN YOUR FRIDGE LOW ON THE GLYCEMIC INDEX CHART

PureHealth urges you to start your journey to healthy blood sugar by understanding the **GLYCEMIC INDEX (or GI,)** and how it measures carbohydrates in foods. A tool ready to help you to determine how to avoid raising blood glucose to dangerous levels.

You see, the GI uses a scale of 1-100 to determine how a food will spike insulin and glucose levels in your body. Foods such as...

- SWEET POTATOES
- QUINOA
- EGGS
- QUINOA
- BROCCOLI
- LEGUMES
- LOW-FAT MILK (PUREHEALTH WILL ALWAYS RECOMMEND USING ALMOND MILK ANYWAY!)
- NUTS & SEEDS
- MEATS
- FISH
- CORN
- YAM
- PEAS
- CARROTS
- NON-STARCHY VEGETABLES...



Are all foods in the clear and are "safer" for your blood sugar & blood pressure because they contain very few natural sugars and are marked **BELOW 55**.

MEANWHILE...

- WHOLE WHEAT BREAD
- RYE BREAD
- PITA BREAD
- OATS
- BROWN,
- WILD RICE
- COUSCOUS...



Are all medium level foods on the GI falling between **59-69**, but then there's...

DANGEROUS FOODS, HIGH ON THE GI SCALE (70+)...

- **WHITE BREAD**
- **BAGELS**
- **CORN FLAKES**
- **PUFFED RICE**
- **INSTANT OATMEAL**
- **SHORT-GRAIN WHITE RICE**
- **RICE PASTA**
- **MACARONI & CHEESE**
- **RUSSET POTATOES**
- **PUMPKINS**
- **PRETZELS**
- **RICE CAKES**
- **SALTINE CRACKERS**
- **MELONS**
- **PINEAPPLE**



Eating foods like these all the time is a definite recipe for health concerns including, indigestion, inflammation & of course diabetes!

ADDITIONAL FACTORS ALTERING A FOODS GI LEVEL...



Unfortunately, PureHealth knows simply sticking to the above list might not be enough at times to stop dangerous glucose spikes from happening. In order to further prevent high insulin from attacking your blood, always additionally check for...

- **RIPENESS & STORAGE:** The riper a food is, the higher the GI will be. We suggest storing your food somewhere it has little exposure to prevent oxidation.
- **BLENDING & PREPPING:** Juicing a fruit raises a whole fruits GI level; meanwhile, mashing potatoes has a higher GI level compared to a regular baked potato.
- **COOKING:** Overcooking food can alter its GI level. For instance, cooking pasta al dente pasta will have a much lower GI than traditional served soft-cooked pasta.

If you do crave a smoothie or juice, try these low-sugar recipes...

BLOOD SUGAR STABILIZING STRAWBERRY SMOOTHIE

INGREDIENTS: (MAKES 1 SERVING)

- 5 STRAWBERRIES
- 1 CUP UNSWEETENED ALMOND MILK
- 1/2 CUP GREEK-STYLE YOGURT (LOW-FAT)
- 5 ICE CUBES (DEPENDING ON YOUR DESIRED CONSISTENCY)

DIRECTIONS:

1. PLACE ALL INGREDIENTS IN A BLENDER AND BLEND UNTIL SMOOTH.
2. POUR INTO A GLASS.

OR

Kickstart your morning with this diabetic friendly fruit juice...



FRUITY & HEART HEALTHY GREEN JUICE FOR DIABETICS

INGREDIENTS: (MAKES 1 SERVING)

- 6 SPRIGS OF WATERCRESS
- 1 HANDFUL PARSLEY
- 2 TOMATOES
- 2 GREEN APPLES

DIRECTIONS:

1. CHOP & PLACE INGREDIENTS IN YOUR JUICER



REMEMBER... ORGANIC IS ALWAYS BETTER FOR YOUR HEALTH!

Plus, as an added bonus, monitoring your GI is a guarantee to help lower excess fat gain around your midsection, which in turn will also lower your chance of fat-related and cardiovascular based diseases including...

- LIVER DISEASE
- HYPERTENSION
- GOUT
- GALLBLADDER DISEASE
- CHRONIC ANXIETY
- STROKES



WAIT! Before you read the next vital PureHealth lesson, **REMEMBER...**

THE GLYCEMIC INDEX & WHERE YOU SHOULD BE AIMING FOR FOODS!

- 55 OR LESS MEANS THE FOOD IS LOW & READY TO GO!
- 56 TO 69 STARTS TO GET TO THE MEDIUM RANGE
- 70 & ABOVE MEANS THE FOOD MIGHT BE DANGEROUS



WANT TO KNOW THE BEST WAY YOU CAN MONITOR YOUR GI LEVELS...?

HOME REMEDY #2:

CURB CARBS IN YOUR HOME & PRACTICE PORTION CONTROL

Alright, PureHealth knows this might be hard to hear, but stay with us all the way through on this one, after all, it might **DEPEND ON YOUR LIFE...**

Giving up carbs completely at all costs is your main priority! Well, you at least have to drastically reduce and monitor your carbohydrate intake at all times. The sad reality is foods containing a lot of carbs will cause your insulin levels to go off the charts when you consistently consume them.

Why do carbs and sugars cause your insulin and glucose levels to rise to unhealthy and uncontrollable levels? It's important to note, insulin is a natural nutrient, your body already creates, but when your body senses the sugar from...

- **BREAD**
- **PASTA**
- **CUPCAKES**
- **DONUTS**
- **WAFFLES & PANCAKES**
- **CANDY & SODA**



It will go into a spiral because it chemically does not know how to react to fake ingredients. In fact, your hormones go crazy because it tries to send all of its supplies to help put out this "fire" in your body. Your hormones start sending insulin from your liver and hormones from your brain to balance this chaos, causing a sugar crash which will burn you out in no time!

The worst part? Your body will feel so drained, your mind will start convincing itself that it needs more of these foods to stay happy and healthy. Your mind and body are literally poisoning itself because it believes this energy from the foods are useable and pure!

Prevent spiking your blood sugar by avoiding nutritionally worthless food like bread and pasta and try these recipes and make a real effort to preserve your health.

PUREHEALTH'S DELICIOUS CARB-FREE CLOUD BREAD

INGREDIENTS: (MAKES 3-4 SERVINGS)

- 3 LRG EGGS
- 3 TBSP CREAM CHEESE
- 1/4 TSP BAKING POWDER

DIRECTIONS:

1. Preheat your oven to 300 degrees F.
2. Separate your eggs, leaving no yolk in the white.
3. Mix together your egg yolks, cream cheese, and sweetener until smooth & set aside.
4. In a second bowl, add 1/4 teaspoon of baking powder to the whites and whisk the whites on high speed until they are fully and start forming peaks. (VITAL TO THE RECIPES CONSISTENCY)
5. Fold the egg yolk mix into the egg whites slowly
6. Spoon the mixture into 10-12 even rounds & place them onto a greased baking sheet, sprinkle w/ rosemary and your favorite spices and place in the oven. (We suggest doing this step fast to keep consistency and form of your bread.)
7. Bake for 15-20 minutes on the middle rack to absorb as much heat as possible.
8. Then broil for 1 minute and until they are a light golden brown.
9. Remove from the oven, chill & enjoy!



PUREHEALTH'S FAVORITE 2 INGREDIENT PASTA

INGREDIENTS: (MAKES 1 SERVING)

- 1 CUP MOZZARELLA CHEESE (SHREDDED)
- 1 EGG YOLK

DIRECTIONS:

1. Add the shredded mozzarella to your bowl and microwave until melted. (Usually takes 1-2 mins. Then, allow cooling for 30 secs.)
2. With a spatula, fold the egg yolk into the cheese. (BE CAREFUL W? YOUR FOLD!!!)
3. Put the mixture onto a parchment paper covered baking sheet.
4. Place an additional piece of parchment paper on top of the dough, then press firmly with your hand until thin.
5. Remove the top parchment paper, then cut your dough into tiny, thin strips.
6. Place your pasta on a rack then refrigerate for at least four hours.
7. Take your pasta out of your refrigerator and place it in boiling water for one minute.
8. Strain into a colander and then run room temperature water over your noodles to help prevent sticking to the pan.



WHY PRACTICING PORTION CONTROL IS ESSENTIAL WHEN YOU HAVE DIABETES...

Avoid severely backing up your metabolism even further by focusing portion control, an easy practice which at times is essential to preventing unnecessary glucose spikes. It's easy! Remember to pace yourself to ensure your body can fully break down your nutrients. This will one make sure you utilize every critical component of your food and will prevent your hormones from going into havoc after a fast and big meal.

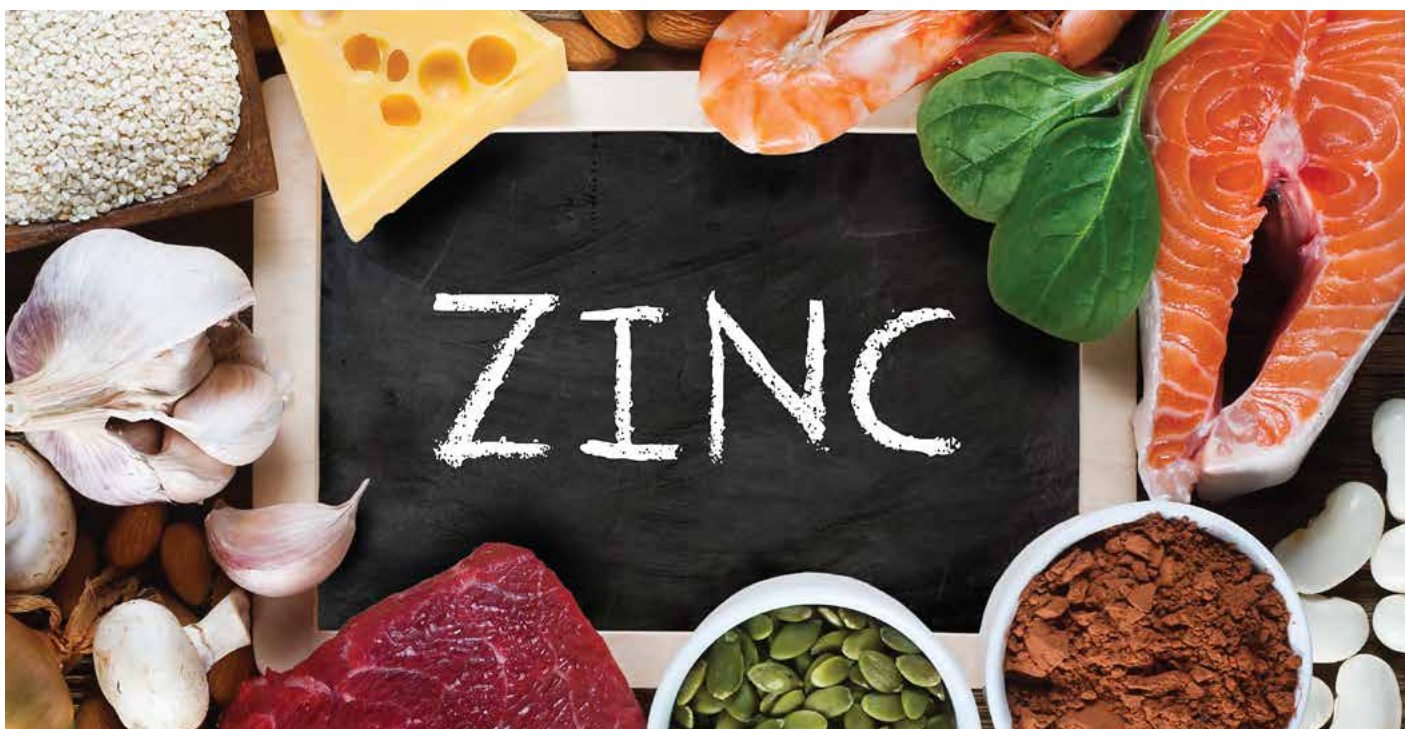


PUREHEALTH SUGGESTS AVOIDING OVEREATING BY...

- **DRINKING WATER BEFORE MEALS**
- **MEAL PLAN AS OFTEN AS POSSIBLE**
- **USE YOUR PALM FOR PORTION SIZES**
- **EAT YOUR VEGGIES FIRST**
- **CHEW SLOWLY & DON'T SWALLOW WHOLE FOODS**
- **MEASURE APPROPRIATE SERVINGS**

HOME REMEDY #3: CONSUME PLENTY OF ZINC & SUPPLEMENT USING MAGNESIUM

UNDERSTANDING ZINC & INSULIN



Here's a fascinating health fact... Did you know zinc function just like insulin when administered to insulin-sensitive tissue? Plus! It even stimulates insulin action.

Perhaps one of zinc's best qualities for diabetics is its ability to bind itself to your insulin receptors, resulting in glucose uptake by cells and clearance of glucose from your blood.

Zinc is also vital for the properly processing, storing, and secreting of insulin in your body! Which is why, if you have reduced zinc and already have diabetes putting your health in hazard!

ZINC & PEOPLE WHO ALREADY HAVE DIABETES

While you already know, you can fight diabetes from the beginning using zinc, the question still remains... Will zinc help someone who already has diabetes?

YES! Zinc offers your body natural blood sugar regulation and antioxidant effects, which drastically helps oxidative stress associated with diabetes. Zinc also helps control your lipid metabolism, helping to improve dangerous cholesterol & triglyceride levels. Absorb as much zinc as possible with these nutrient-rich foods!

PUREHEALTH'S TOP-TEN FAVORITE ZINC-RICH FOODS...

1. PUMPKIN SEEDS

PureHealth uses pumpkin seeds whenever possible because they also help reduce the risk of breast cancer in post-menopausal women. Pumpkin seeds are also great for regulating prostate & mental health.

2. GRASS-FED BEEF

Our team grills only grass-fed meat because it is full of omega-3 fatty acids and linoleic acid, which together help fight cancer, reduce your risk of heart disease, balance blood sugar, stop weight gain and rapidly build muscle mass.

3. CHICKPEAS

We love chickpeas because besides being insanely high in zinc, they also increase satiety and help speed up healthy weight loss by aiding digestion.

4. LENTILS

Lentils are rich in polyphenols and micronutrients and a favorite zinc staple for PureHealth's vegetarian staff members!

5. CASHEWS

Here's a fact about one of your favorite snacks! Cashews are rich in unsaturated fatty acids and are incredibly high in protein. Cashews also help you battle heart disease, eliminate inflammation, build bone health, and strengthen mental clarity.

6. YOGURT

The probiotics in yogurt support healthy digestion, boost the immune system, promote cardiovascular health, and regulate your mood. Quickly rebuild your gut flora after years of diabetes spikes using the **FUNGUS ELIMINATOR** from **PUREHEALTH RESEARCH!**



[LEARN MORE >>](#)

7. RICOTTA CHEESE

Ricotta cheese contains notable amounts of healthy fatty acids and micronutrients and is also lower in sodium and saturated fat compared to most other cheeses!

8. MUSHROOMS

People often forget, Mushrooms are great for boosting immunity and providing your body with antioxidants, which soothe inflammation, battle cancer, and improve brain & heart function.

9. SPINACH

PureHealth loves spinach because it contains unique protective carotenoids linked with being able to decrease the risk of diseases, including heart disease, obesity, diabetes, and memory-related diseases.

10. AVOCADOS

Everyone's favorite avocados are known to contain vast essential nutrients which help balance diabetes. Avocados are also extremely low in carbohydrates, which means you can use them safely at any time!



“YOU CAN MANAGE DIABETES USING MAGNESIUM?”

Here's another eye-opening health fact for you, Type 2 diabetes is often associated with magnesium deficiencies because insulin and glucose help regulate and break down magnesium in your metabolism.

Why is the disruption of magnesium in your blood a concern? Magnesium plays a critical role and is a core component in regulating your insulin-mediated-glucose-uptake and vascular tone, which without this vital process in your body can destroy your insulin resistance, leaving you fully exposed to the dangers of diabetes!

Take this moment to remember everything Magnesium does for your body:

Helps Hundreds of Biochemical Reactions in Your Body. ...

Boost Physical Performance.

Battles Depression in your brain

Lower Blood Pressure

Contains Anti-Inflammatory Benefits

Helps Prevent Migraines

REDUCES INSULIN RESISTANCE...



“HOW DOES EATING A DIET RICH IN MAGNESIUM HELP REDUCE YOUR RISK OF TYPE 2 DIABETES?”

Well since you asked... According to new research from scientists from Harvard T.H. Chan School of Public Health, high magnesium intake was strongly associated with reduced type 2 diabetes!

In fact! They report, *“The risk of developing type 2 diabetes was shown to be four percent lower with each additional 50mg per day of magnesium intake. Those with the highest magnesium intake had a 15 percent lower risk of developing type 2 diabetes compared to participants with the lowest intake.”*

They elaborated by saying... *“Significantly, greater magnesium intake was associated with lower risk of type 2 diabetes among participants who ate a poorer quality of carbohydrate foods, those being starchy foods with less cereal fiber and foods higher on the glycemic index. No significant interaction between magnesium and glycemic load was found.”* (THESE FINDINGS ARE PUBLISHED IN THE ONLINE JOURNAL DIABETES CARE!)

Secure magnesium in your blood using natural food sources, including...

- **KALE**
- **SPINACH**
- **NUTS**
- **FISH**
- **FLAX SEEDS**
- **SUNFLOWER SEEDS**
- **BANANAS**
- **FULL-FAT YOGURT**



HOME REMEDY #4:

UNDERSTANDING PROPER FIBER INTAKE

Here's a glass shattering health fact for you. Fiber is actually an essential type of carbohydrate you need in your diet! We know this can get confusing because we are told to stray as far away from carbohydrates as possible. However, fiber does not affect your blood glucose! Fiber is a carbohydrate wonder because it actually contains no calories, which means it does not have to be broken down by your body.

PureHealth recommends eating around 20-50 grams of fiber every day to help keep your digestive tract effectively working around the clock. Plus fiber is also great for making you feel fuller faster while eating! Before you start, know which type of fiber does what by discovering the two different types below!



THE DIFFERENCE BETWEEN SOLUBLE & INSOLUBLE FIBERS...

SOLUBLE FIBER: Attracts and attaches itself to water and turns into a gel during digestion. This can slow the absorption of sugar into your digestion down a bit. Foods in this category include lentils, vegetables, oatmeal, bran, beans, peas, and citrus fruit.

INSOLUBLE FIBER: Adds bulk to your stool and helps food pass more quickly through your digestive system. Insoluble fiber foods include cauliflower, wheat bran, green beans, potatoes, nuts, and beans.

Fiber is such a useful tool for those with diabetes, and by incorporating both types of fiber into your diet will help end damage to your blood from high insulin levels by not disturbing your metabolism. Start reaching for more fiber in your home by reading all of your food labels and discover....

PUREHEALTH'S FAVORITE FIBER-RICH SNACKS

STRAWBERRIES (SOLUBLE)

PureHealth will always reach for strawberries because they are among the most nutrient-dense fruits available and not to mention loaded with fiber, vitamin C, manganese, and powerful antioxidants.

AVOCADOS (SOLUBLE)

We just wanted to give you another reason to love avocados! Did you know they are also a great source of fiber, vitamin C, potassium, magnesium, vitamin E, and B vitamins? Now you do!

CARROTS (SOLUBLE)

Carrots are one of PureHealth's favorite snacks because they are high in fiber, vitamin K, vitamin B6, magnesium & beta-carotene!

BEETS (SOLUBLE)

PureHealth will never deny the raw natural power of beets. After all, they alone contain amazing amounts of fiber, folate, iron, copper, manganese & potassium. Not to mention inorganic nitrates, which help regulate blood pressure.

BROCCOLI (SOLUBLE)

You already know never pass on your broccoli but did you know it is loaded with vitamin C, vitamin K, folate, B vitamins, potassium, iron and manganese and contains antioxidants and potent cancer-fighting nutrients?

ARTICHOKES (INSOLUBLE)

Artichokes are actually one of the world's best sources of fiber and one of PureHealth's favorite quick snacks before meal!

CAULIFLOWER (INSOLUBLE)

Cauliflower contains fiber but is also a rich source of vitamin C and vitamin K, which helps with collagen production and helps prevent bone loss.



POPCORN (INSOLUBLE)

PureHealth loves curling up with a good movie because Popcorn is unanimously known as a fantastic fiber snack! (Just remember, theater popcorn can be loaded with salt that can quickly spike your blood pressure! Always make sure you choose healthier organic popcorn)

SWEET POTATOES (INSOLUBLE)

Besides always being a delicious and easy alternative, sweet potatoes are a great source fiber, beta-carotene, B vitamins, and various minerals.



IN CASE YOU WERE NOT AWARE...

Slowing insulin and sugar in your blood down is a **HUGE DEAL**, and if you can actually feel full off fiber-filled foods, it makes you wonder why millions of people are deficient in such a valuable nutrient. A point which also helps transition to our next often forgotten health tip...



HOME REMEDY #5:

STAYING HYDRATED & ABSORBING ALOE VERA

Keep filling your water bottle because drinking over eight servings of water daily may help protect you against the danger of high blood sugar and diabetes!

Problem is... Right now, 79 million Americans have **PRE-DIABETES**, which means their blood sugar is deeply in danger of getting diabetes but they are still not at the tipping point where it can be declared a disease. Drinking plenty of water helps secure the hormone vasopressin, which regulates water and healthy blood sugar in your body; an even more straightforward, drinking enough water means the glucose in your bloodstream becomes less concentrated, which automatically lowers high blood sugar levels.

If you do have diabetes or diabetes symptoms, then just watch out for signs of dehydration which creeps up quick and can easily cause your blood sugar levels to drop below 100 mg.

Water helps patients with diabetes because it...

- **CARRIES NUTRIENTS & OXYGEN TO CELLS**
- **FLUSHES OUT BACTERIA FROM YOUR BLADDER**
- **SUPPORTS PROPER DIGESTION OF FOOD**
- **PREVENTS CONSTIPATION & IRREGULARITY**
- **STABILIZES BLOOD PRESSURE & A STABLE HEARTBEAT**
- **LUBRICATES JOINTS & PROTECTS ORGANS TISSUES**
- **REGULATES YOUR BODY TEMPERATURE**



Now, there is actually no rule for how much water you need to drink, so you should do your best to listen to your body. PureHealth urges you if you need more than the recommend amount of eight servings a day, then follow your instincts and drink as much as you need!

Especially in the summertime when it can get extremely hot at times, causing dehydration to occur exponentially faster. If you do have diabetes or constant high-blood sugar, we recommend in the summer you actively...

EXAMINE YOUR BODY TO AVOID HEAT EXHAUSTION: Diabetes automatically puts you at a higher risk of overheating and making you extremely susceptible to most heat-related conditions. PureHealth reminds you to always be on alert for signs dizziness, profuse sweating, muscle cramping, headaches or migraines, raised heartbeat & sudden nausea.

Why do we need water so severely? Water makes up over 60% of your body and is also essential for keeping healthy skin where diabetes is also infamous for attacking!

QUICK!!! LOOK AT YOUR SKIN, DO YOU NOTICE...?



- **YELLOW, REDDISH, OR BROWN PATCHES OF SKIN**
- **DARKER VELVET LIKE SKIN OR HARD THICK SKIN**
- **EASILY FORMING BLISTERS**
- **RANDOM SKIN INFECTIONS OR RED RAISED BUMPS**
- **SORES & WOUNDS**
- **DRY, ITCHY SKIN**

These are all physical warning signs of diabetes you might already see developing. This is a fantastic reminder, your skin's appearance does matter at times, and it can certainly tell you a lot about your health when something is visibly wrong!

ELIMINATE THE UNFLATTERING SKIN SYMPTOMS OF DIABETES USING ALOE VERA

ALOE VERA is a one of a kind wonder for your skin because it helps heal wounds faster, soothes rashes, relieves dry, itchy skin, hides skin infections, and can cover up any unwanted side effects of diabetes!

New research is even pointing out how consuming aloe vera can help stimulate the secretion of insulin from your blood through your skin! A health study only making sense because aloe vera is already a known powerhouse for detoxing your skin off toxic chemicals.



Continue using your **BLOOD SUGAR FORMULA** daily to keep rebuilding and balancing healthy blood sugar levels and get rid of your unflattering skin side effects of diabetes.

Slowing insulin levels in your blood is also widely acknowledged to increase your healing rate, which will also be enhanced when you use aloe vera.



PUREHEALTH'S PORE DETOXING LEMON WATER

INGREDIENTS:

- 3 L WATER
- 1/2 CUCUMBER
- 2 LEMONS
- 10 MINT LEAVES

DIRECTIONS:

1. Slice your lemon and your cucumber
2. Place ingredients in your pitcher
3. Leave in your fridge overnight to fully soak in the flavor & nutrients.

Sit back, relax, and enjoy a nice glass of your detox water as you remember how vital it is to...



HOME REMEDY #6:

MONITOR YOUR STRESS LEVELS AT ALL TIMES...

Do you feel like your brain is being attacked while dealing with stress? Remember, stress results easily after something internally attacks your body, so it crucial to watch what you put in your daily routine. Why...?

Think back on the last few weeks of your life, how often do you remember experiencing...

- **FREQUENT CHEST PAIN**
- **UNCHARACTERISTIC-LIKE PARANOIA AND SUSPICION**
- **LIGHTHEADEDNESS & DIZZINESS**
- **CONSTANT SWEATING OR COLD OR CLAMMY HANDS**
- **HEARTBURN & STOMACH PAIN**
- **DIFFICULTY BREATHING & A RAPID HEART PULSE**
- **FREQUENT URINATION OR A DECREASED SEX DRIVE**
- **EXCESS ANXIETY & NERVOUSNESS & INCREASED ANGER & FRUSTRATION**
- **DEPRESSION & RANDOM MOOD SWINGS**
- **INCREASED FRUSTRATION, IRRITABILITY, EDGINESS**
- **CONSTANT FATIGUE & EXHAUSTION**



What happens is, when too much stress occurs in your body you start triggering your fight-or-flight response, a chemical reaction which constantly flares up hormones, burns all your stored energy, releases dangerous muscle destroying cortisol and of course blocks healthy insulin levels in your blood!

If you regularly monitor what you put in your body and do not disrupt your hormones, all you will have to do is manage your stress reactions from outside forces. Listen, working a double shift, just to get stuck in a traffic jam, to get home to no food can be stressful, but your reaction and how you choose to let your stress out is vital to your health.

PureHealth knows how fast stress can add up and sympathizes with everyone out there with more on their plate than they can handle, but you need to be different than everyone else out there not taking care of their health. Manage your stress by practicing hobbies or instruments or spending time with family. Make sure you avoid unhealthy tendencies like excess drinking or hitting the fast food line night-after-night.

REDUCE MENTAL STRESS BY MAKING SIMPLE CHANGES AROUND YOUR HOME

Life is truly what we make of it, and we have to embrace it by realizing we have more control over our world and body than we realize. In an effort to avoid spiking your glucose levels due to stress, PureHealth asks you to take a look around your home and your daily routine to see where you can manage stress throughout your days.

Are you wondering where to start? Remember, mornings can be rough when you have sugar dips or spikes, so doing everything to prepare yourself for these moments is critical to making sure you can conquer your day confidently. We suggest...

- **PREPARING YOUR BREAKFAST THE NIGHT BEFORE**
- **PLANNING YOUR OUTFIT**
- **PRACTICING THE SAME SHOWER ROUTINE**
- **PACKAGE UP ALL WORK MATERIAL THE NIGHT BEFORE**



Once your mornings are set up for success, you will see how much better work or errands can be with a clear state of mind. Then, keep these feelings flowing by making plans, maintaining a calendar, and holding yourself accountable for plans. This will keep your body moving and distract you from the stresses of the outside world and your health.

PureHealth suggests you help stay positive all day long by finding a hobby or post work activity you love! We recommend...

- **TAKING DANCE CLASSES**
- **LEARNING A NEW INSTRUMENT**
- **STARTING A NEW GARDEN**
- **ONLINE PAINTING OR ART CLASSES**
- **JOINING/STARTING A LOCAL A BOOK CLUB**

The most important thing to do is enjoy your life as much as possible even when you feel a sugar crash or diabetes-related stress symptom coming on. Realize what is happening and take a moment to address the situation as best as possible. Catch yourself when you start spiraling and soon you will be on your way to...

LEARNING HOW TO LIVE STRESS-FREE FULLY!!!

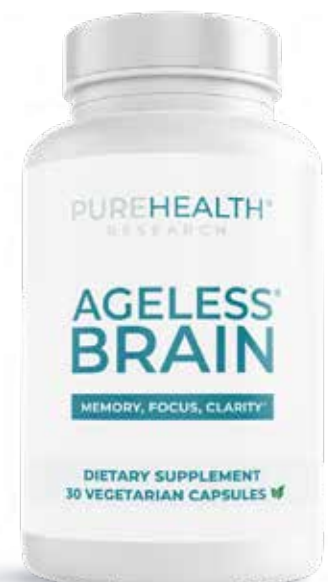
Controlling stress is essential for living a long healthy life, but it can often be hard for someone with Type II Diabetes because stress blocks the body from releasing insulin. When you start noticing your mind going off the deep end with stress and anxiety, stop yourself and start **MONITORING YOUR BREATHING AT ALL TIMES!**

Do this with us right now, sit down, uncross your legs and arms, and take a deep breath. Exhale as much air as you can and breathe in again, but focus on relaxing more this round. Oxygen really helps relieve stress in your brain, so repeat these steps until your mind starts to unwind and feels clearer!

PureHealth also recommends rewinding the hands of time and restoring cognitive function to eliminate stress with no better way to do so naturally than **AGELESS BRAIN!** Our unique blend helps relieve mental stress to help recover mental clarity!

No matter what you choose to eliminate stress, make sure, your body never falls prey to stress by not getting stuck in an unhealthy eating cycle and most importantly...

[LEARN MORE >>](#)



HOME REMEDY #7:

EXERCISE DAILY & GET PLENTY OF SLEEP

PureHealth does not need to list off every single benefit of exercise, but we are going to focus on exercise's incredible ability to lower your blood glucose! A great workout is great for diabetes because it causes insulin sensitivity to increase, which will cause your muscles and cells to contract, break down, and burn extra insulin. In reality, becoming more sensitive to insulin during a workout will actually help you detox glucose from your body!

However, it is vital to keep in mind your blood glucose levels can dip and occur during or after prolonged physical activity. This especially will arise if you...

1. **NEGLECT TO EAT BEFORE A & WORKOUT**
2. **EXERCISE FOR OVER-EXTENDED PERIOD**
3. **STRESS YOUR BODY WHILE EXERCISING**

ARE YOU READY TO BURN FAT & EXCESS GLUCOSE FROM YOUR BLOOD? WAIT! BEFORE YOU BEGIN WORKING OUT...

Start your exercise plan by setting realistic goals you know you can accomplish. If you are new to a particular activity or workout, remember always to start slow, gradually increasing the amount and intensity over time.

Once you have that down set up a workout routine splitting up the **THREE MAIN TYPES OF EXERCISES!**

AEROBIC EXERCISES:

- **WALKING**
- **JOGGING**
- **BIKING**
- **TENNIS**
- **RUNNING**
- **BASKETBALL**
- **SWIMMING**



You should always work in at least 30 minutes of aerobic exercise every day. If you cannot do one long stretch, try going for three-ten minute walks or breaking it up in other fun ways for yourself!

The one thing we cannot stress how important it is to switch it up as often as possible to keep interested in your workout and to focus on finding exercises you actually enjoy! Having a workout partner is also a great tip for staying inspired and motivating workouts.

Ok, first start with a fun cardio or aerobic activity, then start working...

STRENGTH TRAINING:

- **WEIGHT LIFTING**
- **PULL-UPS**
- **PUSH-UPS**
- **CRUNCHES**
- **RESISTANCE TRAINING**



Your muscles burn off the most insulin when contracting so we recommend fitting in strength training at least 2-3 times a week for at least 20-30 minutes to help rid your body of excess glucose.

Then, with the remainder of your time, you can focus on...

FLEXIBILITY TRAINING:

Flexibility training focuses on improving your muscles and joints and is mostly practiced as stretching before and after an exercise. These practices help reduce muscle soreness and relax your muscles pre and post workouts. YOGA is perhaps the most popular long term flexibility training program and a fantastic technique for getting your blood flowing!



NEVER LET YOUR AGE GET IN THE WAY...

Want to try yoga, but suffer from stiff joints? No problem! Use the all-natural power of PureHealth's Joint Support to reclaim mobility fast!



LEARN MORE >>

NO MATTER WHAT EXERCISE PROGRAM YOU SET UP FOR YOURSELF, PUREHEALTH ASKS YOU DO ONE SIMPLE THING...

COMMIT & STAY COMMITTED!!!

Your health depends on you, so as tough as it may be to motivate yourself to exercise, remember you need to keep diabetes at bay!



A lack of exercise and then sleep will easily affect your blood sugar levels.

Difficulty getting a good night's rest could be a result of a number of reasons, from hypos at night, to high blood sugars, sleep apnea, being overweight or signs of neuropathy, but no matter what it's vital to understand the connection between sleep & diabetes.

While proper research is still being conducted professionals believed poor sleep affects diabetes by triggering changes in hormones, which in turn alter your appetite and contribute to unhealthy eating habits and rapid weight gain.

According to **CENTER FOR DISEASE CONTROL**, “close to a third of the population. Nearly 1 in 4 people have diabetes” With the scary part being...

Almost 90 percent of people with pre-diabetes aren't aware of their condition. Can this have anything to do with the statistic that less than a third of Americans are not getting enough sleep each night? Not to mention **36 percent of adults in the US are already suffering from obesity.**

You cannot deny finding yourself constantly late at night scavenging for something sweet, but ignore your instincts causing a lack of sleep and new cravings for high-fat and high-sugar foods all the time.

Obesity is probably the prime risk factor for diabetes at this time, and it is clear why! You eat sugary foods, you stay up cause your hormones are out of whack, then you start noticing unhealthier eating habits before you know it your body is a slave to poor health choices!

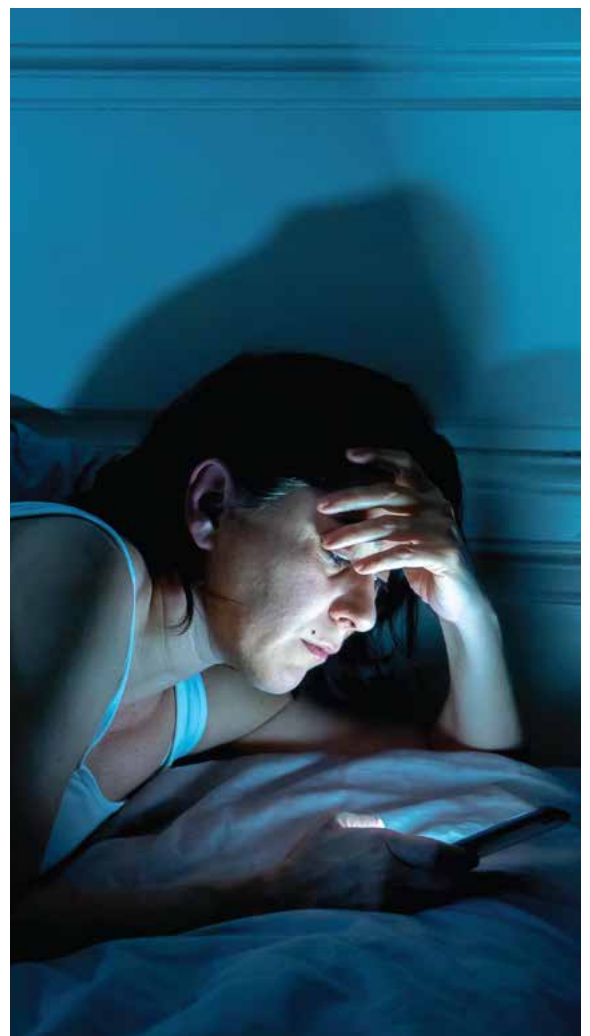
Which makes sense because more than **90 percent of people with type 2 diabetes are overweight or obese!** Obesity and diabetes... Two conditions health professionals are calling “twin epidemics!”

Remember, your sleep schedule has a very strong influence over your...

- **APPETITE**
- **EATING PATTERNS,**
- **EXERCISE HABITS,**
- **& THE HORMONES THAT REGULATE HUNGER**

Poor quality sleep will almost definitely alter your hunger hormones, particularly Leptin, which helps maintain energy in your body. A crucial hormone which helps curb your appetite and unhealthy cravings by sending signals saying you already consumed enough energy through your food. Having lower leptin levels will drastically slow your metabolism down, while also triggering hunger; a deadly combination for those with diabetes!

Listen, it can be very easy for all of us to eat unhealthy at times, but we need to hold ourselves accountable as much as possible! A lack of sleep will, without a doubt, make you more sedentary and crave energy created through high-sugar foods. A diet guaranteed to develop diabetes over time.



Enjoy full nights rest, reset your sleep schedule, and reclaim your circadian rhythm naturally using PureHealth's **SLEEP FORMULA!**



[LEARN MORE >>](#)

5 BLOOD SUGAR LOWERING BONUS TIPS!

1. FORTIFY YOUR BODY USING THE VAST BENEFITS OF FISH OIL

HAVE YOU HEARD THE LATEST TRENDING NEWS...?



U.S. National Library of Medicine

THE U.S. National Library of Medicine declares, "Fish oil supplementation has been shown to be associated with a lower risk of metabolic syndrome and benefit a wide range of chronic diseases, such as cardiovascular disease, type 2 diabetes and several types of cancers."

Meanwhile, **WebMD acknowledges** the vast benefits of Fish Oil & Omega-3 and even states, "The supplements, also known as omega-3 fatty acids, increase levels of a hormone called adiponectin that's linked to insulin sensitivity, Harvard researchers found. Higher levels of this hormone in the bloodstream have also been linked to a lower risk for heart disease."

We know Diabetes severely damages your heart! Do you need more evidence to prove you should be consuming fish oil to help prevent the fatal signs of this disease? Capture your own supply of this wonder nutrient while you still can using **PUREHEALTH'S NANO POWERED OMEGA-3!**

[LEARN MORE >>](#)



2. REALIZE THE POTENTIAL OF FENUGREEK SEEDS



Did you know Fenugreek seeds are proving to be helpful for those with diabetes? Getting more technical, you will see the seeds contain fiber which slows digestion and the body's absorption of carbohydrates and sugar.

Not to mention how these seeds also help improve how your body uses sugar and increases the amount of insulin in your blood.

OTHER BENEFITS OF FENUGREEK SEEDS INCLUDE

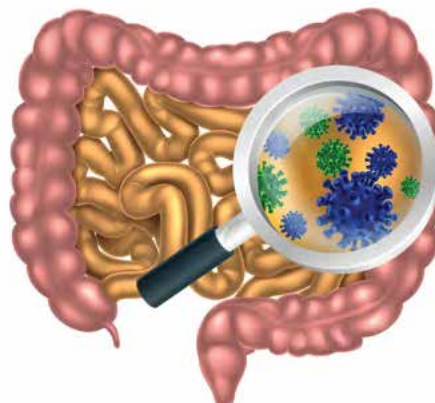
- 1. IMPROVES CHOLESTEROL LEVELS**
- 2. REDUCES INFLAMMATION INSIDE & OUTSIDE THE BODY**
- 3. INCREASES LIBIDO IN MEN**
- 4. ADDS FLAVOR TO FOOD**
- 5. BOOST EXERCISE PERFORMANCE**

3. RECLAIM GUT FLORA USING THE RESTORING POWER OF PROBIOTICS

HEALTH FACT! Probiotics triggers immune responses in your GI tract and throughout your entire body!!! Probiotic bacteria also help you mediate stress responses to help you regulate blood sugar and reduce chances of high blood pressure.

Prevent the wrong bacteria, which causes leaky gut and toxins to spread rapidly into your blood to stop the risk of...

- **CROHN'S DISEASE**
- **MULTIPLE SCLEROSIS**
- **LUPUS**
- **RHEUMATOID ARTHRITIS**



Capture all of the probiotics you need in your diet using **FUNGUS ELIMINATOR**: A new supplement from PureHealth Research designed to eliminate fatal fungus caused by carbohydrates and other glucose-rich foods.



[LEARN MORE >>](#)

4. CONSTANTLY WATCH ALCOHOL CONSUMPTION

PureHealth completely understands wanting to relax by enjoying a drink now and then, but before you pick up a glass know, drinking alcohol blocks the production of glucose in the liver where “backup supplies” of glucose are stored and released to raise your blood sugar if it drops too low. Once your liver’s glucose is used up, you will have trouble and might need time to create a significant more, which will cause dangerously low blood glucose and potentially death.

Additionally, alcohol is also processed by your liver, the part of your body responsible for detoxing and cleansing toxins (like alcohol,) so if you are distracting your liver from being able to help balance insulin, you will ultimately suffer from symptoms and conditions caused by diabetes. It’s vital to understand your body’s limit...

DIABETES DRINK PORTIONS

MEN: 2 drinks per day.

WOMEN: One drink per day. (Women metabolize alcohol slower than men.)

IT MIGHT BE HARD AT TIMES, BUT STICK TO THE ABOVE & NO MORE! WAIT! REMEMBER ONE DRINK EQUALS...

12 OZ BEER

5 OZ GLASS OF WINE

1 1/2 OZ DISTILLED SPIRITS



PREPARE YOUR NIGHT OUT WITH 3 EXTRA TIPS FOR SIPPING SAFELY...

1. Eat and never drink with an empty stomach (or when your blood glucose is low.)
2. Your blood glucose levels should always remain around the 100 & 140 MG/DL range; especially right before you go to bed.
3. Alcohol is also known to cause hypoglycemia in men & women shortly after drinking. Always monitor your blood pressure to make sure it is ready to enjoy a drink.

5. PRACTICE INTERMITTENT FASTING EVERY FEW MONTHS

Occasional fasting has been known and studied to help your overall health and can reduce inflammation, speed up weight loss, lower cholesterol, and lower spiked insulin levels. The idea of fasting begins with the intention of giving your metabolism a break so it can fully break down all of the extra nutrients already in your body. While fasting is a great way to lose weight fast and to cleanse your body of excess insulin accumulating, we do recommend monitoring your blood sugar levels at all times if you choose to try fasting.



PureHealth also suggests preparing for a fast by consuming plenty of fiber to slow your digestion down and to supplement using PureHealth's **METABOLIC GREENS+** A formula with no sugar but all the benefits of red and green fruits. A blend which will help make sure you have all the vital metabolic nutrients you need to fuel your body during a cleanse.

[LEARN MORE >>](#)



THANK YOU FROM

PUREHEALTH RESEARCH

REWARD YOURSELF WITH THREE SIMPLE LOW-CARB/SUGAR-FREE DESSERT RECIPES!!!

PureHealth will forever encourage fun yet active ways to protect your health, so what better way to do than to conquer the constant cravings of your sweet tooth! Have fun with family and friends as you prepare and enjoy these equally delicious treats from the **PureHealth Recipe Vault!**



“FUDGY” YET SUGAR-FREE BROWNIES

INGREDIENTS: (MAKES 16 SERVINGS)

- 1 1/4 cups sugar-free chocolate chips
- 15 oz black beans (rinsed and drained)
- 1/4 cup cocoa powder (Unsweetened)
- 2 large eggs
- 1/3 cup olive oil or coconut oil melted
- 1/4 TSP cinnamon
- 2 TSP vanilla extract
- 1/2 TSP baking powder
- 1 TSP instant coffee
- 1 TBSP powdered stevia



DIRECTIONS:

1. Preheat your oven to 350 degrees and line an 8x8 baking dish with parchment paper. (Spray parchment paper with nonstick cooking spray.)
2. Put all ingredients into a food processor and blend until smooth.
3. Pour your mix onto your parchment paper and smooth out batter.
4. Bake 30 minutes.
5. Cool for 10 minutes, then remove parchment paper and enjoy!

60-SECOND SUGAR-FREE CHOCOLATE SYRUP MUG CAKE

INGREDIENTS: (MAKES 1 SERVING)

CHOCOLATE CAKE

- 1 EGG
- 2 TBSP ALMOND MILK (UNSWEETENED)
- 1/2 TSP LIQUID CHOCOLATE STEVIA OR SWEETENER OF CHOICE
- 1 TBSP GROUND FLAXSEED OR ALMOND MEAL
- 2 TBSP COCOA POWDER

SUGAR-FREE CHOCOLATE SYRUP

- 1 TBSP COCOA POWDER (UNSWEETENED)
- 1/2 TBSP COCONUT OIL MELTED
- 1 TBSP WATER
- 1/4-1/2 TSP LIQUID CHOCOLATE STEVIA

DIRECTIONS:

1. Whisk chocolate cake ingredients together and pour into mug.
2. Microwave for 1 minute
3. Mix chocolate syrup ingredients in small bowl



SIMPLE & SUGAR-FREE PEANUT BUTTER SQUARES

INGREDIENTS: (MAKES 12 SERVINGS)

- 1 cup of peanut butter (Unsweetened)
- 1 cup of coconut oil
- 1/4 cup vanilla almond milk (Unsweetened)

DIRECTIONS:

Soften your peanut butter and mix in your coconut oil on a low heat stove. Add this mixture into a blender then add the rest of the ingredients. Blend until combined, then pour your mixture onto your parchment lined loaf pan. Refrigerate for 2 hours!



BONUS TIP! Use the Chocolate cause from the previous recipe to boost the flavor of this dessert too!

All this fun aside PureHealth does want to extend an official thank you for taking this time to make a real change in your life, something a lot of people fail to do which might cause them a whirlwind of regret one-day!

Enjoy every homemade “remedy” in this guide, keep using your **BLOOD SUGAR FORMULA** all year-round, and keep on the lookout for more activities, recipes, and tips PureHealth can provide you with around the house so you can beat the fatal side effects of diabetes once-and-for-all!



ACTIVATING NATURE'S CODE OF HEALTH

We at **PureHealth Research** are a growing group of skilled experts, innovative, and talented people with one goal – to help people **reclaim the control of their own health**. Each has seen friends and loved ones struck by illness or disease, which makes our vision personal.

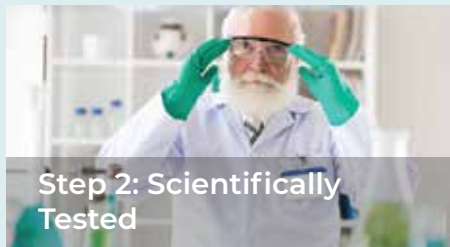


Our mission is to **improve your overall health with superior quality therapeutic nutraceuticals** scientifically proven effective by research.

OUR PROCESS

INTEGRITY – FLAWLESS EXECUTION – RESPONSIBILITY

PureHealth Research develops scientifically proven products that **help you achieve the pure, healthy lifestyle you deserve**. We only use natural ingredients you trust and put them through a 5-Stage Research and Testing Process, so they become “PureHealth Approved & Certified!” Here’s how it works:



We believe in our products, we use our products, and every step of our manufacturing and development process was created to ensure we deliver only the highest quality formulas for your body day in and day out. **After all, that’s what you deserve, and we’re here to help give it to you with every product we produce.**

Learn more about PureHealth Research products

VISIT PUREHEALTH® SHOP
RESEARCH

Homemade Blood Sugar Remedies

by

PUREHEALTH®
RESEARCH