



Managing Type 2 diabetes naturally...

- ▶ The hidden dangers....
- ▶ Other risk factors
- ▶ Where to start...
- ▶ Reversing Type 2?

Smart nutrition for better diabetes control...

- ▶ Magnesium & chromium
- ▶ Vitamins B, C & D
- ▶ Antioxidants
- ▶ Omega-3s
- ▶ Glucose Regulation Complex

Selenium Iodine
Sodium Zinc Iron
MINERALS
Manganese Potassium
Calcium
Magnesium Copper



Why wait for results when you can see them now?

- ▶ Sculpting Wand for Face & Neck
- ▶ Smoothing Wand for Eyes
- ▶ Ageless Duo
- ▶ Power8 Peptide Blend

This email newsletter has been sent to you compliments of:

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Through Shaklee, we are all...

Making a Difference!

Nutritional [and medical] researchers have found that supplementing your regular diet not only improves your general body efficiency, but also aids your body specifically in overcoming nutritional deficiency diseases. In other words, protein, vitamins and minerals provided in tablet form not only help you overcome nervousness, loss of energy, and the general rundown condition, but have specific values in eliminating certain health-destroying conditions.

It has been authoritatively demonstrated that, in spite of your "three square meals a day", you may be suffering from malnutrition. The addition of a natural nutritional supplement will certainly help you overcome your nutritional deficiency weaknesses.

~ A Study Course in Nutrition by Forrest Shaklee Sr., DC, DD

The hidden dangers of Type 2 diabetes...

Type 2 diabetes often proves fatal. Fifty percent of patients die from heart disease or stroke, while 71% also have high blood pressure. It causes nearly half of all kidney failures and is the leading cause of amputations due to nerve damage.

The CDC reports diabetics are twice as likely to die from any cause. With 69,000 deaths each year... and its role in 234,000 more... diabetes remains one of the nation's deadliest diseases.



Managing Type 2 diabetes naturally...

Diabetes mellitus is a chronic condition that disrupts how the body uses glucose, its main energy source. Normally, insulin acts as the "key" that lets glucose enter cells. In diabetes, this process is impaired... either due to too little insulin or because cells resist its action.

Type 1 diabetes is an autoimmune disease in which the immune system destroys the pancreatic cells that produce insulin. Once these cells are gone, they cannot regenerate, leaving people permanently dependent on insulin therapy.

Type 2 diabetes develops when the body still makes insulin, but cells no longer respond to it. Glucose then builds up in the blood, causing complications similar to type 1. Unlike Type 1, Type 2 is often linked to poor diet, inactivity, and obesity, and can sometimes be reversed through lifestyle changes like regular exercise, a balanced diet, and supplementation.

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Product Ordering Guide

Item Code	Product	Item Code	Product
89280	Shaklee 180 Turnaround Kit	21501	Vivix Liquid Gels 30 svgs
21223	VitalMag 30s	21504	Vivix Gummies Jar 30 svgs
20749	Glucose Regulation Complex 60s	21511	Vivix Gummies Refill 30 svgs
21364	Vita-D3 90s	20112	Vita-E Complex 90s
20186	B-Complex 120s	22076	CoQHeart 30s
20194	B-Complex 240s	22077	OmegaGuard 60s
20095	Sustained Release Vita-C 180s	22078	OmegaGuard 180s
20411	Zinc Complex 120s	32635	Sculpting Wand for Face & Neck
21500	Vivix Liquid 30 svgs	32632	Smoothing Wand for Eyes
22911	Vivix Liquid Kosher 30 svgs	89769	YOUTH Ageless Wand Duo

**Worried about diabetes?
 See inside for info and tips...**

Facing Type 2 diabetes? Here's where to start...

Other risk factors for Type 2 diabetes

If any of these categories apply to you, you may be at higher risk:

- High blood pressure or heart disease.
- Age 45 and above.
- Race and ethnicity... African American, Alaska Natives, Hispanic or Latino, American Indian, Asian Americans, Native Hawaiians, and Pacific Islanders are more at risk.
- Non-alcoholic fatty liver disease.
- Low HDL levels (the good cholesterol).

Reversing Type 2 diabetes with lifestyle changes...

Reversing Type 2 diabetes is possible... if you commit to healthy habits.

Start with daily activity:

walking, cycling, or jogging 30 minutes a day helps regulate blood sugar and reduces stress.

Clean eating is next: ditch processed foods and sugary drinks, and focus on whole, nutrient-rich meals.

Drop excess weight:

Losing even a few pounds can dramatically improve your chances of reversing diabetes.

Don't overlook sleep: 7+ hours nightly supports blood sugar control and curbs cravings.

Finally, eliminate bad habits:

Cut out smoking and alcohol excess while learning to manage stress with calming routines.

Positive changes work together, giving your body the reset it needs to thrive without constant medication.

Every day, millions of people face Type 2 diabetes. Defined by insulin resistance and persistently high blood sugar, it has become a global epidemic... but one that can be managed, and even improved, with the right tools.

The condition develops gradually, often influenced by genetics, diet, inactivity, and stress. That means you also have multiple points of control. Choosing whole foods, staying active, and building healthy routines can dramatically improve how your body handles blood sugar.

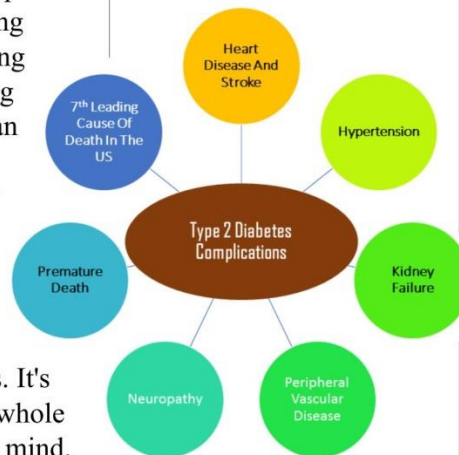
Diabetes management goes beyond blood tests. It's about treating the whole person... body and mind. Fear and frustration are natural at diagnosis, but they don't have to define the journey. When you understand the science, those emotions can fuel resilience.

On this page we'll explore the essentials: why Type 2 diabetes develops, what it does inside the body, and the lifestyle strategies proven to make a difference. From movement and mindful eating to stress reduction, every choice supports better outcomes.

A diagnosis of pre-diabetes... or Type 2... may feel daunting, but it's not the end. With knowledge and consistent action, you have the power to shape your health and future.

Type 2 diabetes: What drives it...

Type 2 diabetes is the most common form of diabetes and a leading cause of death worldwide. It develops when



the pancreas doesn't make enough insulin... or when the insulin it does produce no longer works effectively. The result? The body can't properly convert food into usable energy.

What increases your risk?

Genetics and Family History. Having parents or siblings with Type 2 diabetes raises your risk, partly due to genes that affect insulin and glucose regulation. But heredity isn't destiny... lifestyle plays a powerful role.

Excess Weight.

Carrying extra fat, especially around the abdomen, promotes insulin resistance. Visceral fat even secretes proteins that interfere with insulin action. A BMI over 25 signals higher risk.



Inactivity. Muscles respond better to insulin than fat cells. Regular exercise increases insulin sensitivity, lowering blood sugar levels.

Unhealthy Habits. Diets high in sugar and processed carbs, along with smoking, alcohol, and drug use, accelerate insulin resistance and obesity... the main precursors to Type 2 diabetes.



While genetics may set the stage for some facing Type 2 diabetes, lifestyle choices can determine the outcome. Healthy eating, activity, and weight management are the most powerful tools to prevent or delay diabetes.

And, of course, Shaklee can help in your quest to lower your risk for a pre-diabetes or diabetes diagnosis.

Smart nutrition for better diabetes control...

A critical part of Type 2 diabetes care is...

nutrition! A delicate balance of the correct amount of carbohydrates, fats, proteins, fiber, vitamins, and minerals allow those with diabetes to maintain healthy levels of blood glucose, which results in good health and can prevent the onset of complications.

Generally, a clean, balanced diet consisting of lean protein, healthy fats, complex carbs, fruits and vegetables is a good place to start. If you need to lose weight, the **Shaklee 180 Program** offers a safe, healthy nutritional answer.*

Nutrients important for diabetes control...

A huge part of managing blood sugar is giving your body the nutrients it needs to work at its best. Research shows that certain vitamins, minerals, and antioxidants can support healthy insulin response, protect nerves, and even reduce diabetic complications.

Key nutrients

❑ Magnesium: Critical for hundreds of enzyme reactions, yet often low in people with diabetes. Research suggests a link between low magnesium



levels and insulin resistance. Take **VitalMag®** for daily support.

❑ Chromium: This micromineral helps improve glucose control and cholesterol balance. **Glucose Regulation Complex** contains this all-important nutrient.

❑ Vitamin D: Supports insulin sensitivity, appetite control, and weight management. Try **Vita-D3®** for a pure, highly absorbable form.

❑ B Vitamins: B6, B12 and biotin are all essential for nerve health and energy. **B-Complex** delivers the full family of Bs.

❑ Vitamin C: This antioxidant plays a role in controlling sorbitol levels which in high concentrations, can contribute to complications like retinopathy and kidney damage.

Additionally, vitamin C has been shown to potentially improve insulin sensitivity, helping with blood sugar regulation and A1c levels. **Sustained**

Release Vita-C will provide what you need.

❑ Zinc: plays a vital role in the creation, storage, and secretion of insulin, making it an essential mineral for people with diabetes. It's also important for a robust immune system,



Selenium Iodine
Sodium Zinc Iron
MINERALS
Manganese Potassium
Calcium
Magnesium Copper

critical for diabetics. You'll find it in Shaklee **Zinc Complex**.

❑ Antioxidants: Diabetes increases oxidative stress, raising risks for heart, eye, and nerve damage. **Vivix®** and **Vita-E Complex®** provide potent protection.

❑ CoQ10: Boosts energy metabolism and helps reduce nerve pain. Coenzyme Q10 may significantly lower blood sugar levels. It also oxygenates the blood, and may help those with diabetic retinopathy. Found in **CoQHeart®**.

❑ Omega-3 fatty acids: These heart-healthy fats... found in certain fish (such as salmon, herring and Albacore tuna), walnuts, soybeans and Shaklee **OmegaGuard...** have many benefits, including lowering risks for heart disease and stroke,

providing essential omega fats the body does not produce on its own, and

promoting better blood sugar control.

When lifestyle changes meet the right nutrition, you build a powerful foundation for blood sugar balance, heart health, and long-term vitality. That's the Shaklee Difference... science-backed and clinically proven.

*Be sure to consult your health care practitioner for dietary recommendations.

Spotlight on Glucose Regulation Complex

Shaklee's **Glucose Regulation Complex** lives up to its name. The ingredients in this amazing product promote efficient glucose metabolism, helping to retain normal blood sugar levels:

- ❑ **Magnesium:** Magnesium deficiency has been shown to directly influence the blood sugar control of type 2 diabetics by interrupting the insulin secretion process, and increasing insulin resistance.
- ❑ **Zinc:** A crucial element in insulin metabolism.



- ❑ **Chromium:** This trace mineral has been shown to improve glucose tolerance, lower fasting glucose levels, decrease insulin levels, cut cholesterol and triglyceride levels, and increase HDL-cholesterol levels.

- ❑ **Taurine:** Supplementary taurine for diabetic patients may be able to correct levels of blood viscosity, lowering the risk of heart disease.

- ❑ **Vanadium:** Studies on both animals and humans have shown links between vanadium levels and normal blood glucose.

- ❑ **Alpha-lipoic acid:** ALA (alpha-lipoic acid) is a versatile and potent antioxidant shown to help diabetic neuropathy and to reduce pain from free-radical damage. Some studies link ALA to decreased insulin resistance and thus the control of blood sugar.

- ❑ **Banaba leaf extract:** The component corosolic acid may help lower blood glucose levels by enhancing glucose uptake by cells, improving insulin sensitivity, and influencing carbohydrate metabolism.

Why wait for results when you can see them now?

How 8 peptides deliver visible results in minutes

The secret behind the **Ageless Wands** is Shaklee's **Power8 Peptide Blend™** ... a concentrated complex of 8 peptides that deliver big results: smoothing wrinkles, supporting collagen synthesis, brightening skin, and even fighting free radicals. Backed by science, the formula also contains a polyphenol blend to protect collagen and elastin, plus muscadine grape, lotus, and botanicals that help defend DNA.

In just 15 minutes, lines look softer and skin feels firmer, with continued improvements over time.

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Wrinkles aren't just lines... they're visible markers of aging skin. Constant facial movements carve grooves that deepen into creases. Collagen and elastin loss robs skin of firmness, leaving it sagging and fragile. Add dehydration, and skin appears dull, thin, and prematurely aged... revealing every fold, crack, and flaw.

But just imagine if every smile line, every crease, every tired morning could fade... without harsh treatments or waiting months to notice results. That's

exactly why Shaklee created the **YOUTH Ageless™ Wands**. The **Sculpting Wand for Face & Neck** and **Smoothing Wand for Eyes** are your targeted tools for instantly younger-looking skin. Powered by an exclusive Power8 Peptide Blend, these breakthrough formulas relax the look of expression lines, support collagen, and hydrate deeply... so skin feels firmer, smoother, and more radiant. The secret? A stainless steel rollerball that cools and refreshes as it delivers potent peptides, antioxidants, and botanicals right



where you need them. Puffiness melts away. Fine lines soften. Skin looks revitalized from the very first use. No complicated steps, no needles... just results you can see and feel. Elevate your skincare routine with the **YOUTH Ageless Duo**. Because your face deserves more than just care... *it deserves transformation!*

With Shaklee, It's Easy To...

- Enjoy the benefits of improved health!
- Have more energy and vitality!
- Enjoy natural beauty... inside and out!
- Protect our fragile environment!
- Achieve financial independence... forever!



Take charge of your life today... with Shaklee!