



EasyBetic Blood Sugar Support

A PRACTITIONERS GUIDE

This report pertains to EasyBetic Simple Blood Sugar Formula by Nutricur found here: [EasyBetic Blood Sugar Support](#)

A scientifically researched and optimally produced supplement to assist with blood sugar support.

This information is for the use of practitioners to help them understand the scientific research for the formulation of EasyBetic. It should not be construed as individual medical advice.

***EasyBetic* has been carefully formulated with a number of key ingredients to improve blood sugar control – it does this with a number of mineral and spices that work to improve sugar control by LOWERING insulin resistance.**

It contains CINNAMON, CHROMIUM, ZINC, COPPER, MAGNESIUM and other useful elements.....

CINNAMON – some surprising facts....

*Did you know that cinnamon has been used for centuries as an **anti-diabetic** spice and now modern science is finally catching up with the evidence for how it works?*

The active compounds in cinnamon are known to have anti-diabetic, anti-oxidant, anti-septic, anti-inflammatory, rubefacient (warming and soothing) and anti-flatulent properties-

Scientific studies show us that in Type 2 Diabetes Ceylon Cinnamon –

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Reduces blood glucose (sugar) levels

and

Improves markers of cholesterol metabolism

Cinnamon is also one of the most powerful anti-oxidant of any natural food source

Antioxidants are important as they help protect our bodies against damage from infections, toxins and simply day to day living.

The ORAC measure (Oxygen Radical Absorbent Capacity) is a measure of how powerful an antioxidant is and for cinnamon the ORAC value is an extremely high 130,000 which we can compare to an average apple's value of 4,000.

Cinnamon and Diabetes - the evidence...

Cinnamon improves blood sugar control -

A scientific review of many studies demonstrates that cinnamon reduces blood fasting glucose by 18-29%. **The worse the diabetes control the more beneficial cinnamon appears to be.** ¹

Further evidence of benefit was found in a UK study demonstrating that in people with Diabetes it also helped with **lowering blood pressure and weight loss – there was a significant reduction in waist circumference and Body Mass Index by 12 weeks.** ²

Cinnamon improves markers of cholesterol metabolism -

Several studies show that cinnamon reduces LDL cholesterol by up to 27%, triglycerides by up to 30% and other risk factors associated with increased heart and blood vessel disease. ³

Cinnamon is a powerful anti-oxidant –

Studies show that it **lowers general inflammation levels in the body reducing the risk or harmful effects of many diseases** including arthritic diseases, blood vessel diseases, diabetes, dementia and also helping to reduce weight gain. ⁴

How does Cinnamon work in Diabetes?

Cinnamon works to improve blood sugar control IN AT LEAST 3 DIFFERENT WAYS...

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1. Slowing down the absorption of sugar from a meal -

Cinnamon inhibits certain digestive enzyme from the pancreas and so slows down the rate of absorption of sugars from a meal. This reduces sugar spikes and most importantly also reduces the corresponding insulin spikes in your blood stream. ⁵

2. Mimicking the effects of insulin –

Chemicals in cinnamon mimic the effect of insulin on your cells. This helps to keep your blood sugars down. Cinnamon is helpful in all stages of Diabetes but in the later stages when your pancreas ability to make insulin can be decreasing then the mimicking action of insulin by cinnamon is particularly beneficial. ⁶

3. Improving insulin sensitivity –

Studies have shown that cinnamon can improve the body's sensitivity to insulin by a factor of **up to 20 times** – cinnamon and insulin work together in a way that makes them more than a sum of their parts, to use an everyday phrase.⁷

What type of cinnamon is good for diabetics?

The science is clear that cinnamon is helpful for blood sugar control but it is extremely important to recommend and use the correct subspecies of cinnamon...

There are two main subspecies of Cinnamon –

Cinnamon **Cassia** (Chinese cinnamon)

and

Cinnamon **Ceylon** (Cinnamomum zeylonica, Sri Lankan, or True Cinnamon).

The spice most likely found in the kitchen and by far the commonly used is the cheaper Cassia...

BUT this sub-species contains high amounts of **Coumarins, which are toxic!** (e.g. the warfarin in rat poison is a coumarin).

It is **vital** to know that-

European regulations now insist on **much reduced daily upper limit of coumarins** as it is known to cause extensive liver damage and increase cancer risk. ⁸

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Even more dangerously up to 10% of the population are genetically missing an important enzyme that metabolize coumarins so many doctors think that for these people even the new reduced European levels are too high. ⁹

If someone us prescribed blood thinners for a heart or circulatory condition **they should not take Cassia** as this runs the risk of dangerously thinning your blood.

To sum this up the European Food and Safety Agency recommends against the long term use of Cassia cinnamon as a supplement as **taking Cassia in the quantities required to get health benefits can easily exceed the toxicity safety levels.**

FORTUNATELY...

Ceylon Cinnamon contains 1,250 LESS coumarin than Cassia making it MUCH SAFER!

Why an extract and not the whole spice?

Getting the RIGHT dose –

Clinical trials show that to be fully medically effective the dosage is important - good effects seem to require AT LEAST 1g BUT this *amount of cinnamon is not easy to take and many people stop after a few days*

Reducing the chances of a bad reaction -

Concentrated extract contains ALL the helpful components that work for diabetes, BUT the other parts of cinnamon can trigger allergic reactions, so taking the purified extract prevents this. This is extremely important because cinnamon should be taken over the long term.

What else should be taken as well as the Ceylon Cinnamon?

Taking Ceylon cinnamon will show some clear benefits - BUT

...having clearly shown that Cinnamon is a safe and effective treatment for Diabetes there is still more you can do with additional supplements...

If we imagine a production line with 3 workers in a row - let's call them Anna, Bob and Chris -

So supposing Anna is working at 50% of her work rate - the maximum output from the production line is 50% as she is the slowest worker. We can make Anna work harder by giving her cinnamon and lo and behold she improves to 100% work rate.

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Great but... we then discover that Bob is working at 75% capacity and so the production line can only get 75% production rate despite the fact Anna is now working at 100%. Looking carefully we also find Chris is only working at 90% capacity.

No matter how much cinnamon we give Anna the work rate does not improve beyond the rate of the next slowest worker – BUT we can fix this if we discover that Chromium makes Bob work at 100% and Zinc makes Chris work at 100%.

This is exactly what we have chosen to do - with careful research we have carefully selected minerals that ensure the body maximizes the benefit and **does not miss out** on important nutrients.

These additional important ingredients are – Chromium and Zinc additionally *Easy-Betic* contains Copper, Manganese, Selenium and Molybdenum.

What is Chromium GTF (Glucose Tolerance Factor)

Chromium is a mineral with a history of use in diabetes going back more than 50 years. It was first identified as being a vital addition for insulin to manage blood glucose levels when patients receiving nutrition straight in to the blood stream developed diabetes. These patients then failed to respond to insulin *until chromium was added to the nutrition*.

How does Chromium work in diabetes?

Chromium **increases sensitivity to insulin** by

increasing insulin binding to cells,

increasing the number of insulin receptors on cells number

and

activating insulin receptor enzymes (chemical activators).¹⁰

It has been shown **that lower levels of chromium are linked to increased risk of Type 2 diabetes**.

To add to this **even lower levels of chromium are linked to having increased heart disease or other blood circulation diseases** alongside having diabetes.¹¹

How do we become low in Chromium?

Eating processed foods, including simple sugars, make chromium deficiency an increasing problem because....

- These foods are low in chromium

- They make you lose additional chromium -

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A dangerous double whammy!¹²

Chromium and Diabetes – the evidence....

Review studies of supplementing with chromium in patients with diabetes has shown that it:

- improves overall blood sugar control,
 - reduces the needs for diabetes medication
- and
- improves markers of cholesterol.

It has been shown to **reduce insulin levels** clearly indicating it acts by LOWERING INSULIN RESISTANCE. ^{13&14}

Does it matter what type of chromium is taken?

The simple answer is YES!

It is important to know that the best results appear to be with organic forms of chromium because these are more "bioavailable" – essentially this means that if a substance is not recognised by the body then it is less likely to be effective. Only 1% or less of inorganic chromium is absorbed compared to 10-25% of chromium GTF. ¹⁵

It has been shown that food **chromium GTF** reduce blood glucose by 16.8% compared to 6.0% for inorganic chromium showing it to be 2.8 times more effective. ¹⁶

Most importantly ... **Chromium picolinate** enters living cells via a different mechanism to naturally formed **food state chromium**. There is evidence that it increases the production of harmful free radicals and has been shown in test tube studies to damage DNA of chromosomes. ¹⁷

This is why some authorities recommend *against* using chromium picolinate.

What about ZINC?

Zinc is a widely used and very important element in the body and has been shown to be part of at least 2,700 enzymes in the body. ¹⁸

It is common for people to have low levels of zinc deficient - particularly in the older population (especially 60 +).

If you eat significant amounts of wheat (the majority of the Western world!) then "phytates" in wheat reduce the zinc you can absorb from your diet making zinc deficiency even more likely.

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How does Zinc work for Diabetes?

Zinc has a particularly important role in insulin actions as Zinc is part of the stored form of insulin. Zinc stabilise insulin so that it binds to cell receptors more effectively which allows insulin to act more efficiently on cells.

Zinc is a **key part of a number of anti-oxidant enzymes**. Zinc deficiency reduces antioxidant activity and this reduces the body's ability to deal with harmful chemicals. This means the body is more vulnerable to damage and it also means that the insulin produced is more likely to be damaged and destroyed.

Zinc and Diabetes... the Evidence:

A recent review of studies has demonstrated the following ¹⁹

12 studies showed zinc **significantly**

reduced HbA1C – the long term marker of blood sugar control

reduced post meal sugars – which reduces insulin spikes a trigger for developing insulin resistance

and

reduced fasting glucose.

8 studies have also **shown significant improvement in blood cholesterol markers** in patient with Diabetes

Also studies have shown that zinc supplementation **can protect against damage to kidney function** in Diabetes.²⁰

What else is important?

Zinc levels in the diet have been shown to be directly related to your chances of developing diabetes. Therefore, supplementation for those with a low dietary zinc intake is also very likely to protect against *developing* diabetes. If there is a family history of diabetes then zinc is even more important as these people may be genetically at higher risk of developing diabetes. ²¹

About Magnesium ...

Magnesium is the fourth most prevalent mineral in the body and more than 3,750 magnesium-binding sites on human proteins have been identified as well as magnesium being found in more than 300 different enzymes. Magnesium has a particu-

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larly vital role in energy production as it is required every time energy is released from ATP for any and every cellular activity.

Deficiency of magnesium is very common –it may occur in up to 80% of the population. Magnesium is found inside cells (intracellular) and only 1% of magnesium is in blood. Because of this, testing can be misleading and there are no current satisfactory ways to really assess magnesium deficiency. Measuring magnesium inside red or white blood cells is probably the best marker but the body will strip magnesium from bones to utilise it and so even normal blood cell levels may occur in while **total** magnesium levels are low.

The Vicious Cycle of Magnesium and Insulin Resistance

Magnesium is of crucial importance in diabetes because insulin requires magnesium to function fully AND magnesium requires insulin to enter cells properly. Magnesium switches on enzymes such as tyrosine kinase that are required for the proper function of insulin receptors. This means that there is a high chance of developing a downwards spiral with low magnesium leading to ineffective insulin leading to even lower magnesium and so on. The excess urination associated with poor diabetes control also leads to further loss of magnesium

Why is Magnesium Deficiency so Common?

Magnesium content in vegetables has declined from 25-80% since pre-1950 figures²². Additionally, grain refining for bread and pasta removes 80-95% of total magnesium. The refining processing of grains strips most minerals out and unfortunately, magnesium is not one of the few minerals added back that have been lost.

The Food Standards Agency in UK showed that on average a 35% reduction in magnesium content between 1936 and 1997 and is given the increasing emphasis on crop yield i.e. size rather than nutritional content than this can only have got worse in the last 20 years²³.

Magnesium and Diabetes – the evidence...

Magnesium supplementation has been proven to reduce insulin resistance. In a randomised trial of 63 subjects over only 16 weeks Hba1c was 8% in the treated group compared to 10.1% in the untreated group²⁴.

Higher levels of magnesium intake have been shown to significantly reduce the rate of developing diabetes from having pre-diabetes - for example a seven year follow up of over 2,500 people with pre-diabetes showed that a higher magnesium intake reduced the risk of diabetes developing by nearly half!²⁵

What else is in EasyBetic?

As part of the way our food state supplements are grown EasyBetic also contains other helpful minerals in useful amounts that are commonly deficient in the diet.

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These are:

Manganese

Manganese is an essential element which has an important role in maintaining strong bones. Manganese is also an antioxidant and also required for the brain and nervous system to work well.

Selenium

Selenium is a **natural antioxidant**. Selenium appears to preserve elasticity of tissue which normally reduces with age. Selenium is a key nutrient in helping support the functions of the **immune system** and maintains certain **energy-producing cells**, including heart cells. Selenium plays an important role in maintaining **thyroid functions and male fertility**/ reproductive functions

Molybdenum

An essential trace element. Molybdenum supports the functions of your nervous system and kidneys. Molybdenum also plays a role in energy production in your cells and it is particularly helpful in aiding you utilize iron.

And lastly:

Copper -

This is very important as zinc and copper compete with each other to be absorbed in the body - as a result taking long term zinc can cause copper deficiency but this is **prevented by the copper in EasyBetic**.

Copper is required to maintain the nervous system and blood cells.

The importance of lowering insulin resistance

All the medical evidence tells us that helping to reduce resistance to insulin and preventing spikes of insulin is BY FAR THE MOST APPROPRIATE WAY TO TREAT DIABETES -

Simply pushing up insulin levels (as some medications do) is potentially harmful. These medications may reduce blood sugar but by elevating insulin and other harmful effects mean they may not be the most optimal way to manage diabetes.

Please see the blog post <https://nutricur.com/does-your-doctor-know/diabetes-you-must-know-this/> for more information on why this is so vital.

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In summary....

We can see that EASYBETIC is the perfect combination of the

right type
and
correct doses

of minerals and spice is an invaluable tool in the fight against diabetes.

It is –

Safe
Effective AND
Works in the most helpful way for long term benefit.

Dr David Morris

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Family Practitioner and Integrative Medicine Physician

“Take Care Of You”

This information does NOT constitute individual medical advice. People on taking medicines to lower their blood sugar should consult their health care practitioner

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