

Do you need Glyconutrients?

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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

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By George Satovich

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With all of the exciting things people are seeing in their lives as a result of adding glyconutrients to their diet, the question has been raised "Are glyconutrients a miracle cure or are the results people have seen a placebo effect?"

The answer is: NEITHER!

A wealth of information on glyconutrients is available at:

Glyconutrients Website

If you haven't heard the term "Placebo Effect", this is a nice way of saying "It was all in your head." This can refer to either the disease itself or the "cure." If glyconutrients were in fact a placebo, you would see little scientific evidence to support the results. However, there have been numerous studies on glyconutrients, which scientifically validate the technology. Such studies can easily be found on the Internet by searching for information on Glycobiology. One organization that has done extensive research in the field of glyconutrients and disease is The Fisher Institute. They can be found at <http://www.FisherInstitute.Org>.

To understand why people have such dramatic results after they begin taking glyconutrients, you need to take a look at how and why the body begins the disease process. First of all, glyconutrients are NOT prescription drugs that are prescribed to "cure" or "treat" any particular condition. They are a food. In fact, they are sugars. When you think of sugar, you probably think of the white stuff you put on top of your cereal. However, it has been discovered that all of our cells contain sugars at their core. Without these sugars, the cells cannot communicate properly. There are 8 of these known sugars today, but most diets only contain 2 of these sugars. Fortunately, your body can manufacture the other 6 sugars, however due to stress and other factors; this process can be slowed down or come to a grinding halt. When this happens, cells begin to miss-communicate and the disease process begins.

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Once the disease process begins, your immune system recognizes that something is wrong and tries to defend the body against the disease. As with any war, if your immune system has enough "ammunition" to battle the disease, your body will return to its original state of health. However, if your immune system does not have the ammunition or the proper artillery to handle the disease, the disease begins to get the upper hand and your health declines.

You may be asking yourself where glyconutrients play a role in this disease process. As mentioned before, glyconutrients are not prescription drugs. They are naturally occurring sugars and found in certain plants. When you add these sugars to your diet, your cells have the necessary components to communicate effectively. It's this very process that allows your body to win the war against the disease and heal itself. As stated previously, glyconutrients do not cure or treat conditions. Rather, they allow the body to "treat" or defend itself against diseases.

For years, doctors believed that when you ate sugars, they were immediately converted to energy. In fact some doctors went as far as saying that eating any dietary supplements (such as vitamins purchased at the grocery store) did nothing more for you than make "expensive excrement." As a result, a study was conducted to understand what happened when a person added glyconutrients to their diet to determine whether or not they were converted to energy or absorbed into the body. The study showed that the body did NOT convert glyconutrients to energy as previously thought. The bottom line is that you can eat glyconutrients and gain significant health benefits.

Independent Mannatech Associate and glyconutrients consultant [Learn more about glyconutrients at:](#)

[Glyconutrient Information and purchase website](#)

Glyconutrients Are Only One Piece Of The Puzzle...

By David Filer

I recently read a lengthy article on Glyconutrients. The author of the article (who shall remain nameless), incorrectly and falsely made statements about glyconutrients and cures. If you or a loved one are suffering from an auto-immune disorder, please read this article before randomly buying a product off the internet.

Don't get me wrong. I am a huge proponent of glyconutrients. However, people need to be informed and educated before they start buying nutritional products.

The reality is that glyconutrients are GREAT; and they seriously help people that have compromised immune systems. Glyconutrients have the ability to feed our body at the cellular level. The end result of this is that your body acts and responds more efficiently. This means your body will naturally fight off and address current illnesses and ailments BETTER than if you did not take glyconutrients.

At this point in the research with glyconutrients, it is INCORRECT to make statements that glyconutrients heal. However, the research is far enough along that people who are battling auto

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immune disorders should **SERIOUSLY** consider taking glyconutrients.

My other beef with glyconutrient advertising is that it is **NOT** a silver bullet. There are many good things everybody should be doing for their bodies on a daily basis. These things are even more important when you are fighting a major autoimmune disorder.

For example, everybody should be doing the following:

Taking a good multivitamin

Drinking eight glasses of water a day, preferably distilled.

Taking Co-enzyme Q10 and Alpha Lipoic Acid

Taking Probiotics

Taking a high quality Vitamin C

Think about this. When your body is under stress; and it is failing to fight off a disease properly, wouldn't you want to give your body all the raw materials it needs to assist in the healing process? Glyconutrients are one **MAJOR** step in this process; but they are not the entire process.

There are two very good websites on the internet that discuss and sell multi-vitamins and glyconutrients.

David Filer believes overall wellness is a synergistic approach that incorporates moderation into every aspect of your life. Sleep, stress reduction, diet, exercise, supplementation, and glyconutrients are all part of his personal wellness program. You can read more about David's story at

<http://www.glyconutritionforlife.org>

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