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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!

Glyconutrients – How Much To Take?

By David Filer

Before we address the obvious question about how to take glyconutrients, let's first discuss briefly what they are.

Glyconutrients, are 100% vegetarian based derived entirely from plants & seaweeds. They combine aloe based saccharides with fucose-rich *Undaria pinnatifida*. They are Gluten Free; and usually contain arabinogalactan. Arabinogalactan has shown some immune-enhancing activity in the laboratory, particularly with regard to the stimulation of human natural killer cell cytotoxicity.

Glyconutrient products are specifically designed to enhance cellular communication. True wellness begins at the cellular level. Think about it? If your body is made up of millions and billions of cells that need to talk to each other, wouldn't it do its job better if the communication was better? Glyconutrients have amazing research behind them.

Glyconutrients are typically, sold in a bulk powder, capsule, or liquid medium. I have chosen to only discuss the dosages for bulk powder and capsules, because I believe that liquid supplementations are subject to oxygen and free radical contamination and should NOT be consumed.

Bulk Powder Recommended Use: One scoop (1/2 teaspoon) twice daily mixed with your favorite juice, tea, or water. In trials, the glyconutrient powder has been proven to be safe, & non-toxic, with no known side effects (up to at least 60 scoops per day).

Capsule Recommended Use: Two capsules twice daily on an empty or full stomach taken with a full glass of water. In trials, Glyconutrient capsules have been proven to be safe, & non-toxic, with no known side effects. (up to 20 capsules per day).

There is an excellent book on the market entitled 'In Search of Manna'. You can buy it at

www.amazon.com

. It contains doctor recommendations for 'emergency' dosages of glyconutrients

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based on specific auto immune disorders. The recommendations based above are for maintenance dosages or healthy people that want to maintain good health.

David Filer has a personal experience with 'cancer' in his family and believes in a moderate approach to overall supplementation. He believes that glyconutrients are one piece of the entire wellness puzzle. You can read more about David's story at

<http://www.glyconutritionforlife.org>

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 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

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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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