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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 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

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### 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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### **Glyconutrients A New Paradigm**

#### **By Zachary Thompson**

For many years carbohydrates and sugars were considered a bad and unnecessary addition to the diet. With the advent of Glycobiology (the study of carbohydrates) Science has proved that this is not so. In fact on the contrary, Glyconutrients have been proved to be very beneficial to our health. Now after years of neglect science is discovering some far-reaching truths about these carbohydrates.

Glyconutrients play an essential role in the structure of the cells in our bodies. All our cells are covered with fibers called glycoforms made up of proteins and fats. With the invention of the electron microscope, Scientists discovered trillions of sugar molecules adhering to these fibers or hair like structures. These sugar molecules are Glyconutrients and are in effect carbohydrate nutrients.

Contrary to previous speculation Glyconutrients are emerging as vital nutrients to the body. Their functions are varied and include hormone balance, enhancing our immune system, blood clotting. They help to create a communication system for the cells.

There are 8 necessary saccharides needed by our bodies they are called Glyconutrients

- Mannose
- Glucose
- Galactose
- Xylose:

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- Fuctos (not fructose)
- N–acetylglucosamine
- N–acetylneuramic acid
- N–acetylgalactosamine

They can be found naturally in a few foods. So why is there a need for us to take these Glyconutrients? Although they are found in these natural foods, and sometimes even manufactured by the body, Glyconutrients are sometimes lacking in our bodies. This is because stress, environmental factors and just poor eating habits cause us to get less of these vital nutrients, thus causing a deficiency in our bodies. Further many glyconutrients can be denatured by picking produce green or may have never developed in a plant because of toxins(such as fertilizer) in the environment.

In order to restore the balance of these Glyconutrients to the body, supplements have been made. When taken they ensure that your body is receiving adequate amounts of these vital nutrients. This improves your immune system and the general health of your body resulting in better health and the ability to enjoy your life to the fullest.

Zach Thompson is a Glyconutrients Consultant. His clients range from pro athletes and actresses, to cancer patients and children with Learning Disabilities. To learn if glyconutrients can hep you, visit his

<http://www.myglyconutrientstore.com>

site for a consultattion.

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