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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!**

**Insulin**

**By Aimee Deak**

**Insulin by Aimee Deak**

Insulin has two critical roles in the body that we cannot live without, yet it can be the root of many health problems, including diabetes. Insulin carries sugar (glucose), fat and protein into your cells where they are used for energy and the repair of your cells. When you eat, a certain amount of the food will be converted into glucose and enter the bloodstream. As the sugar levels rise, the body senses it and the pancreas secretes insulin to lower the sugar. This is insulin's second main function.

If you eat too much of any food, especially carbohydrates (starch and sugar) the levels of glucose in the blood rise to very high levels. In turn this triggers a large release of insulin from the pancreas. Your cells will take what they need and then insulin will begin the process of converting the excess glucose, fat and protein into fat and then put it all away in your fat cells. By combining foods the right way for your body, you will maintain optimum levels of insulin throughout the day.

The best way to control insulin and fight sugar cravings is to eat protein snacks when you are hungry or when you have severe "sweet" cravings. Also, try to limit yourself to three carbohydrate-containing meals per day and try to eat vegetables with most meals and snacks.

A particularly good snack is non-fat cottage cheese and salsa. The only vegetables to avoid in the evening are corn, yellow or orange squash, peas, beets and carrots. They have high simple carbohydrate (sugar) content.

Good natural sources of protein for meals or snacks are:

Chicken breast  
Turkey  
Fish  
Lean Pork  
Lean Steak  
7% or less Ground Beef  
Egg whites  
Egg Beaters  
Tofu  
Non-fat cottage cheese  
Non-fat cheese  
Non-fat cream cheese  
Non-fat sour cream  
Fat-free Ham or Canadian bacon

## Insulin

You can also try protein powder and protein bars.

I recommend Labrada ProPlete Protein powder. It is low fat, low carb and high protein. It comes in several flavors and you can probably get it at GNC stores or any vitamin store. It does not have artificial sweeteners. It is sweetened with Stevia, which is all-natural and it made from the root and leaves of the Stevia plant.

Labrada also makes good low-carb, sugar free protein bars. Other good protein bars are Ultimate Lo-Carb, Ultimate Lo-Carb2 and Premiere Elite. These are good as a "pretend candy bar" when you're having a craving. Just don't over do it. The last three bars I mentioned do have artificial sweeteners. You can find them at GNC, Trader Joe's and many vitamin stores.

The key is to eat frequently throughout the day and also have a real sweet treat once a week if that will help you stay away from sweets the rest of the week.

My fat loss and fitness plan "Every Body Loses" will give you the tools you need to begin a healthy weight loss program. The style of eating and exercising outlined in my book is one that you can follow for life without feeling deprived. If you're serious about losing fat and getting fit go to [www.aim4nutrition.com](http://www.aim4nutrition.com) and get started TODAY!

Good Luck and Be Well,

Aimee Deak  
Personal Trainer & Nutrition Analyst  
AIM 4 NUTRITION

Aimee Deak is a certified personal trainer, nutrition analyst and author of the book, "Every Body Loses", an easy-to follow, step-by-step guide to fat loss. You can find more information about fat loss and exercise on her website [www.aim4nutrition.com](http://www.aim4nutrition.com)

### **Dog/Canine Diabetes**

**By Matthew Seigneur**

#### **Dog/Canine Diabetes by Matthew Seigneur**

What is canine diabetes?

Canine diabetes is a condition where there is a deficiency of the hormone insulin or maybe insensitivity to it. Inside the islet cells of the pancreas insulin is produced.

Insulin is usually responsible for controlling the body's main fuel, glucose. Insulin does this by preventing the glucose production in the liver and it also ensures that glucose that is taken in from food that is in excess is put into body stores.

## Insulin

In a dog that has canine diabetes, they do not have enough insulin to turn off the glucose production by the liver or to store it efficiently.

What this means is that the glucose rises and will exceed a level in which the kidneys let the glucose into the urine. This will cause the need to urinate more frequently.

What are the signs of canine diabetes?

Excessive urination is one of the first signs you will notice, with also the intake of more water. Dog with canine diabetes also tend to lose weight because they breakdown stores of fat and protein in order to make glucose and ketones in the liver.

Other signs may include cataracts, increased appetite, decrease in activity, and recurring infections.

How do you treat canine diabetes?

Insulin is the best treatment for canine diabetes. It has to be given by injection because it is a protein and would be digested if given in a tablet.

With careful treatment of mixing the insulin you will be able to treat your dog with care. Your vet will be able to prescribe the correct type of insulin and help you know exactly how to mix and how to administer the insulin.

How do I keep my dog's diabetes stabilized?

Your vet will help with getting the correct dosage of insulin. Every dog is different as every human is different, so please always check with your vet before changing the amount of insulin for your dog.

Make sure you keep your dogs diet constant each and every day; this will help in keeping canine diabetes under control. It is best to use commercially produced special diet formulas for dogs with canine diabetes.

As long as you keep your dog on his proper diet and give him his insulin as prescribed by your vet,

your dog will be able to live a long and happy life.

<http://www.dog-pictures.co.uk/> A dog lovers website with plenty of dog breed information and pictures.  
<http://www.dog-pictures.co.uk/dog-supplements/> provides dog supplements and dog health care information.

The Truth About Diabetes



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