

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

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

**Researching Glyconutritionals (a.k.a. Glyconutrients)?**

**By George Satovich**

**Researching Glyconutritionals (a.k.a. Glyconutrients)? by George Satovich**

The Greek word "Glyco" means, "Sugar". Most people think of sugar as being bad for you. However, there are actually TWO kinds of sugars. One is the refined or "extracellular" sugars which have been long associated with human disease. The other sugars are "intracellular" which can be found in fruits and vegetables and provide the body with nutrition it needs. These sugars, also known as complex carbohydrates, have been studied for years. However, only recently have we begun discovering their purpose in the body.

An increasing number of scientists believe that certain carbohydrates represent the next frontier in the search for non-toxic treatments for various degenerative conditions. Even though we have just begun to scratch the surface in understanding the full potential of these carbohydrates, the research being reported in just the last decade has ignited a new level of hope and optimism with some of the world's leading immunologists.

One of the world's most renowned veterinary immunologists, Dr. Ian R. Tizard, writes in a published paper entitled Carbohydrates, Immune Stimulating, "there has long been a tradition in folk medicine that extracts of certain fungi and plants may be of assistance in the treatment of cancer. On investigation, many of these extracts have been found to possess potent immune-stimulating activity. In many cases, this activity is attributable to complex carbohydrates."

Healthy bodies are comprised of many components working together in sophisticated harmony, and must have accurate internal communication to function correctly. In it's most basic form, this communication occurs at the cellular level.

To maintain a healthy body, cells must "talk" to each other. Their language is one of touch, written in saccharides (or simple sugars) on the cell surfaces. These simple sugars combine with other molecules to make glycoforms such as glycoproteins when combined with proteins or glycolipids when combined with fat. Of the 200 monosaccharides (glyconutrients) that occur naturally in plants, 8 have been discovered to be components in the cell surface glycoforms (see Harper's Textbook of Biochemistry--1996). Like thousands of different "keys" projecting from the cell surface, they will either

## Researching Glyconutritionals (a.k.a. Glyconutrients)?

unlock the required functions of the adjoining cell or not. If the right keys are available, the body functions smoothly. If not, it doesn't. Acta Anatomica, which is a European journal, states that these simple sugars have a coding capacity that surpasses that of amino acids!!

Glyconutritionals provide the cellular communication needed in the body.

Only two of the eight monosaccharides (glyconutrients) are found in today's diet. Our diets have changed in response to the demands for quicker, cheaper food. Consequently, we are not eating foods that contain the necessary fuels for our cells to communicate in a healthy, effective manner. While our body has the capacity to manufacture these simple sugars, the conversion process is complicated. During the conversion process your cells are exposed to tens of thousands of free radical hits each day. This requires time, energy and a host of other micronutrients in order to complete the conversion.

Viruses can also interfere with our body's ability to make these conversions. People who are ill or who have inborn errors of metabolism are especially vulnerable to a breakdown in the process. Whenever the monosaccharides cannot be made, communication is slowed down or impaired as a result.

Since your body has more than a trillion cells and fully regenerates all of its cells in approximately 1 year, any miscommunication or slowdown could cause major health problems. With millions of cells regenerating each day, it's easy to imagine what could happen if during this process, the cells didn't regenerate correctly. This is why glyconutritional supplements are essential to our diet!

Now that you hopefully understand glyconutrients a little bit better I also wanted to share with you a "plain English" definition of phytochemicals (or phytonutrients) and what they mean to you as well. [www.4glyconutrients.com/phytonutrients.html](http://www.4glyconutrients.com/phytonutrients.html)

Mr. Satovich is a Glyconutritionals consultant. To learn more about Glyconutritionals go to: <http://www.4glyconutrients.com/glyconutritionals.html>

### **Let Your Child Feast On His Gummy Bears!**

**By Lisa Hyde-Barrett**

Does your kid refuse to eat his greens? Does he or she love gummy bears more than the fruits and veggies you want him to eat everyday? You are not alone. Many parents face the same problem.

Most children are fussy eaters. They love all kinds of junk food and processed food. They would hardly take a look at all those fruits and veggies you put on their tables, but they will gobble up gummy bears with gusto. Responsible parents have always fretted over their children's affinity for junk food. A growing child needs proteins and vitamins. Lack of these in their daily diet can affect their immunity to diseases. Children fed on a diet of junk and refined foods tend to be frailer and may also do badly in their studies. It can also affect their behavior.

This last point is not been given as much importance as it should be. When the Appleton Central

## Researching Glyconutritionals (a.k.a. Glyconutrients)?

Alternative High School replaced vending machines with water coolers and started offering fresh vegetables, fruits, whole–grain bread and a salad bar in place of the hamburgers and french fries, vandalism among the students nosedived!

The question is how will you make your child eat more nutritional food. In any case, pushing fruits and vegetables down their throat is not an answer. Not just because of the unpleasantness it will cause, but because pollution and other factors have reduced the quantity of vitamins and other nutrients in those foods. You may cram your child's stomach with fruits, but he or she may still not get the right quantity of nutrients needed daily.

Children's food supplements containing a revolutionary new class of sugars called glyconutrients could be the answer to the problems faced by parents.

What are glyconutrients. Essentially these are a class of sugars that have been found to be of immense importance in the body's fundamental process of cell building. A lot of research is currently going on about the effect eight sugars from this class of saccharides have on the body. Two of these, glucose and galactose, are abundant in our diet. The remaining six — mannose, fucose, xylose, N–Acetylglucosamine, N–Acetylgalactosamine, and N–Acetylneuraminic acid – are mostly missing from our food. Glyconutrients strengthen our immunity, and help the body fight many diseases.

The problem is how to get the children to eat these glyconutrients. Glyconutritionals or food supplements containing glyconutrients are now available that resemble and taste like the junk food your children would like to snack on. So if your child loves gummy bears, it would be easy to get him to eat those scrumptious, delicious, colorful gummy–bear shaped glyconutritionals made from natural ingredients. For once, you won't disapprove of your child chewing on those gummy bears!

Lisa Hyde–Barrett, a registered nurse and wellness advocate, knows the value of good nutrition and its relationship with good health. She's become passionate about the new research behind sugars, specifically

glyconutritional products

. Know more about

gummy bears

with glyconutrients.

Researching Glyconutritionals (a.k.a. Glyconutrients)?



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**[100% Effective Natural Hormone Treatment](#)**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**