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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!

The Profect Solution for Diabetics

By Protica Research

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Diabetes, which affects more than 6% of the US population or over 18,000,000 people [i], is diagnosed when the body is not creating or effectively utilizing the hormone called insulin. As a result, much-needed energy from sugar, starch, and other sources are not being exploited as effectively as they should. This can lead to severe adverse health consequences, including nerve, ocular, and kidney problems [ii].

While genetics and environmental factors play a role, the exact cause of diabetes is as yet undetermined. However, one thing is precisely clear to those with this condition: eating right is vitally important.

Generally speaking, people with diabetes do not eat a standard "one size fits all" diet. Rather, they must adhere very closely to the healthy eating guidelines prescribed by their doctor.

However, these recommendations, which generally apply to the general public as well [iii], include principles such as eating a low-fat diet, and limiting calories from saturated fat to less than 10% of daily caloric intake. The recommendations also include eating complete sources of protein, and limiting calories from protein to 20% of daily caloric intake [iv]. It is worth noting that protein also plays an added support role in a diabetic diet, because protein can slowly transform into glucose. As such, ingesting appropriate amounts of complete protein can help a diabetic manage blood-sugar levels.

At the same time, maintaining low blood pressure is of enhanced importance for those with diabetes. As such, a diet that helps maintain a healthy body weight is essential, since high blood pressure is related to obesity and overweight conditions [v].

Diabetics know full well they should eat a calorie-smart diet that is low in fat, fortified with complete protein, and scores low on the Glycemic Index [1]. Yet quite often what is lacking is time to ensure that this diet is maintained.

Unlike individuals without diabetes who can, if they must, "snack" on unhealthy foods from time to time,

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persons with diabetes are well advised by their qualified doctors to ensure that a very healthy eating regimen is consistently followed. Yet following this regimen is indeed difficult; especially since so many foods in restaurants and vending machines are utterly devoid of healthy ingredients.

At most, one might expect to find some low fat options when eating out; but these usually have high calories, high sodium - to compensate for flavor lost due to reduced fat - and a high GI score. None of this is welcome information for diabetics.

Fortunately, a product called Profect has been medically engineered to provide diabetics with a practical eating solution. Profect, with its low Glycemic Index, contains absolutely no sugar. Therefore, diabetics do not have to worry about their blood sugar levels spiking after eating a serving of Profect.

As an added benefit to those with diabetes, Profect contains 25 grams of complete protein [2] — and zero fat. As such, Profect can be eaten along with other foods to slow down the overall absorption cycle. Ultimately, this means that Profect can effectively reduce insulin spikes and the subsequent creation of fat cells; which, as noted above, can lead to weight gain and high blood pressure.

Yet perhaps most appreciated by diabetics is the fact that eating Profect is very convenient. It requires no cooking ability, nor the creation of a messy - and potentially poorly configured - health "shake" that might actually add too much protein to the system, and lead to adverse toxic buildup.

The fact that Profect is convenient may seem like something of a marketing "benefit", to be touted on a website or a package container, but the reason for this has nothing to do with marketing appeal. People with diabetes, just like most of the population, lead busy lives in which time is of the essence. Finding 2 or 3 hours each day to create foods is oftentimes unrealistic.

It is because of this need for a convenient and easily accessible food that Protica Research created the 2.7 fluid ounce container to protect each serving. These containers are extremely strong, easy to carry and store, and are deliberately suited for busy, time-starved lifestyles.

Dealing with diabetes is a reality that more than 18 million Americans face each day, and over the next 2 decades the rate of diabetes is expected to increase by almost 250% throughout the developing world [vi].

Daily - one might say hourly - some of the finest brains in science are searching for preventions and cures that will help millions of people diagnosed with diabetes to lead full, healthy lives. Aligned with this ultimate mission is Profect's eating solution for diabetics and healthy eaters alike.

ABOUT PROTICA

Founded in 2001, Protica, Inc. is a nutritional research firm with offices in Lafayette Hill and Conshohocken, Pennsylvania. Protica manufactures capsulized foods, including Profect, a compact, hypoallergenic, ready-to-drink protein beverage containing zero carbohydrates and zero fat.

Information on Protica is available at <http://www.protica.com>

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Metformin Gum: Chew Your Way To Diabetes Control?

By Vivian L. Brennan

You can chew a gum to help you quit smoking, why not chew a gum to manage your diabetes? Generex corporation of Toronto, Ontario, Canada, has teamed up with Fertin Pharma from Denmark to create this diabetes gum.

The proposed gum would be for type 2 diabetes, and would be for patients who are not insulin dependant. The gum would deliver metformin to the patient through the lining of their mouth. Metformin

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is a traditionally used medication for diabetes. Generex, a biotechnology company, expects this type of delivery (buccal) to help overcome certain side effects of taking metformin orally.

The two companies announced their plans in early June of 2006. Generex has been a market leader for drug delivery, and Fertin has developed many other gums. Their partnership offers lots of hope for diabetics currently on medication.

Metformin is currently taken as a pill. It can be associated with nausea, abdominal pain, and vomiting, among others side effects. The idea of having metformin absorbed into the mouth is that it would prevent or minimize these effects.

When a drug is absorbed through a person's mouth, it is called a buccal delivery because it enters via the buccal mucosa. Generex has worked with buccal delivery successfully for other drugs. Generex has developed a type of insulin for insulin dependent diabetics that is sprayed into the mouth.

Metformin is a glucose-reducing drug. It is part of the biguanides family of drugs, which reduces glucose production in the liver. One of the brand names of metformin currently is Glucophage. Metformin also makes muscle tissue more receptive to insulin.

Currently, some of the side effects of metformin (which include vomiting or diarrhea) can be prevented when the medication is taken with food. With chewing a gum instead of taking a pill, scientists hope that the delivery will be more efficient and easier to deliver, which will prevent these gastro-intestinal side effects.

Metformin, and other medications for non-insulin dependent diabetics, is an important part of blood sugar control. It helps a person with diabetes cope with his/her blood sugar, which in turn prevents many of the complications associated with diabetes. This proposed drug will offer diabetics more choice and will help them find the ideal treatment process. We look forward to hearing more news on these developments!

Vivian Brennan is the editor of The Guide To Diabetes. To learn more about diabetes medications, for both type 1 diabetes and type 2 diabetes, visit The Guide to Diabetes today.



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