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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!**

**What are Glyconutrients?**

**By Therysa Gossman**

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Simply stated, the Greek word glyco refers to "sweet." Hence, a glyconutrient is a biochemical that contains a sugar molecule. The prefix "glyco" can be placed in front of a fat, protein or any molecule and suggests that a sugar is attached. Glycobiology is the study of the sugar portion of these proteins and fats.

Glycoprotein = Sugar attached to a protein.

Glycolipid = Sugar attached to a fat.

Glycoform = Any sugar form.

Glyconutrients are not vitamins, minerals, proteins, fats, herbs, enzymes or homeopathic drugs. They are carbohydrates. Just as there are essential proteins called amino acids and essential fats called fatty acids, glyconutrients are the newly discovered class of necessary carbohydrate nutrients.

The efficacy of glyconutrients has been established by the world's leading scientists and researchers as the key to proper cellular communication and proper cell function. Many medical professionals and research scientists believe this medical breakthrough in glycoscience will lead to glyconutrients becoming a household word within the next three years and believe Glyconutrients will soon become mandatory for overall health. With the speculation of becoming a "staple nutritional supplement" for all 6 billion people on Earth, even business analysts believe Glyconutrients will become a household staple.

Scientists are networking over the emergence of this new technology called "glycobiology"– the discovery of cellular communication! Books and articles are being published on this life-enhancing technology everyday! It is exciting to see how nutritional supplementation of glyconutrients can play a role major in supporting our bodies.

## What are Glyconutrients?

M.D. News, ~ June 2002. M.D. News, a national publication with regionalized editions in 40 major medical markets in the U.S. This 3–page article covers the science of sugars and reviews specific topics such as successes with fibromyalgia, toxic shock and diabetes.

Featured is Michelle, who in 1998 was a typical 10– year–old child with Down syndrome, attention deficit, always sick and hospitalized many times due to severe asthma attacks. Her life consisted of the nebulizer, antibiotics and steroids. That daily medical regime is no longer a part of her life since her parents, Barbara and Jacques, began giving her glyconutrient products. "Michelle now has the quality of life every parent wants for his or her child," says Barbara. "We know she'll get sick from time to time, but it won't be life threatening. Michelle has always been a beautiful child, but we and others have noticed that the facial features associated with Down syndrome have become less pronounced, a side benefit we didn't expect." (excerpt from Las Vegas Magazine, July/August 2001.)

There are stories like this one pouring in day after day about glyconutrients. Go and learn all you can about this exciting discovery for health and nutrition.

More on Glyconutrients:

<http://www.1-a-glyconutrients.com>

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### **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.

## What are 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 autoimmune 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

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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