



In this Issue:

1. [November is National Diabetes Awareness Month](#)
2. [ALTRUM Online: November ALTRUM News — How ALTRUM Compares to Other Brands](#)

November is National Diabetes Awareness Month

November is National Diabetes Awareness Month. An estimated 30 million — or 9.4 percent of Americans — have diabetes, according to the American Diabetes Association.

Type 2 diabetes, the kind that develops in adults, is the most common type of diabetes. Diabetes is characterized by high blood glucose (blood sugar), that develops either because insulin production is inadequate, or because the body's cells do not respond properly to insulin, or both. Left unchecked, type 2 diabetes can lead to nerve, heart and kidney damage.



About 84 million Americans have prediabetes. Although prediabetes is not an actual disease, it is a wake-up call to make life changes to prevent someone from developing full-blown diabetes, according to Dr. Dean Schillinger, professor of medicine in residence at the University of California San Francisco and chief of the UCSF Division of General Internal Medicine at San Francisco General Hospital.

A federal study of the Diabetes Prevention Program — geared toward preventing diabetes in people with prediabetes — found that when participants lost just 5 percent to 7 percent of their body weight, they decreased their risk of diabetes by 58 percent to 71 percent. Research shows lifestyle steps such as losing weight, becoming more physically active and eating more healthfully can help you reduce the risk of developing diabetes.

Physical Activity

Exercise decreases blood sugar levels, makes the body more insulin-sensitive and helps you lose weight, according to Mayo Clinic. A balance of resistance training and aerobic exercise is best. Swimming, bike riding, dancing and walking are good forms of exercise to prevent diabetes, according to the National Diabetes Education Program.

But you don't have to exercise for hours to help improve blood sugar levels. Walk for 30 minutes a day, even if you break it down to 10 minutes after each meal. Research shows it's effective to break your physical activity into smaller chunks throughout the day, according to Schillinger.

Improve Diet

Small changes help more than you think. Switch from drinking soda to water or add more lean protein to your dinner. "I can't say enough about improving diet," said Byron Richard, a clinical nutrition manager at University of California San Diego Health.

Increase the amount of fiber you eat. It will help reduce your risk of diabetes by improving your blood sugar control, lower your risk of heart disease and promote weight loss by helping you feel full, according to Mayo Clinic. Foods high in fiber include fruits, vegetables, beans, whole grains and nuts.

<https://www.mayoclinic.org/diseases-conditions/type-2-diabetes/in-depth/diabetesprevention/ART-20047639>



November ALTRUM NEWS How ALTRUM Compares to Other Brands

This month's issue takes a look at how ALTRUM multivitamins and ALTRUM probiotics stack up against similar competitor products. This "apples-to-apples" comparison demonstrates that several factors separate ALTRUM from other brands.

ALTRUM Supplements That May Help During Cold, Flu Season



* These statements have not been evaluated by the Food and Drug Administration.

This product is not intended to diagnose, treat, cure or prevent disease.

Please check with your physician when using prescription medication in combination with food supplements.

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