

Chromium—Essential Mineral for Blood Sugar Control

铬—控制血糖的必需矿物质



The Dangers of Sugar 糖的危害

POOR BRAIN HEALTH

影响大脑健康

- Memory and learning impairment.
- Increased risk of Alzheimer's disease.
- 记忆和学习障碍
- 患老年痴呆症的风险增加

BAD SKIN

皮肤不好

- Wrinkles, saggy skin. • 皱纹、皮肤松弛
- Aches. • 粉刺
- Eczema flare-ups. • 湿疹急性发作

INCREASED RISK OF HEART ATTACK & STROKE

增加心脏病发作和中风的风险

CHRONIC INFLAMMATION

慢性炎症

- Damaging healthy cells, tissues and organs.
- Over time will lead to DNA damage, tissue death and internal scarring. All of these are linked to the development of several diseases including cancer.

- 损害健康的细胞、组织和器官。
- 久而久之，将导致脱氧核糖核酸损伤、组织死亡和内部瘢痕。所有这些都与包括癌症在内的几种疾病的发展有关。

“Sugar is a POISON by itself, beyond just an empty calorie.”

Dr. Robert Lustig

「不仅仅是一种空卡路里，糖是一种毒药！」

罗伯特·拉斯帝格博士

WEAKENED IMMUNITY

免疫力下降

DIABETES

糖尿病

WEIGHT GAIN

体重增加

AFFECTS YOUR MOOD

影响情绪

LINKED TO FATTY LIVER DISEASE

与脂肪肝有关

INCREASED RISK OF AN ENLARGED PROSTATE

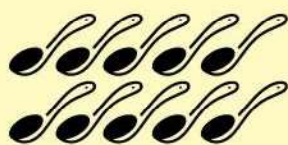
增加前列腺肿大的风险

Malaysians and Singaporeans Are Too Sweet!

马来西亚人和新加坡人太甜了!

World Health Organisation's recommendation:

世界卫生组织建议:



Maximum 5-10 teaspoons of sugar daily.

每天最多5-10茶匙糖。

Ministry of Health, Singapore:

新加坡卫生部:



Singaporeans consume on average 12 teaspoons of sugar daily.

新加坡人平均每天摄入12茶匙糖。

Ministry of Health, Malaysia:

马来西亚卫生部:



Malaysians consume on average 15 teaspoons of sugar daily.

马来西亚人平均每天摄入15茶匙糖。

Sugar Is More Addictive than Cocaine!

Studies show that sugar affects our brain pathways just like addictive drugs, and research on rats has found that sugar is more addictive than drugs like cocaine!

Not only sugar that food manufacturers add to their products to increase flavour or extend shelf life, but foods like refined carbohydrates (carbs) such as white rice and white bread are just as bad. These simple carbs are converted into sugar very quickly, producing a spike in blood glucose, triggering the release of hormones like insulin, cortisol and adrenaline. These hormones can be detrimental to health when their levels are imbalanced.

If you are always craving for sugar and carbs, lack of chromium may be the cause.

Why Chromium?

Our body needs chromium for its key role in processing carbohydrates and fats. This mineral helps regulate blood sugar by working with insulin to transport glucose into cells to be burned as fuel. Chromium plays a role in keeping your mood and appetite stable. It also promotes lean muscle mass and optimizes energy output.

Chromium deficiency can lead to impaired insulin function, glucose intolerance, inhibition of protein synthesis and energy production, which may lead to type 2 diabetes and heart disease. Numerous studies also show a strong association between chromium deficiency, high blood insulin, and elevated blood cholesterol levels.

Where to Get Chromium?

Natural food sources include whole grains, bran cereals, green beans, broccoli, prunes, nuts, peanut butter and potatoes. However, it is hard to estimate exact amounts of chromium in foods because it can vary based on the minerals in the soil where they were grown. Therefore, chromium picolinate supplementation is one sure way to ensure your intake.

Supplements containing 200-1,000mcg chromium picolinate a day have been found to improve blood glucose control and reduce sugar and carb cravings.

Control Your Blood Sugar Levels, Naturally!

Once the body is diabetic, changes in diet alone may not be able to reverse the condition depending on the severity of insulin resistance that has developed and this can result in a life-long sentence of prolonged medication to control your blood sugar.

Prevention is better than cure. Make sure you are getting enough chromium before it is too late!

NewLife™ Chromium Picolinate

- Helps control blood sugar.
- Curbs sugar and carb cravings.
- Fights body fat accumulation and promotes lean muscle mass.
- Improves glucose tolerance and cell sensitivity to insulin thus helping to prevent adult-onset diabetes and hypoglycemia.
- Prevents high cholesterol and cardiovascular disease.
- Enhances energy and increases endurance in athletes.

Please turn to page 12 for a special offer on **NewLife™ Chromium Picolinate**.

新生命有机铬

- 有助于控制血糖。
- 抑制对糖和碳水化合物的渴望。
- 确保有效的脂肪代谢，增加瘦肌肉。
- 改善葡萄糖耐量和细胞对胰岛素的敏感性，从而帮助预防成年始发性糖尿病和低血糖。
- 预防高胆固醇和心血管疾病。
- 增强运动员的能量和耐力。

请参阅第12页以获取更多有关**新生命有机铬**的特别优惠。

糖比可卡因更容易上瘾!

研究显示，糖就像成瘾药物一样影响我们的大脑通路：对老鼠的研究发现，糖比可卡因等药物更容易上瘾!

不仅仅是食品生产商为了增加风味或延长保质期而在产品中添加的糖，精制碳水化合物(碳水化合物)如白米、白面包等食品也一样不好。这些单一碳水化合物会很快被转化为糖，导致血糖飙升，引发胰岛素、皮质醇和肾上腺素等激素的释放。如果这些激素的水平不平衡，就会对健康有害。

如果您总是想吃甜的或碳水化合物，这可能是因为你缺乏了铬。

为什么铬?

我们的身体需要铬来处理碳水化合物和脂肪。此矿物质与胰岛素协同工作，将葡萄糖输送到细胞中作为燃料燃烧，从而帮助调节血糖。此外，铬在保持您的情绪与食欲稳定方面起着重要作用。它还能提高肌肉质量、完善能量输出。

铬缺乏可导致胰岛素功能受损、葡萄糖耐受不良、抑制蛋白质合成和能量生产。这将会提高患上第二型糖尿病和心脏病的风险。大量研究也已证明，铬缺乏、高胰岛素与高胆固醇水平三者之间有很强的相关性。

铬从哪里来?

虽然我们可以从一些天然食物包括全谷、麸谷、绿豆、西兰花、西梅干、坚果、花生酱和马铃薯中得到铬，但我们很难确切地估计这些食物内的铬含量。这是因为铬含量取决于生长地土壤中的矿物质含量。因此，摄取吡啶甲酸铬保健品是其中一个确保您足够得到铬的方法。

每天摄取含有200-1000微克(mcg)的吡啶甲酸铬保健品被发现可以改善血糖控制及减少您对糖类和碳水化合物摄取的欲望。

自然调节血糖水平

一旦患上糖尿病，仅仅靠饮食的改变未必能扭转病情，这必须看已发展的胰岛素抵抗的严重程度。若病情过于严重，将可能导致终身都需要依靠药物来控制血糖。

预防胜于治疗! 在还有机会远离病患时，先确保自己摄取足够的铬。

