

Believe it or Not...

Some Sugars are Actually Good for You!

☛ Discover the eight essential sugars that can support your immune system, improve your mood and benefit your health!



We don't normally equate sugar with good health, but that's because most of us eat too many refined sugars, particularly sucrose or table sugar. However, there are many kinds of sugars, and some of them are very important to good health. These sugars, found naturally in fruits, vegetables, herbs, milk and other foods, are collectively known as glyconutrients.

Eight sugars have been identified as being essential to human health—mannose, galactose, xylose, fucose, n-acetylglucosamine, n-acetylgalactosamine, n-acetylneuraminic acid and finally, the one most of us eat too much of, glucose. These simple sugars form complex polysaccharides which help our cells communicate more effectively. Specifically, these sugars are used to enhance immune function, brain and nervous system functions, intestinal health, tissue repair and other critical

functions. Specifically, these sugars can help with problems like cancer, allergies, asthma, hayfever, auto-immune diseases, arthritis and bacterial or viral infections.

In this month's herbal hour, you'll discover how various polysaccharides like inulin, beta glucans, arbinogalactan, fructans, gums and mucilage can benefit your health. You'll also learn how herbs and supplements rich in polysaccharides such as reishi, miatake, shitake, cordyceps, aloe vera, Glyco Essentials and Immune Stimulator can enhance your immune system, improve your energy and aid tissue healing and repair.

We will also introduce you to an all natural alternative to refined sugar, Xylitol, and its many health benefits. Plus, you'll learn about other supplements that can help your cells communicate better with each other.

Discover how the right kind of sugars can be good for your health.

Date:

Time:

Place:

Mark Your Calendar

So You Won't Miss Out on this Important Information

