



 Your Guide to Health+Beauty

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HIS&HER HEALTH GUIDE

Expert Tips to
**Look Good,
Feel Great**

Weight-Loss Wonder

IT'S SAFE, NATURAL
AND MAY REVERSE
DIABETES

people and products:



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Tells How She Got
Her New Look

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**FAT-BURNING
MACHINE**

The Food Network's

Cat Cora

What Inspires Her Healthy Brand of Cooking
Plus, Kid-Friendly Summer Snacks

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sugar shakedown

A NEW FLAVONOID COMPLEX MAY HELP AMERICANS DODGE DIABETES.

We've all heard the grim diabetes statistics: More than half of all Americans will have diabetes or pre-diabetes by the year 2020, at a cost of \$3.35 trillion, unless something drastically changes with U.S. health trends.

While virtually nonexistent before the 20th century, diabetes now seems like a runaway train that can't be stopped. Our sedentary lifestyles and diets of refined carbs are just some of the cards stacked against us. But a new supplement, in stores now, may give us a sugar-buffering "ace" up our sleeves.

Called Emulin, and sold as a supplement named GC7X, this flavonoid complex has been shown to buffer the effects of carbs and has even outperformed metformin, the No. 1 diabetes drug in the country. We had a chance to interview the two researchers who created the patented product, in this month's issue (see Page 34).

Observing that natural citrus juices and other tropical fruit were higher in sugar than soft drinks, yet their consumption did not appear to lead to weight gain or diabetes, the researchers theorized that some component in tropical fruit has a direct effect on carbohydrate metabolism. If the active compound(s) could be identified, it could be used as a food supplement or medical food for weight management and the treatment of metabolic syndrome.

After a decade of research, three flavonoids were ultimately identified and combined in a synergistic ratio. Called "Emulin" because of its ability to emulate insulin, this new supplement is gaining rave reviews from users—including some who've been able to reverse their diabetes altogether. In addition to the supplement form, Emulin is also re-crystallized with sugar and will be available as a "diabetic sugar" this summer.

While time will tell if Emulin can make an impact on America's health, one of the world's largest food ingredient companies thinks it's pretty sweet—they reportedly paid more than \$100 million to license the new discovery as a food additive.



Beth Salmon
EDITOR IN CHIEF

Weren't born with a skinny metabolism? It's time to even the playing field. This sugar-busting diet aid derived from plant flavonoids can help you absorb 30% fewer calories, burn carbs for energy—not store them as fat—and even prevent (and possibly reverse) diabetes.



EMULIN: *a sweet* BREAKTHROUGH

WE AMERICANS LOVE SUGAR. An Emory University study published in *The Journal of the American Medical Association* looked into the “added sugar” intake of more than 6,100 adults. The participants averaged more than 21 teaspoons of added sugars a day, representing 16% of the participants’ daily caloric intake—and that was up from 11% 30 years ago. America’s sugar consumption is

likely the biggest culprit behind our staggering obesity numbers and closely related rise in medical disorders, namely high cholesterol, metabolic syndrome, prediabetes and diabetes. In fact, according to 2011 National Diabetes Statistics, diabetes affects 25.8 million Americans with an estimated 79 million additional adults classified as “pre-diabetic.”

For many of us, getting control of our blood sugar has been a losing battle. But maintaining healthy blood-glucose levels is absolutely vital to achieving any weight loss or lifestyle goal. Many dietary supplements designed to lower blood-glucose levels have been launched into the marketplace over the years with mixed results. But a new discovery may just be the breakthrough that not only downsizes American waistlines, but also helps to reverse our alarming diabetes trends as well.

SUGAR BREAKTHROUGH

Having worked in the citrus industry most of their lives, M. Joseph Ahrens, Ph.D., and Daryl Thompson, researchers at ATM Metabolics, a Florida-based research firm specializing in carbohydrate and neurological metabolism, always knew that something in fruits contributed positively to carbohydrate metabolism. How else could you explain cultures and individuals who consume large quantities of tropical fruits but have none of the negative side effects associated with high sugar consumption?

“Look at orange juice,” says Thompson, a food- and bio-chemist. “It’s a very sweet product with more sugar than even Coca Cola, but citrus juices have the ability to

reverse metabolic insulin. Why? That’s what we wanted to find out.”

Renting time on supercomputers from UCLA, the researchers scoured extensive data, analyzing the components of more than 700 fruit species, eventually identifying a handful that could essentially lower blood-glucose levels and work synergistically to optimize the function of the seven major metabolic pathways associated with carbohydrate metabolism. In the end, three flavonoids were identified and optimally combined to create a powerful compound that “should” do as they hoped.

RESEARCH DEVELOPMENTS

Initial informal tests on the blood-glucose levels of friends and family members with diabetes turned out to be very positive. In fact, Thompson’s own mother found she no longer needed insulin injections after taking the flavonoid complex. Excited by their findings, the researchers filed patents and moved on to more formal research, working with world renowned Eurofins Scientific on an extreme study that killed the pancreas functionality of the rat subjects so the rats were incapable of producing insulin. The study pitted a group of rats taking a placebo vs. a group of rats taking

Ahrens selected the most prestigious diabetes research clinic in North America to conduct the study: the Diabetic and Glandular Disease (DGD) Clinic in San Antonio, Texas.

The DGD clinical study was designed to be bulletproof as it was a randomized, double-blind, placebo-controlled parallel group human clinical trial. Forty overweight diabetic adults were chosen to participate in the study. Like the rat study, the results were extremely positive, indicating that Emulin can indeed impact blood-glucose levels in type 2 diabetics by lowering blood glucose and peak glucose levels. In fact, the study showed that Emulin does a better job at reducing blood sugar levels in type 2 diabetics than the commonly prescribed diabetes drug metformin. (The Emulin group had a 7% reduction compared to just 2% for the metformin-only group). Interestingly, the trial also showed that Emulin taken with metformin reduced blood sugar by 28%, suggesting possible synergistic effects.

The results from the Emulin studies give hope for a natural solution in combating high blood-glucose levels that often result from poor lifestyle choices. The patented flavonoid compound will eventually be found in many food and nutritional products, but it recently hit the marketplace in a

If you eat that cheeseburger and take Emulin, 30% of those calories will immediately become unavailable.



the patented flavonoid compound.

The group of rats taking the placebo died almost immediately. The rats taking the patented flavonoid compound continued to live as if their bodies were producing insulin.

Eurofins repeated the study with a new group of rat subjects and achieved the same results. Because of the success of the Eurofins study, the researchers gave the flavonoid complex the name Emulin since its activities “emulate” insulin.

Informal human tests and positive rat studies aren’t enough to prove anything definitively, so the researchers took things to the next level by designing a human clinical study.

product called GC7X (Glucose Control 7 Times). Early adopters of GC7X have given very positive reviews. “In addition to fewer cravings and weight loss, we hear from groups using this product that they have so much more energy,” says Ahrens. “That’s because their bodies are using sugar as fuel—they’re not storing it as fat tissue.”

HELP FOR DIETERS

Did you ever wonder why one person can eat a cheeseburger and fries and not gain an ounce, while another can take a bite of a candy bar and seemingly gain 5 lb? The answer lies in what Thompson calls “portals,” doorways in the human gut from which carbohydrates are absorbed. “People who have fast metabolisms genetically

Emulin: At-a-Glance

WHAT IT IS: A proprietary and patented combination of naturally derived compounds found in plants, namely coffee bean extract, barberry bark and *Sophora japonica* flower extracts.

HOW IT WORKS: Emulin works for blood sugar control and weight loss by seven mechanisms:

- *inhibits the conversion of complex carbohydrates to simple sugars*
- *reduces the absorption of glucose from the gut to the bloodstream*
- *stimulates the absorption of glucose from the bloodstream to muscle tissue*
- *inhibits gluconeogenesis by the liver*
- *increases lipolysis in fat tissue*
- *increases insulin sensitivity by increasing glucose transporters in muscle tissue in the presence of insulin*
- *increases insulin release from pancreatic tissue by blocking the inhibitor TNF alpha*

WHERE YOU CAN FIND IT: Available as a nutritional supplement sold under the trade name GC7X, and with added caffeine as GC7X Surge. Emulin recrystallized with regular table sugar is planned for release as a “diabetic sugar” this summer.

HOW TO TAKE IT: Take 500 to 750 mg daily. “This is a natural product found in fruits and vegetables and has no known safety issues, not even remotely,” says Daryl Thompson.



don't have a lot of doorways,” explains Thompson. “While people who easily gain weight have plenty.” Emulin slows down these doorways or closes them off. In fact, says Thompson, “If you eat that cheeseburger and take Emulin, 30% of those calories will immediately become unavailable.”

While Emulin blocks carb absorption, that's not the only way it works for weight loss. Most notably, it also shuttles carbs to muscle tissue instead of storing them. “Emulin is managing carbohydrates, not depriving the body of carbohydrates,” says Ahrens. “Since it shuttles sugar to where it should be going, your body recognizes it as being satisfied. It is improving carb metabolism, and because of this, you simply want less food.”

While taking Emulin can help block the carbs and calories from any meal, including a fast-food feast, Thompson warns against using Emulin as an excuse to eat junk. “Sure, you can use Emulin to offset an occasional indulgence, but this isn't an excuse to eat more sugar,” he says. “We have to have more common sense about that.” *