

To Your Health & Wellness

A Bi-Weekly Newsletter from Natalie Kather, M.D.

Advanced Family Wellness P.S.

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PRODUCT OF THE MONTH:

Level G™

Each month, Advanced Family Wellness wants to share with you Univera® products and information that can restore and renew your health and wellness. Dr. Natalie Kather, advocates Univera® because of their quality and effectiveness.

July 2010 is the **Level G™** celebration month! Backed by a human clinical trial done at UC Davis, this product contains substances that truly address the metabolic concern for **pre-diabetes**. **Level G™** features "bioavailable chelates of chromium and vanadium, essential trace minerals shown to promote healthy glucose metabolism along with banaba plant extracts to support blood sugar metabolism (www.univera.com)".



For each bottle purchased for **\$58.95** at the clinic, you will receive 5 **free** packets of **RegeniFREE®** with a total of 10 capsules when the purchaser says "**RegeiFREE® with my Level G™ please!**"

Offer ends July 29, 2010.

To find out more about **Level G™** and other Univera® products visit www.univera.com

THOUGHTS FROM DR. NATALIE KATHER, MD "THE SUGAR PROBLEM"

Advanced Family Wellness often works with people who are concerned about their risks for developing metabolic problems like diabetes. As the owner and medical director of the clinic, I struggle with pre-diabetes myself. This is a serious concern for millions of Americans who everyday suffer sugar cravings, poor appetite control and other metabolic and nutritional problems. Unfortunately, only a few are aware that they can reverse these issues by their diet, lifestyle, nutritional supplementation, and hormone balancing.

Good nutrition is central in the fight against diet antagonists like sugars and carbohydrates. Sometimes, however, it is hard to abandon these diet foes without a specific diet guideline to point out foods one should avoid while increasing those that are essential for maintaining optimum health. Our office now offers a nutritional consult program utilizing the technologically advanced software, FoodPharmacy®. The program provides individually tailored dietary recommendations to optimize your nutritional health working to decrease habits placing one at risk for diabetes.

YOUR ASSIGNMENT FOR THE WEEK:

Reduce your sugar intake by replacing plant-based alternative sweeteners with your table sugars. Instead of sugar on berries, use *xylitol*. Beyond being low-glycemic, xylitol increases immunity, decreases cavities, and strengthens bones. If you're looking for a quick and sweet protein meal/snack, fans of Univera® recommend **Essentials™**, sweetened with xylitol. For iced tea, use green tea sweetened with *stevia* for an antioxidant, low-glycemic zero-calorie sweet beverage alternative.

