PROBLEM AREA

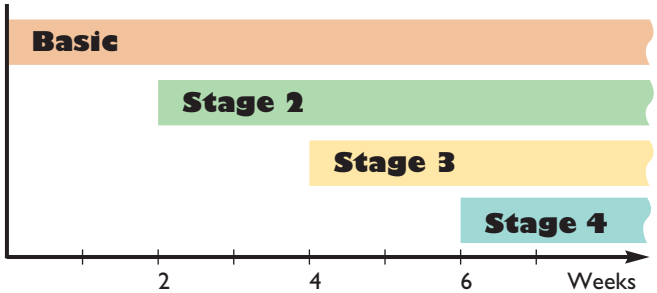
Sugar Metabolism

Glucose molecules and vitamin C molecules are extremely similar in structure and use the same cellular uptake mechanism (biological pump systems). Because of this, the increased blood sugar levels typical of the diabetic metabolism lead to increased uptake of sugar molecules into cells and consequently to reduced uptake of vitamin C.

Accordingly, supplementing the diet with vitamin C and other cellular nutrients contributes to correcting a deficiency of these micronutrients in the cells of the blood vessel walls, restoring the equilibrium between the vitamin and sugar metabolisms and optimising the functioning of the insulin-producing pancreas.

RECOMMENDED ACTION (STAGES)	MAIN CONSTITUENTS OF THE SYNERGY TEAM	ADVANTAGES OF OPTIMUM CELL NUTRITION
Basic programme	Cellular nutrient synergy of over 30 vitamins, minerals, amino acids and trace elements	• Optimises the body's overall metabolism
STAGE 2 **Optimising the glucose metabolism**	Vitamin C, vitamin E, B vitamins, biotin, chromium, inositol, choline	• Supports the glucose metabolism • Balances an increased cellular nutrient demand • Protects the cells against free radicals
STAGE 3 **Meeting an increased need for vitamin C**	Vitamin C	• Rights imbalances • Protects against free radicals • Promotes connective tissue production
STAGE 4 **Building up and stabilising the connective tissue**	Vitamin C, proline, lysine, N-acetyl glucosamine, copper chondroitin sulphate	• Protects and strengthens blood vessels • Binding agents for the connective tissue

RECOMMENDED CELLULAR NUTRIENT INTAKE:



Begin by taking the basic nutrient programme every day at mealtimes. Then supplement these cellular nutrients after 2 weeks with special nutrients to optimise the glucose metabolism (stage 2). If required go on to stage 3, involving vitamin C intake to cover increased requirements. If damage has already been done to the arteries or capillaries, a further stage can involve supporting the structure and stability of the connective tissue. Cellular nutrients to protect the eyes can also be important.

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