

Abby's^{2.0}

Health & Nutrition
Magazine

~~\$9.99~~ **FREE**

AbbysMagazine.com
Volume 14 Issue 4



BLOOD Sugar

Nature's
Blood Sugar Arsenal

THE RUNNER'S
SUPPLEMENT STACK

Berberine Breakthrough

The Herbs That Keep
Your Blood Sugar in Check

AbbysHealthFood.com  

For BLOOD SUGAR and BEYOND*



*This statement has not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



Natural Support for Healthy Blood Sugar Levels^{†*}

Managing your blood sugar can feel overwhelming, especially when energy dips and cravings take over. Making changes to your diet, learning how your body responds to specific foods, and getting regular exercise are key to meeting your blood sugar regulation goals. But sometimes these efforts are not enough. Luckily, there are evidence-informed supplements that support steady glucose levels and metabolic balance.*

How blood sugar stays balanced

Blood sugar regulation relies on a complex interplay of several factors.

- **Fullness:** Satiety, or a feeling of fullness, makes it easier not to overeat. Foods rich in fiber, as well as fiber supplements, contribute to satiety. PGX®—a soluble, plant-based fiber—has been clinically shown to help maintain blood sugar already within healthy limits.*¹ When mixed with water, it expands in the stomach to create a feeling of fullness.*
- **AMPK:** Activated protein kinase (AMPK) is the body's master energy switch. When activated, it helps supercharge the body's metabolism. Berberine—an alkaloid found in barberry, goldenseal, and Oregon grape—helps activate this switch to support blood sugar balance.*^{2,3}
- **Healthy Body Weight:** Well-controlled blood sugar is linked with healthy body weight. Ingredients like conjugated linoleic acid (CLA), which have been shown to promote fat loss, may also help with blood sugar levels.*⁴
- **Gastric Emptying:** When the stomach empties more slowly, glucose from starchy foods doesn't hit the bloodstream all at once. This gradual release can help prevent blood sugar spikes and crashes. Apple cider vinegar slows the rate of gastric emptying, helping keep blood sugar steady.*⁵
- **Insulin Sensitivity:** Insulin is a hormone that regulates blood sugar. To work properly, it needs the mineral chromium.* Not surprisingly, chromium has been shown to help maintain already-normal blood sugar—particularly in people with blood sugar challenges.*⁶

Natural Factors offers a variety of products featuring these ingredients.

- **PGX Daily Singles** feature PGX (PolyGlycopleX®), a unique plant-based soluble fiber supplement, supported by 30 clinical studies and available in convenient stick packs. Sprinkle on cereal, soup, or yogurt or add to any beverage of your choice.
- **WellBetX® Berberine** features sustainably sourced berberine from barberry root and provides the clinically supported amount of 1,000 mg daily in two vegetarian capsules.
- **CLA Tonalin® Linoleic Acid** includes 1,000 mg of Tonalin-brand CLA, a naturally occurring fatty acid derived from safflower oil—per softgel, making it easy to reach the clinically studied amount of 3–6 grams per day.
- **Apple Cider Vinegar & Chromium** is fermented with the “mother,” a web of proteins and beneficial bacteria thought responsible for ACV's effects. Fortified with chromium, it comes in zero-calorie, sugar-free vegetarian capsules, making it a better option than sugary gummies. ■

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.
† already within the normal range

References

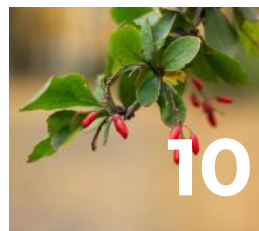
1. Brand-Miller JC, Atkinson FS, Gahler RJ, Kacinik V, Lyon MR, Wood S. Eur J Clin Nutr. 2010;64(12):1488-1493.
2. Panigrahi A, Mohanty S. Efficacy and safety of HIMABERB® BMC Endocr Disord. 2023;23(1):190. d
3. Yin J, Xing H, Ye J. Metabolism. 2008;57(5):712-717.
4. Benjamin S, Prakashan P, Sreedharan S, Wright ADG, Spener F. Nutr Metab. 2015;12:4.
5. Liljeberg H, Björck I. Eur J Clin Nutr. 1998;52(5):368-371. d
6. Balk EM, Tatsioni A, Lichtenstein AH, Lau J, Pittas AG. Diabetes Care. 2007;30(8):2154-2163.

Check out the entire selection of Natural Factors products for Gut Health at Abby's today!



CONTENTS

- 03. Natural Support for Healthy Blood Sugar Levels†*
- 05. Balancing Fruity Ice Cubes
- 08. From Pain to Power TNYMB
- 09. Supporting Healthy Blood Sugar Naturally
- 10. Berberine Breakthrough
- 12. Berberine Supplements: Health Benefits & Trends
- 14. The Runner's Supplement Stack
- 18. Preventing and Treating Diabetes in Dogs and Cats
- 19. The nervous Systems Role in Blood Sugar Regulation
- 20. The Herbs That Keep Your Blood Sugar in Check
- 22. Nature's Blood Sugar Arsenal
- 24. Questions about Probiotics & Diabetes
- 26. How to Stay One Step Ahead of Type 2 Diabetes
- 27. Artificial Sweeteners, Alzheimer's and Stroke
- 28. The Natural Sweeteners That Actually Work
- 30. Café Eden Recipes



Abby's Magazine

AbbysMagazine.com

Mission Statement:

Educate, empower and enable you to discover your personal path to preventative medicine and lifelong optimal health!

EDITORS:

Victor Karydis
Peter Kaye Karydis

DESIGN:

Infoswell Media, Inc.

EDITORIAL ASSISTANTS:

Stacy Karydis, Janet Landry

WRITERS:

Natural Factors, Vital Planet, New Chapter, The New You Miracle Band, Oregon's Wild Harvest, Emerald Labs, Plant Fusion, Café Eden staff, MegaFood team, Dr. Suzanne Demers Foley, Dr. Judy Morgan, Dr. Nicole Apelian, Dr. Eric Berg.

PHOTOGRAPHY & ILLUSTRATION:

Natural Factors, MegaFood, Vital Planet, Oregon's Wild Harvest, Plant Fusion, Emerald Labs, The New You Miracle Band, Jeff Nurse, New Chapter, Nordic Naturals, Kyolic, Dr. Health Radio, Café Eden, Enzymedica, Vadym, Real Sports Photos, janecocoa, andriigorulko, Maks Peoplenko, LadiesWin, HN Works, KILO LUX, BonkersArt, Abby's staff.

DIGITAL EDITOR:

Peter Kaye Karydis

WEB DESIGN & HOSTING:

Infoswell Media

ASSOCIATE DIGITAL EDITORS

Kaylee Ryan, Anna Duckett

Publication: #76 - Volume 14 Issue 4

Since 2013

Abby's Mag is published six times a year (every other month) by Abby's Health Food Inc.

AbbysHealthFood.com

Tel: 760-793-4463

Via e-mail: AbbysMag@gmail.com

Send All Magazine Mail Correspondence:

26025 Newport Rd #F477

Menifee, CA 92584

We do not make our mailing list available to other companies. The health content in Abby's Mag is intended to inform, not prescribe or advise, and is not meant to be a substitute for the advice and care of a qualified health care and/or health nutrition professional. The views and opinions expressed in editorials and advertisements are those of the authors and do not necessarily reflect the official policy or position of Abby's Magazine, Abby's Health Food Inc., and its affiliates.

youththeory
LONGEVITY™



built for the long game

a new longevity platform built on clinically studied ingredients and long-term cellular science*

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.



Volunteer
at Abby's
Organic
Community
Farm

[abbysfarm.org/
volunteer](http://abbysfarm.org/volunteer)

Balancing Fruity Ice Cubes

Summer has finally arrived! In the hot weather our bodies create a natural craving for cooling and hydrating foods such as melons. They are 90% water and are very easy to digest, which is why they are best when eaten at least twenty minutes apart from other foods. If not, the melon will just sit for hours in the stomach while the other food is being digested, and often will ferment and cause digestive issues such as gas or bloating.

This recipe brings the balancing energetics of Holy Basil with the cooling aspects of watermelon and ice. Usually, you won't see followers of Ayurveda or Traditional Chinese Medicine consuming large amounts of ice, especially during (and after) meals because it disrupts digestion. However, in moderation on a hot day and if taken with a slightly warming herb such as Holy Basil, the result can be just what our bodies need to say "ahhhhhhh."

This recipe can either be made into a granita (slushy ice) or you can use the ice cubes in your water or iced tea.*

Ingredients:

- 1 tablespoon Holy Basil or Peppermint
- 2 cups water
- 1 tablespoon maple syrup (optional)
- 1 cup of watermelon juice (blended and strained from half of a miniature watermelon)

Instructions:

Make the Holy Basil tisane using 1 tablespoon of holy basil (or Peppermint) and infuse for 10 minutes. Strain the tea. Combine with the other remaining ingredients and stir. Pour the liquid into the ice cube trays. Freeze. When frozen, pop the cubes out and place in a container in the freezer. Use just as you would regular ice cubes or blend them to create a granita.

NURTURE YOUR BODY WITH NATURE'S BEST



OREGONSWILDHARVEST.COM



* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

Doering

Family Dental
TampaDentalCare.com



David F. Doering
D.D.S. • PLLC

1201 West Linebaugh Avenue
Tampa, Florida 33612

813.933.5365

TampaDentalCare.com

Recommended by Abby's



Take Your Health to the
Power of Omega-3



**Fresh, pure, and powerful omega-3
formulas to support heart, brain,
and immune health.***

* These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease.

LIGHT AND REFRESHING! CLEAR PLANT PROTEIN

Clear &
Refreshing

Easy to
Mix

Easy to
Digest

The First and Only Clear Vegan Protein that is Gluten Free.

- **Clear & Refreshing**

Highly bioavailable and easily digested, no bloating or fullness traditionally found in thick shakes.

- **Minimal Ingredients with Zero Sugar**

Plant -based with notes of citrus, mango, guava, pineapple and coconut. No Sugar!

- **Mixes Easily and Stays Mixed!**

Blends quickly in water and stays clear, without clumps, for a crisp, refreshing drink throughout the day.

- **Superior to Barley sourced clear protein**

Barley protein is low in Essential AA's including BCAA's, contains gluten and is not considered gut-friendly.



VEGAN | DAIRY FREE | GLUTEN FREE | GMO FREE

800-519-6266 | info@plantfusion.com

FROM PAIN TO POWER: ONE WOMAN'S GIFT THAT CHANGED EVERYTHING



They told Jeff Nursey he'd never walk without help again. After a devastating cycling accident left him with shattered bones and daily agony, Jeff spent years in and out of surgery, relying on strong painkillers and trying every alternative therapy he could find. Nothing helped. At 48, he was declared 100% disabled.

Then, just before Christmas 2009, a friend gave him a gift that changed his life — The New You Miracle Band.

"I thought it was a gimmick," Jeff admits. "But two days after wearing it, the pain disappeared."

That experience launched a personal mission to help others find relief — especially women — who struggle with:

- chronic pain
- hormonal issues
- balance problems
- migraines
- arthritis



Each Miracle Band contains a decorative metal disc made from a proprietary blend of polarized metals, charged to match the body's natural electrical frequency. When worn on the wrist or ankle, it helps restore energetic balance and calm inflammation — all without drugs or side effects.

Products of The New You Miracle Band are sold here at Abby's as a Tampa Exclusive

The New You Miracle Band

TNYMB.com

850-207-6621



Real women. Real results.

"Life Saver — for that time of the month!!! The New You Miracle Band helped me greatly with my monthly cycle. Kind of personal... 10 days of misery, but this has been so debilitating in my life, and I finally have relief. Added bonus: being protected from EMF pollution :) Thank you!!!" — Lisa V., Tampa

"My new go-to accessory!" I used to suffer from intense sciatic pain, but relief came within hours of wearing the Miracle Band. My husband uses it for anxiety — no more meds. I bought one for everyone in my family. I tell everyone about it!" — Luz Negrete

"The New You Miracle Band is amazing! After wearing it a couple weeks, all my back pain from scoliosis went away and also the pain from the two herniated discs. **I highly recommend it to anyone having any type of pain.**" — Susan Bastajian

See our ad on the back cover.

Products are not FDA approved and is not intended to prevent or cure illness. WE MAKE NO REPRESENTATION OR WARRANTIES ABOUT THIS POTENTIAL HEALTH BENEFITS OF THIS PRODUCT. IF YOU HAVE ANY QUESTIONS OR CONCERNS CONSULT YOUR PHYSICIAN BEFORE WEARING. WE DO NOT REPRESENT THAT THIS IS A MEDICAL DEVICE. The results stated are from the testimony of thousands of satisfied users.

Supporting Healthy Blood Sugar Naturally

The Science Behind Prebiotic Fiber, Omega-3s and Probiotics for Metabolic Wellness



Maintaining healthy blood sugar levels is an important part of overall wellness. When blood sugar fluctuates too dramatically, it can affect energy, appetite, mood and long-term metabolic health. While nutrition and exercise remain essential, research continues to show that certain nutrients may provide additional support for healthy glucose metabolism. Among the most promising are prebiotic fiber, omega-3 fatty acids and targeted probiotic strains.

Why Fiber Matters for Blood Sugar Balance

The Benefits of Prebiotic Fiber

Fiber is one of the most important nutrients for supporting healthy blood sugar regulation. Unlike simple carbohydrates that are quickly broken down into glucose, soluble fibers help slow digestion and the absorption of sugar into the bloodstream. This slower process may help reduce post-meal blood sugar spikes and promote steadier energy levels throughout the day.

Prebiotic fibers offer additional benefits because they nourish beneficial bacteria in the gut. As these healthy microbes thrive, they produce compounds that may support insulin sensitivity, appetite regulation and metabolic function. Research also suggests that individuals who consume higher amounts of dietary fiber often experience better weight management and improved metabolic health overall.

Ingredients such as inulin, acacia fiber and other plant-based prebiotic fibers are increasingly recognized for their role in digestive and metabolic wellness.

Omega-3s and Metabolic Health

Healthy Fats for Whole-Body Support

Omega-3 fatty acids are best known for supporting heart health, but they may also play a role in maintaining healthy blood sugar balance. These essential fats help support a healthy inflammatory response throughout the body, which is important because chronic inflammation has been linked to insulin resistance and metabolic imbalance.

High-quality omega-3s from fish oil may also help support healthy triglyceride levels and cardiovascular wellness, both of which are closely connected to metabolic health. In addition, healthy fats may promote satiety and support balanced energy when included as part of a nutritious lifestyle.

The Gut Connection

How Probiotics Support Metabolism

Scientists continue to uncover the strong connection between gut health and blood sugar regulation. Certain probiotic strains may help

maintain a balanced microbiome, support digestion and promote a healthy intestinal barrier.

A healthy gut environment may positively influence inflammation, nutrient absorption and metabolic signaling throughout the body. Multi-strain probiotics containing *Lactobacillus* and *Bifidobacterium* species are among the most studied for digestive and metabolic support.

When probiotics are paired with prebiotic fiber, they work together synergistically because the beneficial bacteria receive nourishment needed to grow and thrive.

A Comprehensive Wellness Approach

No single supplement can replace healthy habits, but combining targeted nutrition with balanced eating, movement and proper sleep may help support long-term metabolic wellness. Prebiotic fiber, omega-3 fatty acids and probiotics each provide unique benefits that work together to support digestive health, cardiovascular function and healthy blood sugar balance as part of a well-rounded daily routine.



BERBERINE BREAKTHROUGH

By Emerald Labs



There is an epidemic of Americans with elevated blood sugar (glucose) levels. Half of American adults have insulin resistance, where blood glucose levels rise, which results in the spiking of insulin. This leads to diabetes, high lipids, increased body fat, inflammation, and an increase in many chronic diseases. A diet that emphasizes too many carbohydrates, especially refined grain products, is a huge factor in glucose problems. Moreover, inactivity worsens this all-too-common problem. Improvements in these areas should be the basis of improving insulin resistance. However, I recommend people consider using advanced technology with Emerald Labs Berberine Phytosome.

Beautiful Berberine

Berberine is a natural compound with a long history of use in herbal therapy to reduce glucose and insulin levels. Some exciting studies have been done comparing the effectiveness of berberine to that of the common drug Metformin for people with Type 2 diabetes. Moreover, berberine can help with:

- Metabolism and Weight
- Elevated lipids (reduce triglycerides, total cholesterol, LDL, and increase HDL)
- Improves liver enzymes and Nonalcoholic Fatty Liver Disease in Type 2 diabetes patients



Berberine Technology

Regular Berberine has a bioavailability of less than 1%. The new technology in Berberine Phytosome+ has been shown to improve absorption almost tenfold! Consider adding Berberine Phytosome+ to your diet and lifestyle changes for better glucose management and whole-body health. I certainly recommend this approach to patients before resorting to more risky medical therapies. ■

Strive for Metabolic Wellness

- Doctor Formulated
- Clinical Potency
- Non-GMO Ingredients
- No Magnesium Stearate
- Gluten-Free
- Vegetarian

Emerald Labs
The Additive-Free Company®



MUSHROOMS + AGED GARLIC EXTRACT™



Mushrooms, The Kyolic Way

Our new formulas combine the power of functional *mushroom fruiting bodies* with Kyolic® Aged Garlic Extract,™ herbs, and vitamins to boost the overall effectiveness and provide superior results.



Smart Mushrooms+

Organic Lion's Mane with Kyolic Aged Garlic Extract, clinically studied Brainberry® Aronia Berry Extract, Selenium, and vitamin B12 to improve response time, clarity, and brain health.*



Sleep Mushrooms+

Organic Reishi mushroom fruiting bodies, Valerian root extract, Suntheanine®, and Kyolic Aged Garlic Extract to support sound sleep and waking up feeling refreshed—without the groggy feeling.*



Immune* Mushrooms+

Organic Chaga, Cordyceps, and Turkey Tail mushroom fruiting bodies with Kyolic Aged Garlic Extract, Zinc, Oregano, and vitamin B12 to support immunity, energy, and overall wellness.*

We only use pure mushroom fruiting bodies in our Specialty Series Mushrooms+ formulas—*never grain fillers*—to deliver the highest concentration of key bioactive compounds possible.

Function—*not fillers.*



Scan the code to learn about all of our Mushrooms+ products.



Kyolic Aged Garlic Extract's proven health benefits are **backed by over 1,000 published scientific papers and 50+ years of safe and effective use.**



Kyolic®
SPECIALTY SERIES

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

info@wakunaga.com | 1-800-421-2998 | Kyolic.com



Berberine Supplements: Health Benefits & Trends

By: New Chapter

In the world of health and wellness, Berberine has been a rising star lately. This trending compound boasts some intriguing effects that can help with 21st century life. Let's dig into Berberine benefits and why you might want to add a high-quality Berberine supplement to your daily routine.

What is Berberine?

Berberine (pronounced "BUR-bur-een") is a golden-yellow alkaloid that occurs naturally in certain plants. An alkaloid is a cluster of molecules that contain nitrogen compounds. Alkaloid-rich plants have been used in traditional healing systems for thousands of years. Today, researchers are working to unlock the therapeutic properties of plant alkaloids, including Berberine.

Where does Berberine come from?

Plants that contain berberine include multiple species of Barberry, as well as Goldenseal, Chinese Goldthread, Oregon Grape, and Poppy. In Indian Barberry (*Berberis aristata*), Berberine is particularly abundant in the root of the plant. It's so potent that Indian Barberry root has been used as a source of yellow dye for fabric.

How is Berberine extracted from plants?

Over the centuries, humans have extracted Berberine using traditional methods like soaking plant parts in water or alcohol. This method is still used today, yielding Berberine hydrochloride (Berberine hcl) that is one of the most common forms used in dietary supplements. New Chapter's Berberine hcl formula is concentrated 30 times.

What are Berberine's benefits?

The benefits of Berberine supplements are a perfect match for the challenges of living in the 21st century. Berberine benefits include healthy blood sugar support and overall cardiovascular support. It's no wonder Berberine is becoming a popular supplement option, because the standard diet tends to be heavily processed. This in turn is linked to increasing need for cardiovascular support, healthy cholesterol support, and maintaining healthy blood sugar. Berberine is becoming a popular herbal answer to managing these areas of wellness—people want help from nature's wisdom rather than straight from a lab. Talk to your health-care provider if you have questions about the right Berberine routine for you.

Berberine Supports Metabolic Health

Metabolic health refers to how well your body processes blood sugar (glucose), fat, and other nutrients. Essentially, metabolic health covers many complex systems that relate to how you break down food and transform it into energy. Some specific ways that Berberine benefits metabolic health are:

Cholesterol support:

Berberine helps maintain blood cholesterol within a healthy range.

Healthy blood sugar support:

Berberine may help regulate blood sugar levels by helping your body effectively use the sugar in your bloodstream.

Cardiovascular support:

By supporting healthy blood sugar and healthy blood lipids (within the normal range), Berberine benefits the whole cardiovascular system (the heart as well as blood vessels).

The Science Behind Berberine Supplements:

There are several published studies about Berberine, with more work called for by experts in public health and herbal compounds.

Recent Studies on Berberine Supplements:

One area of research has shown that Berberine supports the ways that the body processes glucose (source of blood sugar). Glucose is a necessary source of fuel for the body that requires proper breakdown and utilization. Berberine helps maintain healthy glucose metabolism and healthy blood sugar levels. In other words, Berberine influences the body's processes that help maintain healthy glucose levels.

Areas of Future Research:

While we've learned a lot about Berberine, experts believe there's still much more to discover. Researchers call for more studies and trials on Berberine given its potential to be a helpful supplement. Randomized clinical trials on the compound could provide major insight into how Berberine can help large groups of people.

Is Berberine Like “Nature’s Ozempic”?

Ozempic is one name for a prescription medication called “semaglutide.” Semaglutide products have been approved by the Food & Drug Administration for certain aspects of metabolic health or weight management. Berberine, on the other hand, is not like semaglutide at all, despite what social media creators might say. Semaglutide is made in labs. Berberine is a compound found in nature, occurring in herbs that have been used for thousands of years. If you have need help with questions about metabolic health or body weight, check in with your health-care provider.

Is Berberine part of ancient healing traditions?

Plants that contain Berberine have a strong history of traditional use. Indian Barberry (*Berberis aristata*) is native to Nepal and distributed in India, Sri Lanka, Bhutan, and elsewhere in Asia, and important in the Ayurveda and Unani traditional medicinal systems. Huanglian is a Berberine-containing herb with a strong history of use in traditional Chinese medicine. Fun fact: Berberine-containing herbs Barberry (*Berberis vulgaris*) and Chinese Goldthread (*Coptis chinensis*—aka the very same Huanglian) are in New Chapter’s iconic Zyflamend™ formula, which is inspired by ancient herbal wisdom plus modern science.

How should Berberine supplements be taken and what is the recommended dosage?

It’s simple to add Berberine to your wellness routine! New Chapter has got you covered with potent, excellent quality Berberine packed in two-daily tablets. You can take both tablets with a meal or take one at breakfast and one at dinner (for example). Our potent Berberine formula delivers 1000 mg of this extract per 2-tablet serving. Why 1000 mg? This is the amount commonly used by researchers who are investigating the benefits of Berberine, such as in a clinical study of 16 weeks that showed Berberine helped support healthy blood sugar balance (Ming et al.).

Top Berberine Supplements in the Market

Interested in Berberine benefits? Want to find the right supplement for you? If you’re seeking effectiveness plus quality, you can check out the following tips as you shop for the perfect Berberine.

What to Look for When Buying Berberine Supplements

Follow these quick tips to find the best Berberine dietary supplement for you. Check for purity. New Chapter uses excellent quality, super-pure Berberine from authentic *Berberis aristata* root (Indian Barberry). Consider potency. Our 30x concentrated Berberine formula delivers 1000 mg of Berberine from pure Indian Barberry root in each 2-tablet serving. Review the serving info.

According to research, 1000 mg of Berberine extract is an optimal amount for metabolic health support. That’s exactly why New Chapter packs 1000 mg of Berberine into each 2-tablet serving of our 100% vegan formula. Confirm third-party validations. Want to make super-sure that a product is the excellent quality you deserve? Check that independent certifiers confirm quality, purity, and more. New Chapter’s Berberine is Non-GMO Project Verified, Certified Gluten-Free by NSF, and Certified Kosher. Know the benefits. New Chapter Berberine supports healthy blood cholesterol and blood sugar (already in the normal range) for

overall metabolic health support and cardiovascular health.* Our vegan tablets are easy add to your wellness routine!

Best of Science & Tradition

Berberine is a botanical wonder that has been treasured throughout time and is blowing up on social media currently. From ancient texts on Berberine-containing herbs to modern insights on how this compound supports key aspects of health, Berberine is rightfully recognized for its potent properties. Today, as researchers continue to unlock Berberine’s secrets, we also honor the wisdom of ancestors who understood its healing potential. New Chapter is proud to deliver excellent quality Berberine to help you live life WELL. ■



The Runner's Supplement Stack:

Nutrients That Support Energy, Endurance, and Recovery

By MegaFood Team

Running places steady demands on the body. Every mile depends on energy production, oxygen delivery to working muscles, and recovery afterward so the body can adapt to training. Consistent mileage, interval sessions, and strength training all place stress on systems that support endurance, muscle function, and overall resilience. Balanced meals remain the foundation of a strong training routine. Carbohydrates provide energy, protein supports muscle repair, and a wide range of vitamins and minerals contribute to normal physiological processes throughout the body. Supplements can complement this foundation by helping support nutrient intake and recovery during periods of regular training. A thoughtful supplement stack often focuses on nutrients that support energy metabolism, oxygen transport, muscle function, and recovery.

Supplement	What It Supports	Featured Options
Multivitamin	Daily nutrient intake †	Lifestyle-specific formulas
Magnesium	Muscle relaxation and nervous system support †	Capsules, powders, or soft chews
Iron	Healthy red blood cell production †	Blood Builder™ Iron or Iron Energy Gummies
Creatine	ATP production and quick energy systems †	Micronized Creatine Monohydrate Powder
Turmeric	Antioxidant activity and joint comfort †	Fast Acting Turmeric
Vitamin B12	Cellular energy and nervous system health †	Extra Strength Methyl B12

Daily Nutritional Support for Training

Before focusing on performance or recovery nutrients, it helps to start with consistent daily nutritional support. Vitamins and minerals play roles in energy metabolism, nervous system function, and muscle activity† — processes that remain active whether you're running, strength training, or recovering between workouts. Building a supplement routine often begins with nutrients that help support these foundational physiological processes.

Multivitamins: Daily Nutritional Support

A multivitamin provides a broad range of essential vitamins and minerals that contribute to everyday health. These nutrients participate in energy metabolism, nervous system function, and muscle activity — all processes that are impacted during periods of regular training. Rather than focusing on a single nutrient, multivitamins provide a comprehensive approach to daily nutritional support.

Multivitamins provide nutrients that help support:

- Energy metabolism and cellular energy production†
- Healthy muscle function and nervous system health†
- Overall wellness and daily nutrient intake†

Because nutritional needs vary based on diet, lifestyle, and activity level, choosing the right formula can make a difference.



Magnesium for Muscle Function

Magnesium participates in hundreds of biochemical reactions in the body and plays an important role in muscle contraction and relaxation, nerve signaling, and energy production.† Because muscles rely on magnesium to contract and relax properly, it can be included in routines that support recovery after physical activity. Magnesium may also be used as part of a wind-down routine to help support muscle relaxation and nervous system health.†

Magnesium helps support:

- Healthy muscle relaxation†
- Normal nervous system function †
- Healthy heart function †

Magnesium is available in several formats, including capsules, powders, and soft chews.

Iron: Supporting Oxygen Transport and Energy

Iron plays a central role in the production of healthy red blood cells, which carry oxygen throughout the body. Oxygen delivery is essential for endurance activity, making iron intake an important nutritional consideration for active individuals.

Blood Builder™ Iron

Blood Builder™ Iron delivers 26 mg of iron along with vitamin C, folate, and vitamin B12 to support healthy red blood cell production and energy levels.† The formula is designed to be gentle enough to be taken any time of day, even on an empty stomach. In an 8-week clinical study, Blood Builder™ was shown to increase iron levels and improve energy without common gastrointestinal side effects such as nausea or constipation. †

Blood Builder™ helps support:

- Healthy red blood cell production †
- Healthy energy levels and reduced fatigue †
- Iron absorption with vitamin C †

Iron Energy Gummies

For individuals who may not need as much iron, Iron Energy Gummies offer a lower-dose option that supports energy metabolism and healthy red blood cell formation in a convenient and tasty format. †

Iron Energy Gummies help support:

- Cellular energy production †
- Healthy red blood cell formation †

Iron needs vary widely depending on diet, life stage, and activity level. Because excess iron intake may not be appropriate for everyone—particularly adult men—it's important to work with a healthcare professional to determine whether supplementation makes sense for you.

Creatine: Supporting High-Intensity Training and Recovery

Creatine is a compound naturally stored in muscle tissue and involved in the body's rapid energy system. † It plays a key role in the production of ATP, the molecule responsible for providing quick bursts of energy during short, intense efforts. †

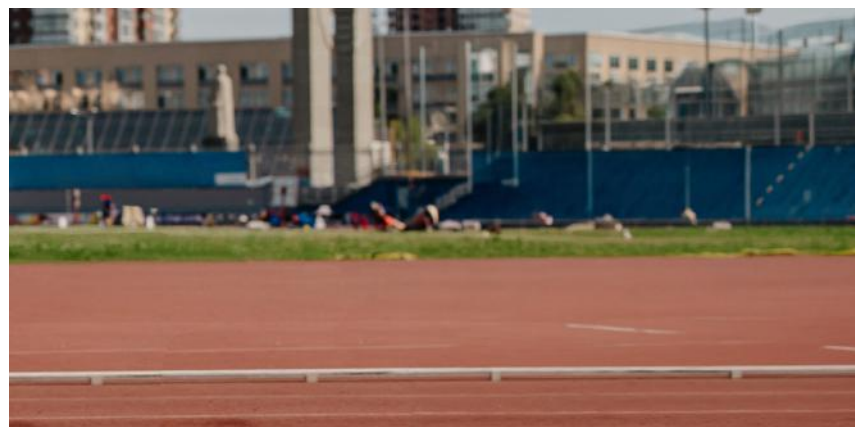
Micronized Creatine Monohydrate Powder

Micronized Creatine Monohydrate Powder provides a highly researched form of creatine designed for easy mixing and consistent use.

Creatine helps support:

- ATP regeneration for power output during intense activity †
- Cellular energy metabolism in muscle †
- Post-exercise muscle recovery †

This formula contains just one ingredient: creatine monohydrate, the most widely researched and science-backed form of creatine. It is micronized for easy mixing and is NSF Certified for Sport. Creatine may also be beneficial for individuals following plant-based diets, since dietary creatine is naturally found in animal foods.



Nutrition that goes the distance

MegaFood



* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Turmeric: Supporting Recovery and Joint Comfort

Turmeric is a botanical traditionally used for its antioxidant compounds known as curcuminoids. These compounds help support a healthy inflammatory response and provide antioxidant activity in the body.†

Because joint comfort and mobility are important for maintaining consistent training, turmeric supplements are often included in routines that support recovery after physical activity.†

Fast Acting Turmeric

Fast Acting Turmeric provides 1,000 mg of curcuminoids along with clinically studied TamaFlex®, a proprietary blend of tamarind seed and turmeric extracts designed to support joint comfort and flexibility in as few as five days.†

Fast Acting Turmeric:

- Reduces temporary discomfort & joint stiffness following exercise and daily activity†
- Improves knee flexibility and range of motion†
- Contains BioPerine Black Pepper for enhanced absorption of curcuminoid†
- Supporting joint comfort and mobility may help maintain consistency across training sessions for those with occasional joint discomfort.

Vitamin B12 for Plant-Based Athletes

Vitamin B12 plays an important role in energy metabolism, nervous system function, and red blood cell formation. † Because it is naturally found in animal foods, individuals following vegetarian or vegan diets often pay closer attention to their intake.

Extra Strength Methyl B12

Extra Strength Methyl B12 provides bioactive B 12 that support energy metabolism and nervous system health. Extra Strength Methyl B12 helps support:

- Cellular energy production from food †
- Nervous system and neurotransmitter function †
- Cognitive health †
- Normal red blood cell formation †

Supporting adequate B12 intake helps maintain several systems involved in energy metabolism and overall health.

Building a Supplement Stack That Fits Your Routine

A supplement stack works best when it fits naturally into daily habits. Many nutrients can be taken alongside meals or as part of a morning routine, while others — such as magnesium — may be included later in the day as part of a recovery or wind-down routine. Consistency tends to matter more than precise timing. Supporting the body with steady nutrition day after day aligns well with the rhythm of regular training. As training volume, diet patterns, and individual needs change over time, supplement routines may evolve as well. Because nutritional needs and health considerations can vary from person to person, it's a good idea to speak with a healthcare professional for personalized guidance on building a supplement routine that fits your individual health needs and goals.



Frequently Asked Questions

Do endurance athletes need supplements?

Food provides the foundation of a strong nutrition routine. Supplements can complement balanced meals by helping support nutrient intake and recovery during consistent training.

What supplements are most commonly included in a runner's supplement stack?

A simple stack often includes nutrients that support energy metabolism, oxygen transport, muscle function, and recovery. This may include multivitamins, magnesium, iron, creatine, turmeric, and vitamin B12 depending on dietary patterns.

Can endurance athletes take creatine?

Creatine supports the body's quick energy system used during bursts of higher-intensity activity and training such as sprint intervals, hill repeats, and strength training (short, explosive movements).

Should iron be taken daily?

Iron needs vary between individuals. Testing and professional guidance can help determine whether supplementation is appropriate. ■



**LIFE
EXTENSION®**

The Science of a Healthier Life®

Your Body



Deserves the Best

These statements have not been evaluated by the Food and Drug Administration.
These products are not intended to diagnose, treat, cure, or prevent any disease.

PREVENTING AND TREATING DIABETES IN DOGS AND CATS

By: Dr. Judy Morgan



Diabetes mellitus, or diabetes, is a condition that occurs when the body cannot use glucose (a type of sugar) normally. Glucose is the main source of energy for the body's cells. The levels of glucose in the blood are primarily controlled by a hormone called insulin, which is produced by the pancreas. Insulin helps cells in the body use the glucose or energy. Without insulin, the sugar stays in the blood and is useless to the cells. Without glucose, muscle wasting and weight loss will occur. Diabetes has become a common problem for our pets. Both dogs and cats can succumb to this disease.

Risk factors associated with diabetes include:

- sedentary lifestyle (much sitting and very little physical exercise)
- obesity, which may be related to the sedentary lifestyle (recent data show an increase in canine obesity of 37 percent between 2007 and 2012 and a 32 percent increase in canine diabetes over the same period)
- diets high in carbohydrates which increase the workload of the pancreas, which produces insulin
- medications, like steroids
- female dogs are twice as likely to be diabetic as male dogs
- male cats are 1.5 times as likely to be diabetic as female cats
- breed disposition: dachshunds, beagles, schnauzers, poodles, Labrador retrievers, Cocker spaniels, and possibly Burmese cats
- age over 8 years
- concurrent diseases such as pancreatitis, Cushing's disease, kidney disease, and periodontal disease

Symptoms of diabetes include:

- increased thirst and water consumption
- increased urination
- weight loss
- muscle wasting
- dry coat, dandruff
- lethargy
- recurring skin infections
- recurring urinary tract infections
- decreased appetite
- cloudy eyes or cataracts, decreased vision or vision loss
- diabetic neuropathy
- death, if left untreated

Avoiding diabetes may not be difficult, if you follow these simple steps:

- Avoid diets laden with carbohydrates. These include all dry kibble, and diets high in starches like peas, potatoes, and grains.
- Keep your pet lean.
- Exercise your pet regularly, including indoor cats.
- Feed high moisture diets.
- Avoid feeding high volumes of cooked fats (i.e.-bacon grease, drippings from baking high fat meats). Cooked fats undergo oxidation, which contributes to inflammation and pancreatitis. Raw fats do not undergo the same process.
- Avoid use of steroids.
- Keep the mouth clean; avoid periodontal disease

Treatment of diabetes once diagnosed:

- Feed a low carbohydrate diet, no simple sugars. Some dogs will respond well to a high fiber diet. Good fiber sources that will not cause sugar spikes include cruciferous vegetables such as broccoli and cauliflower, kale, green beans, and possibly barley (which is cooling and draining).
- Home prepared or commercial raw diets can be extremely beneficial. A hybrid diet using a base mix, combined with your own cooked meat can work wonders.
- Dogs will require insulin, most likely lifelong. Some cats will convert back to not being diabetic when fed a species-appropriate high-meat diet.
- All dry kibble and dry grain or legume-based treats should be removed from the diet.
- Monitor glucose levels. This is much less expensive if you purchase your own glucometer and have your veterinarian teach you how to get a drop of blood for testing. Human glucometers work fine for pets; there is no need to buy a special veterinary glucometer.
- Monitor urine for infection, as urinary tract infections are very common in diabetics. Purchase Urinary dipsticks to monitor at home.
- Chromium supplementation may improve response to treatment. Broccoli and liver are good sources of chromium.

Disclaimer: This content is for informational purposes only and is not meant to diagnose, treat, or replace consulting a primary veterinarian for individualized care. ■

The Nervous Systems Role in Blood Sugar Regulation

By Suzanne Demers Foley

Type 2 diabetes has become one of the fastest-growing health concerns in America, affecting millions of adults and increasingly, children. While conventional care often focuses on managing symptoms with medication, many health experts believe true healing begins by addressing the root causes — including lifestyle, inflammation, and nervous system function.

The nervous system plays a critical role in regulating blood sugar, insulin release, and overall metabolic health. When the body experiences stress, inflammation, poor nutrition, or nervous system interference, it can struggle to maintain balance. Chiropractic care, combined with healthy lifestyle habits, may help support better function throughout the body.

One of the biggest contributors to blood sugar instability is the modern diet, particularly processed carbohydrates and excess sugar. These foods create dramatic spikes and crashes in glucose levels, fueling inflammation and worsening insulin resistance over time. Chronic inflammation is now recognized as a major driver behind many diseases, including type 2 diabetes.

Research continues to show that lifestyle changes — including whole-food nutrition, exercise, stress management, and proper nervous system support — can dramatically improve blood sugar control. By focusing on foundational health habits, many people are finding new hope in preventing and managing type 2 diabetes naturally. ■

VISIT OUR WEBSITE



Recipes, Health Practitioners, News & Events, Specials, Cafe' Eden's Personalized Meals, OnLine ordering, Past issues of Abby's Magazine and more.

abbyshealthfood.com

Seagate Chiropractic – Maxliving Health Center



SeagateChiropractic.com

SEAGATE CHIROPRACTIC
GATEWAY TO YOUR HEALTH

Hours

Monday: 8:30am-10:45am, 3:00pm-5:45pm

Tuesday: CLOSED

Wednesday: 8:30am-10:45am, 3:00pm-5:45pm

Thursday: 9:00am - 12:00pm

Friday: 8:30am - 11:30am

facebook.com/seagatechiropractic
maxlivingcarrollwood@gmail.com

3602 Madaca Ln.
Tampa, FL 33618
(813) 217-3539



The Herbs That Keep Your Blood Sugar in Check

By: Dr. Nicole Apelian

Beyond sweeteners, several herbs amplify your body's ability to manage glucose:

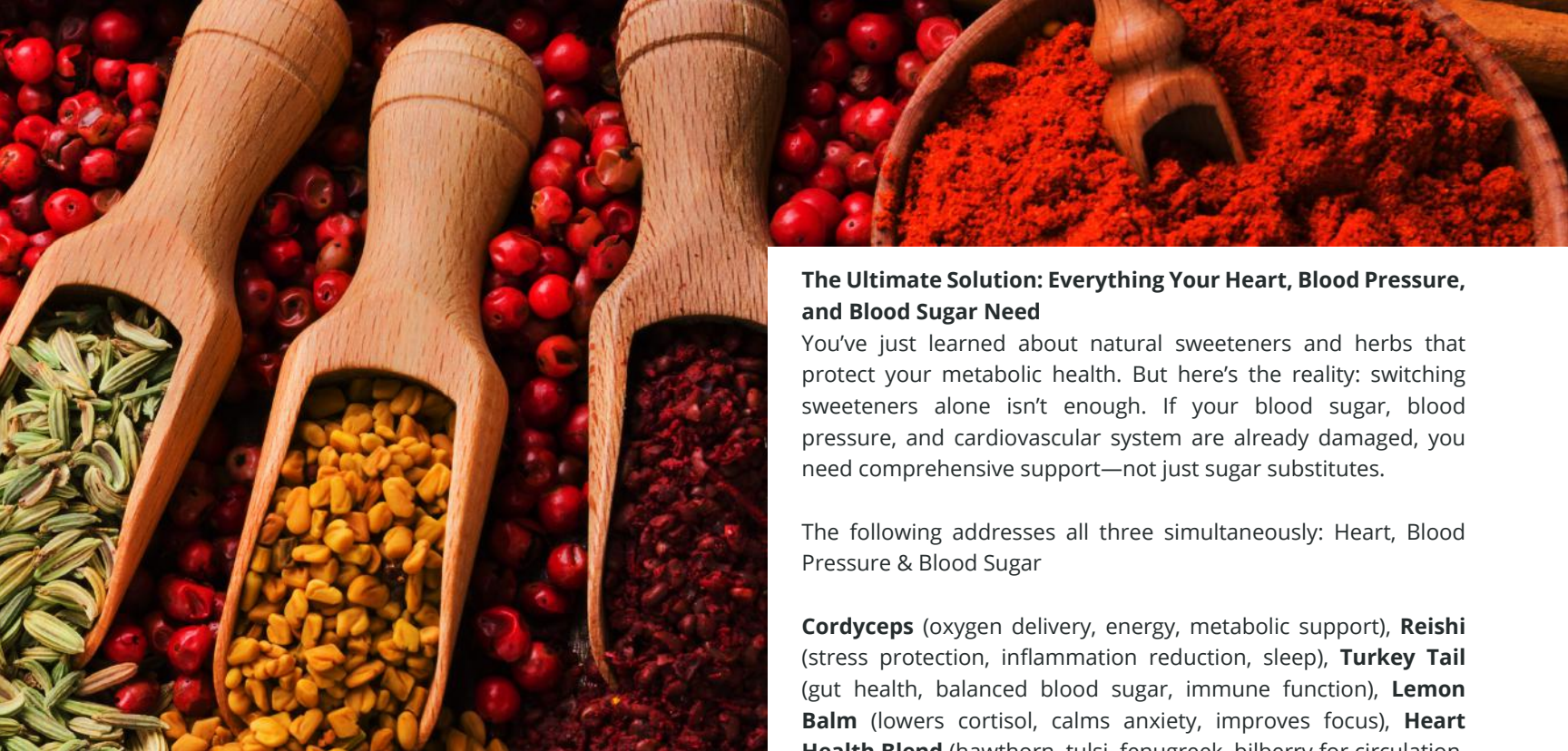
Cinnamon: A meta-analysis of 10 trials in diabetics found that 120mg to 6g daily of cinnamon significantly lowered fasting blood glucose by ~24 mg/dL on average, plus improved cholesterol. Sprinkle a teaspoon of Ceylon cinnamon on your oatmeal or in coffee daily. Cinnamon lowers blood sugar—but here's what most people miss: it also **clears brain fog** and improves memory.

Fenugreek: In controlled trials, ~100g of powdered fenugreek seeds dramatically improved blood sugar control in diabetics—fasting blood sugar dropped sharply with a 54% reduction in urinary glucose output. Soak 1-2 tablespoons of seeds overnight and drink the strained liquid.

Gymnema: Called "sugar destroyer," this Indian herb blunts sweet taste perception and promotes insulin function. Meta-analysis found it significantly reduced fasting and post-meal blood glucose plus HbA1c in type 2 diabetics. Take as capsules with meals to reduce cravings.

Holy Basil (Tulsi): A systematic review noted "all studies reported favorable clinical outcomes" for metabolic issues. Drinking 1-2 cups of tulsi tea daily can lower fasting glucose, stress hormones, and support healthy blood pressure.

Hawthorn: A 2025 meta-analysis found hawthorn extracts significantly lowered systolic blood pressure by 6-7 mmHg after 2-6 months. The heart-healthy flavonoids dilate arteries and protect blood vessels. Hawthorn (lowers blood pressure 6-7 mmHg, protects blood vessels), Holy Basil/Tulsi (supports healthy blood pressure and metabolic function), Fenugreek (dramatically improves blood sugar control), Bilberry (strengthens capillaries, protects against arterial damage). This blend is dual extracted for maximum potency. It addresses the root causes of cardiovascular and metabolic dysfunction—not just symptoms. High blood sugar and high blood pressure destroy your blood vessels, kidneys, nerves, and eyes. The damage is irreversible.



Putting It All Together

You don't have to accept sugar's risks. Every time you choose stevia over sugar, monk fruit over corn syrup, or allulose over table sugar, you're protecting your pancreas, liver, and cardiovascular system.

Simple swaps that work:

- Coffee: Use stevia or monk fruit + cinnamon instead of sugar
- Yogurt: Plain yogurt with yacon syrup and fresh berries instead of flavored varieties
- Baking: Blend of allulose and erythritol instead of sugar
- Smoothies: Add a touch of monk fruit and a teaspoon of fenugreek powder
- Tea: Holy basil or cinnamon tea naturally sweetened with stevia

The food industry has spent decades convincing you that you need their sugary products. Meanwhile, clinical trials prove you can have sweetness without the metabolic destruction.

No magic herb or sweetener replaces healthy habits—you still need regular exercise, fiber-rich meals, and adequate hydration. But with the right sugar substitutes and herbal support, you can literally sweeten your diet without spiking your glucose, gaining weight, or damaging your heart.

The choice is simple: keep buying sugar and accept the 38% higher risk of heart disease death, or switch to natural alternatives that taste just as good without the consequences.

Your pancreas, liver, and arteries will thank you. And unlike most health advice, this one doesn't require giving up the foods you love—just swapping out the ingredient that's quietly killing you. Start with one swap today. Your blood sugar—and your future self—will notice the difference.

The Ultimate Solution: Everything Your Heart, Blood Pressure, and Blood Sugar Need

You've just learned about natural sweeteners and herbs that protect your metabolic health. But here's the reality: switching sweeteners alone isn't enough. If your blood sugar, blood pressure, and cardiovascular system are already damaged, you need comprehensive support—not just sugar substitutes.

The following addresses all three simultaneously: Heart, Blood Pressure & Blood Sugar

Cordyceps (oxygen delivery, energy, metabolic support), **Reishi** (stress protection, inflammation reduction, sleep), **Turkey Tail** (gut health, balanced blood sugar, immune function), **Lemon Balm** (lowers cortisol, calms anxiety, improves focus), **Heart Health Blend** (hawthorn, tulsi, fenugreek, bilberry for circulation, blood pressure, and blood sugar).

That's nine herbs working synergistically—dual-extracted for maximum potency. ■

MISSED AN ISSUE?

No worries! They're all online!

Find endless resources in
75 issues at:

AbbysMagazine.com



Nature's Blood Sugar Arsenal:

4 Powerful Plants That Work Like Natural Insulin

By: Dr. Nicole Apelian

Your pancreas is straining to keep blood sugar stable. But science shows nature offers allies—plants proven to regulate glucose, some as effectively as prescriptions.

Cinnamon

More than a spice. A 2019 review of 18 studies found it cut fasting blood sugar by 19 mg/dL on average. Its polyphenols mimic insulin, moving glucose into cells and preventing post-meal spikes. Cinnamon contains powerful polyphenols that **mimic insulin's action** in your body, helping shuttle glucose into your cells where it belongs, not floating dangerously in your bloodstream. It also prevents those devastating post-meal glucose spikes that leave you feeling drained and foggy. But here's what makes cinnamon truly extraordinary: while it's stabilizing your blood sugar, it's simultaneously **supercharging your brain**. You'll experience enhanced memory, razor-sharp focus, and protection against cognitive decline, and if you're over 50, the mental clarity improvements will astound you. Don't just control your blood sugar, unleash your brain's full potential. The real magic happens when you combine cinnamon with specific brain-nourishing ingredients that work synergistically together.

Bitter Melon

Rich in compounds that act like natural insulin. Clinical trials show 12 weeks of extract lowered blood sugar in prediabetics. Reviews confirm a modest but real hypoglycemic effect.

Fenugreek

Seeds loaded with fiber and amino acids that stimulate insulin release. Trials show better insulin sensitivity, slower carb absorption, and significant drops in fasting glucose and HbA1c.

Hawthorn

Known for heart health but also lowers blood sugar and boosts insulin release. Bonus: reduces triglycerides and cholesterol, tackling diabetes' deadly companions. Be careful with this one and don't just grab any hawthorn supplement off the shelf. Most commercial powders lose their potency during processing, and many products contain fillers or pesticides that cancel out the benefits. Even worse, some supplements use hawthorn "lookalikes" that provide zero therapeutic value.

Your Next Move Could Change Everything

These four natural powerhouses represent just the beginning of what nature offers for blood sugar control. Each has been validated by scientific research and proven safe when used appropriately. The question isn't whether these herbs work – **the science proves they do**. The real question is whether you'll take action while you still have time to make a difference.

Remember: while these plants can be incredible allies, always consult your healthcare provider before adding supplements, especially if you're taking diabetes medications.

5 More Powerful Plant Allies

Beyond the “big four,” other plants show remarkable blood sugar power—so effective they’re nicknamed the “sugar destroyer” and “insulin plant.”

Nigella Sativa

Treasured for centuries, now backed by reviews showing lower fasting glucose and HbA1c. Also improves cholesterol, tackling two risks at once.

Gymnema Sylvestre

Ayurvedic “sugar destroyer.” Research suggests it lowers blood sugar, raises insulin, and may even regenerate pancreatic cells. Some patients reduced medication use in trials.

Ginseng

Both Asian and American types lower blood sugar. American ginseng especially blunts post-meal spikes by boosting insulin sensitivity and glucose uptake.

Aloe Vera

Early studies show it lowers fasting glucose and HbA1c in prediabetes and early diabetes. Even national health bodies recognize its potential.

Costus igneus (Insulin Plant)

Daily leaf consumption in Indian studies cut blood sugar sharply. Some insulin users cut their dosage in half after just 15 days.



Why Your Lifestyle Holds the Real Power

Here’s the truth: herbs alone won’t save you. Get the basics right, and natural remedies become far more powerful.

Exercise – Your Insulin Amplifier

Activity transforms how your body uses insulin. One review showed a single 70-minute workout boosted insulin sensitivity by 35%. The best combo? Aerobic movement plus resistance training.

Smart Eating – The Daily Gamechanger

High-fiber, low-GI foods prevent spikes, while losing excess weight can even reverse insulin resistance. Your body is ready to heal if you give it the right fuel. Your body wants to heal itself – you just need to give it the right conditions. You’ve just seen how exercise, food choices, and a few key herbs can transform your insulin response. But here’s the hard part: knowing exactly which herbs to take, what foods to avoid, and the best time of day to use them. Add in diet plans, stress fixes, and daily actions and suddenly it feels overwhelming. ■

DID YOU KNOW?

Abby's has one of the largest selection of sports and nutrition supplements including protein and meal replacement powders, pre-workouts, electrolytes, endurance, and recovery formulas to assist you on your health journey. Most importantly, here at Abby's we do not recommend neither promote any of the above items containing artificial colors, artificial flavors, artificial sweeteners like Splenda or Aspartame or any other chemicals.

COME SEE US!

Revolutionary Support to Move with Comfort

ENZYMEDICA®

Joint & Muscle*

PEA Phytosome®

6x BETTER ABSORPTION*

Joint Comfort You Can Feel*

45 CAPSULES

Vegan | Dietary Supplement

Questions about Probiotics & Diabetes

By Dr. Eric Berg

1. What is the best probiotic for diabetes?

When consumed regularly through probiotic-rich foods, probiotic strains, including *Lactobacillus acidophilus*, *Lactobacillus bulgaricus*, *Lactobacillus casei*, *Lactobacillus reuteri*, *Bifidobacterium lactis*, *Bifidobacterium breve*, and *Bifidobacterium longum*, are some of the best to support healthy metabolic function.

2. How do probiotics help with diabetes?

Probiotic-rich foods promote a healthy microbiome, which can benefit metabolic health and immune function and is linked to a lower risk of type 1 and type 2 diabetes. Certain probiotic strains have been found to support insulin sensitivity, glucose metabolism, and balanced inflammatory responses, all of which are crucial factors for supporting metabolic health.

3. Which probiotic food is best for diabetes?

Fermented foods low in carbohydrates—including miso, sauerkraut, kimchi, and natto—are some of the best natural sources of beneficial bacteria for diabetes. In addition, prebiotic foods such as asparagus, onion, garlic, and artichoke provide fuel and nutrients for beneficial gut microbes and may help maximize the health benefits of probiotic foods for diabetes.

4. Should diabetics eat probiotic foods?

Yes, people with diabetes may benefit from eating probiotic-rich foods. Certain probiotic strains of *Bifidobacterium* and *Lactobacillus* have shown the potential to support insulin sensitivity and glycemic control in diabetic individuals.

5. What probiotics lower A1C?

Probiotic strains, including *Lactobacillus acidophilus*, *Lactobacillus casei*, and *Bifidobacterium lactis*, have been linked to improved blood sugar control and lower A1C levels.

6. What probiotics are good for lowering blood sugar?

Probiotic-rich foods containing different strains of *Lactobacillus* and *Bifidobacterium* can help enhance cellular insulin sensitivity, which is vital to lower blood sugar levels.

7. Is it safe to eat probiotic foods if I have diabetes?

Yes, probiotics are generally considered safe for individuals with diabetes. However, some probiotic foods can contain carbohydrates, and opting for carb-free probiotic options is crucial to maintain balanced blood sugar levels.

8. What are the side effects of probiotics?

While beneficial bacteria often have minimal side effects, some individuals may experience mild and transient gastrointestinal issues such as bloating, gas, and abdominal pain. These effects are typically temporary as the digestive tract adapts to changes in microbial diversity.

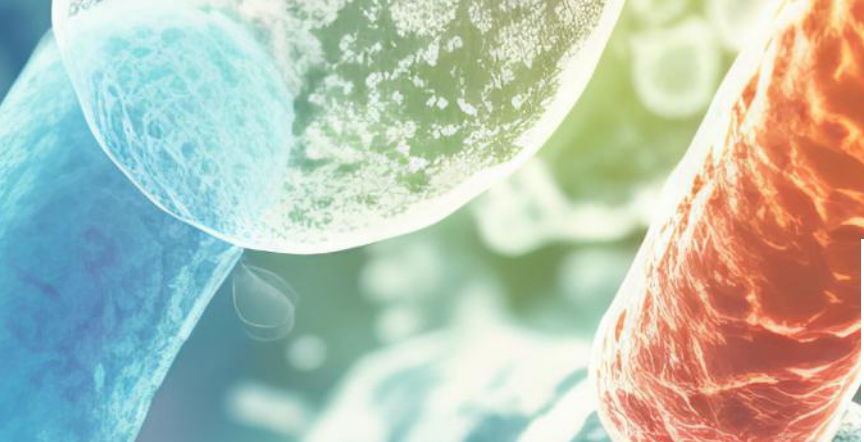
9. Can probiotics help manage type 1 diabetes?

Evidence suggests probiotic-rich foods may support blood sugar regulation in individuals with type 1 diabetes. In addition, probiotic microbes interact with immune cells and promote balanced immune responses, which have been linked to a lower risk of autoimmune conditions, including type 1 diabetes.

10. Can probiotics help improve insulin sensitivity in people with diabetes?

Probiotics ferment prebiotic fibers into short-chain fatty acids (SCFAs), which have been found to promote insulin sensitivity in diabetic individuals.





Risks and precautions

Probiotic foods are generally well tolerated and associated with minimal risks and side effects. However, certain fermented foods can contain carbohydrates, and it's crucial that individuals with diabetes opt for carbohydrate-free probiotic sources to avoid blood sugar spikes. In some cases, fermented foods can cause gastrointestinal issues such as gas, bloating, or abdominal pain. These side effects are generally mild and transient and typically resolve as the gut microbiome adapts to increased intake of probiotic-rich foods. However, if you experience prolonged or intense gastrointestinal discomfort after consuming probiotic-rich foods, it's essential to consult a healthcare provider for a comprehensive assessment of your symptoms.

Key takeaways

- A diverse and balanced gut microbiome supports both metabolic and immune health, which are vital for effectively managing diabetes.
- Some of the best probiotics for diabetes include *Lactobacillus acidophilus*, *L. casei*, *L. reuteri*, *Bifidobacterium lactis*, and *B. breve*.
- Incorporating these probiotic strains may support healthy blood sugar levels, improve insulin sensitivity, and help reduce inflammation.
- Fermented foods, such as kimchi, sauerkraut, yogurt, kefir, and miso, are excellent natural sources of health-promoting beneficial bacteria and are generally suitable for individuals with diabetes. ■

Sources

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1479485/>
2. <https://pubmed.ncbi.nlm.nih.gov/23719380/>
3. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6714347/>
4. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8166562/>
5. <https://pmc.ncbi.nlm.nih.gov/articles/PMC6463158/>
6. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10221816/>

Have a Question for an Abby's Nutritional Specialist?

Submit your questions at our website
Abby's Mag > Ask Our Staff

Find answers at our website
Abby's Mag > Abby's Answers

**Abby's Nutrition Specialists
also offer consultations.**

Please call (813) 265-4951

between the hours of:
Mon-Sat 8am – 9pm or Sunday 9am – 8pm

Or come in to see us so we can help you in person!
14374 N. Dale Mabry Hwy., Tampa, FL 33618





How to Stay One Step Ahead of Type 2 Diabetes

By Tracey Pollack

Type 2 diabetes is one condition you can't ignore. As the most common type of diabetes, it can develop at any time in your life when your body has trouble producing insulin and controlling your blood sugar level. Luckily, the condition can be prevented with some healthy lifestyle changes. But if you're diagnosed with type 2 diabetes, know that it isn't all your fault. The condition is largely a numbers game based on your lifestyle and health. While some of these factors are in your control, some of them simply aren't, such as genetics and medical history. While your doctor may recommend certain medications, the one thing that's certain is that you will need to keep checking your blood sugar level to keep it from spiking or dropping. When it comes to managing type 2 diabetes, these steps to help prevent it can also help you feel in control while you keep the condition that way.

1. Level Out Your Diet

If your diet is full of fats, sugar and calories, it's time to balance out your eating habits to keep your blood sugar under control. Fill up your meals and snacks with non-starchy vegetables, fruit, high-fiber whole grains, lean meats and poultry, fish, beans, eggs and low-sugar dairy products. Serve these healthy foods with water, unsweetened beverages, coffee or tea. Just as important as the foods you add are the ones you should avoid, such as sugary drinks and snacks, processed foods, salt, alcohol and trans fats.

2. Tip the Scales in Your Favor

Did you know that you're more likely to develop type 2 diabetes if you're overweight? But by simply losing 5 to 10 percent of your current body weight, you can count on a number of benefits, from lower blood sugar to higher energy and confidence.

3. Exercise Your Options

Regular workouts can work wonders when it comes to preventing or managing type 2 diabetes. Enjoying moderate physical activity a few days a week can help reduce your blood sugar level, as well as control your weight and improve your overall health. All of these can help you prevent or manage the condition, which is reason enough to fit in more fitness.

4. Stomp Out Smoking

If you're a smoker, now is the time to pack it in. Not only does smoking make you more likely to develop type 2 diabetes, but it can also make it harder to manage your blood sugar level. Whether you choose to quit cold turkey or slowly stop lighting up, your doctor can help you develop a plan that works for you. This is one time that you can be proud to be a quitter!

5. Check In for Check-Ups

Whether you're trying to manage type 2 diabetes or prevent the condition in the first place, make sure to see your doctor on a regular basis as you get older. See, type 2 diabetes doesn't usually develop overnight, but the warning signs slowly appear and only your doctor can detect them. These visits will allow your doctor to check your blood sugar, blood pressure and cholesterol levels, as well as help you make healthy choices into lifestyle changes.

As you can see, you can both manage your blood sugar and reduce your risk of type 2 diabetes by taking healthy living to the next level. ■



Editor's Healthy Tips

10 Health Rituals That Will Make You Feel 21 Again

1. Start Your Day With Green Tea or Black Coffee
2. Breathe Like You Mean It
3. Sleep Like Your Life Depends on It (Because It Does)
4. Drink Water Like It's Your Job
5. Eat Real Food, Not Food-Like Products
6. Move Your Body Every Single Day
7. End Your Shower With Cold Water
8. Add Ashwagandha to Your Routine
9. Get Outside Every Day
10. End Your Day With Chamomile Tea

Email to Win a \$50 Gift Card

EMAIL US at: AbbysMag@gmail.com

1. What article/story you
liked best in this edition

2. What is your favorite
Vitamin/Supplement Co.?

FOR A
CHANCE TO
WIN A \$50
GIFT CARD!

Abby's
Health & Nutrition
Better Health Through Education

Winner will be announced in the next edition of Abby's Mag

How The Health Are You?!

Saturday
Noon - 1:00 pm



Host David Snow

34 years of Medicine,
Nutrition, Fitness & Wellness

Doctor Health
Radio's Original Health News Magazine

Radio re-broadcast 7:00 pm - 8:00 pm

*"The Healthiest
Hour on Radio!"*

AM 860
THE ANSWER
FM 93.7
NEWS. INSIGHT. PASSION.

www.drhealthradio.com

Natural Sweeteners That Actually Work

By: Dr. Nicole Apelian



Stevia

Zero Calories, Zero Blood Sugar Impact

This plant-derived sweetener is 200 times sweeter than sugar but has zero calories and zero glycemic effect. Its active compounds pass through your gut unchanged. Clinical trials in diabetics show stevia use has **no measurable effect on fasting glucose, insulin, or HbA1c**. Unlike artificial sweeteners that come with health concerns, stevia has antioxidant and anti-inflammatory properties.

What this means for you:

Use stevia in coffee, tea, smoothies, or baking. A tiny amount delivers serious sweetness without touching your blood sugar. It's recognized as safe by global food agencies.

Erythritol

The Sugar Alcohol With Zero Glycemic Impact

This naturally-derived sweetener (**found in fruits**) tastes like sugar but has a glycemic index of 0—it **does not raise blood glucose or insulin at all**. Multiple human studies confirm that consuming erythritol instead of sugar causes no rise in post-meal glucose. It also supports dental health and has 70% fewer calories than sugar. Even xylitol and sorbitol have minimal blood sugar impact when used reasonably.

What this means for you:

Erythritol works beautifully in baking and can replace sugar nearly 1:1 in most recipes. The only caution? Large amounts can cause mild digestive upset, so start with smaller quantities.

Monk Fruit

The Chinese Secret to Guilt-Free Sweetness

Extracts from this fruit contain mogrosides that provide intense sweetness without calories or glycemic effect. A systematic review of clinical trials found monk fruit extract **significantly lowered post-meal glucose and insulin responses** compared to sugar. It even reduced sugar cravings by 23% and slightly lowered fasting glucose in healthy adults.

What this means for you:

Monk fruit tastes great in beverages and baked goods. It provides sweetness without the metabolic chaos that sugar causes. Look for pure monk fruit extract, not blends with other sweeteners. Monk fruit works wonders for blood sugar. But if you're serious about metabolic health, you need to address **blood pressure** too—the two are deeply connected.



Allulose

The “Rare Sugar” That Blocks Blood Sugar Spikes

This naturally occurring sweetener (**found in figs and raisins**) tastes like sugar but has 90% fewer calories. A meta-analysis found that people who took 5-10g of allulose with a meal had **significantly lower postprandial glucose** than controls. One review concluded: “D-Allulose attenuates postprandial blood glucose concentrations in healthy humans,” calling it a “valuable blood glucose management tool.”

What this means for you:

Allulose is FDA-approved and works especially well in baking since it browns and caramelizes like real sugar. Use it in cookies, cakes, or anywhere you want that authentic sugar experience without the metabolic damage.

Tagatose

The Diabetes-Fighter Disguised as Sugar

This low-calorie monosaccharide (**found in dairy and cocoa**) has only 1.5 calories per gram. In a controlled trial of type 2 diabetics, patients who drank 15g of tagatose with meals three times daily saw **marked improvements in blood sugar control**. After several weeks, their hemoglobin A1C and fasting glucose dropped significantly versus placebo. LDL cholesterol also fell. The study concluded tagatose is “an effective single agent at treating many therapy targets of type 2 diabetes.”

What this means for you:

Tagatose tastes almost identical to sugar and can be used gram-for-gram in recipes. It's harder to find than other sweeteners, but worth seeking out if you're dealing with blood sugar issues.

Strategic Fruit Purees

Nature's Sweet Solution

Pureed fruits like applesauce or ripe bananas can replace some sugar in baking. The fiber slows sugar absorption, preventing the sharp spike that refined sugar causes. Small amounts of raw honey or pure maple syrup provide sweetness plus trace nutrients, though they still raise blood sugar—just more slowly than refined sugar.

What this means for you:

In baking, replace half the sugar with unsweetened applesauce or mashed banana. Add vanilla extract, cinnamon, or nutmeg to enhance perceived sweetness without adding actual sugar.



The Herb That's Sweeter Than Sugar And Regulates Insulin

There's an herb—one specific plant—that's naturally sweeter than sugar but actually helps regulate insulin instead of spiking blood glucose. It's called “The Freezing Sugar” and it stabilizes blood sugar while reducing energy crashes naturally. Most people have never heard of it. It's not sold in stores. But your grandmother might have known about it—before Big Pharma buried traditional knowledge. ■

Disclaimer: This content is for informational purposes only and is not meant to diagnose, treat, or replace consulting a primary veterinarian for individualized care.

An advertisement for Life Extension products. At the top, the Life Extension logo is displayed with the tagline "The Science of a Healthier Life®". Below the logo, the headline reads "Find the 'Sweet' Spot" followed by the text "Maintaining already-healthy blood sugar is essential to lasting wellness. Explore glucose management formulas and take control of your health!". The central focus is two blue plastic bottles. The bottle on the left is labeled "Tri Sugar Shield®" and "Triple Action Shield from Simple Carbohydrates", containing 60 vegetarian capsules. The bottle on the right is labeled "Glycemic Guard™" and "Helps Manage After-Meal Glucose", containing 30 vegetarian capsules. Both bottles feature "GLUTEN FREE" and "NON GMO" labels. The bottles are set against a blue background and are surrounded by fresh strawberries, chocolate pieces, and cookies. At the bottom of the advertisement, a small disclaimer states: "These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease."



Beet Salad with Red Onions

6 to 8 Servings

2 pounds organic roasted red beets, medium-size
1 cup organic red onion
2 tsp organic red wine vinegar
2 tsp organic safflower oil or olive oil

2 tsp organic basil
2 tsp organic balsamic vinegar
½ Himalayan Salt

Roast the Beets

Preheat the oven to 350 degrees. Remove the tops and roots of the beets, and then cut them in half. Place the cut beets on the baking sheet and toss with the safflower oil. Roast for 35 to 40 minutes.

Then peel the beets, cut in slices, and mix with red wine vinegar, oil, balsamic vinegar, and salt.

For garnishing, mix with organic basil and red onion.



Coconut Blueberry Chia Muffins

12 muffins

1 cup Nutiva Organic & Dairy-free muffin mix
½ tsp sea salt
1 tsp baking soda
½ cup organic agave
1 cup organic coconut milk

6 organic eggs
¼ organic coconut oil
4 tsp organic vanilla extract
¼ cup organic chia seeds
1 cup organic blueberries

Preheat oven to 350 degrees. Sift the Nutiva mix, salt, and baking soda in a bowl.

In a separate bowl, whisk agave, coconut milk, eggs, coconut oil and vanilla. Gently stir wet mixture into dry ingredients and mix in chia seeds. Fold in blueberries and pour batter into greased muffin tin, ¾ full. Bake for 25 minutes until muffins begin to turn golden and are cooked thoroughly.

Immediately remove from tin and cool on rack.



Grilled Asparagus

4 to 6 servings

1 pound organic asparagus
1 cup organic roasted garlic
4 tsp organic lemon juice

4 tsp organic safflower oil or olive oil
¼ tsp organic ground pepper
½ tsp Himalayan Salt

Clean asparagus and remove the woody ends. Coat them with oil and lemon juice, season with salt and pepper. Place the asparagus on a pre-heated grill, using high heat for 2 to 3 minutes or to desired tenderness.

Roasted Garlic

Heat the oven to 350 degrees. Drizzle the garlic with safflower oil. Roast in oven for 20 to 25 minutes.



"We do not support the use of any chemicals, antibiotics, hormones, artificial colors, artificial flavors or G.M.O.'s in our foods"





Fresh, Organic Meals Made Daily

Café Eden evolved in 2001 as an addition to Abby's Health & Nutrition. We pride ourselves in using the highest quality ingredients; you won't find artificial flavors or colors in our kitchen. We are happy to provide a wide variety of gluten-free, vegetarian and vegan options to our customers. We are committed to using organic ingredients whenever possible. Our proteins are always non-GMO, antibiotic and hormone free and our fish is wild-caught. We proudly support independent farmers and source locally when available.

Organic Food, Made Fresh

We pride ourselves in using the highest quality ingredients. You won't find artificial flavors or colors, high-fructose corn syrup or MSG in our kitchen. Our dishes are for everyone, with gluten-free, vegetarian and vegan options available. We are committed to using organic ingredients, as well as support independent farmers and source locally whenever possible. Our proteins are always non-GMO, antibiotic and hormone free and our fish is wild-caught.

Catering

Whether a small group or an entire office, we can cater any size party! We offer a variety of platters including, but not limited to: cheese and fruit, wraps and sandwiches, salads, desserts and more. A 72-hour notice is requested for all catering orders.

Personalized Meals

Our personalized meals consist of antibiotic and hormone-free chicken, turkey and beef dishes, as well as vegetarian and wild-caught fish. We require a minimum order of three meals and 24-hours' notice is requested. Orders must be prepaid in advance and are taken from 8:00AM - 8:00PM.

Custom Cakes & Cupcakes

Our in-house baker offers custom cake and cupcake orders. Gluten-Free and vegan options are available. A 72-hour notice is requested for all catering orders. Orders must be prepaid in advance.

813-265-4951
AbbysHealthFood.com

Mon-Sat 8am – 9pm or Sunday 9am – 8pm
 14374 N. Dale Mabry Hwy. Tampa, FL 33618

Shop Abby's Online



We are working to add more companies to serve you better.

Order by phone: 813-265-4951

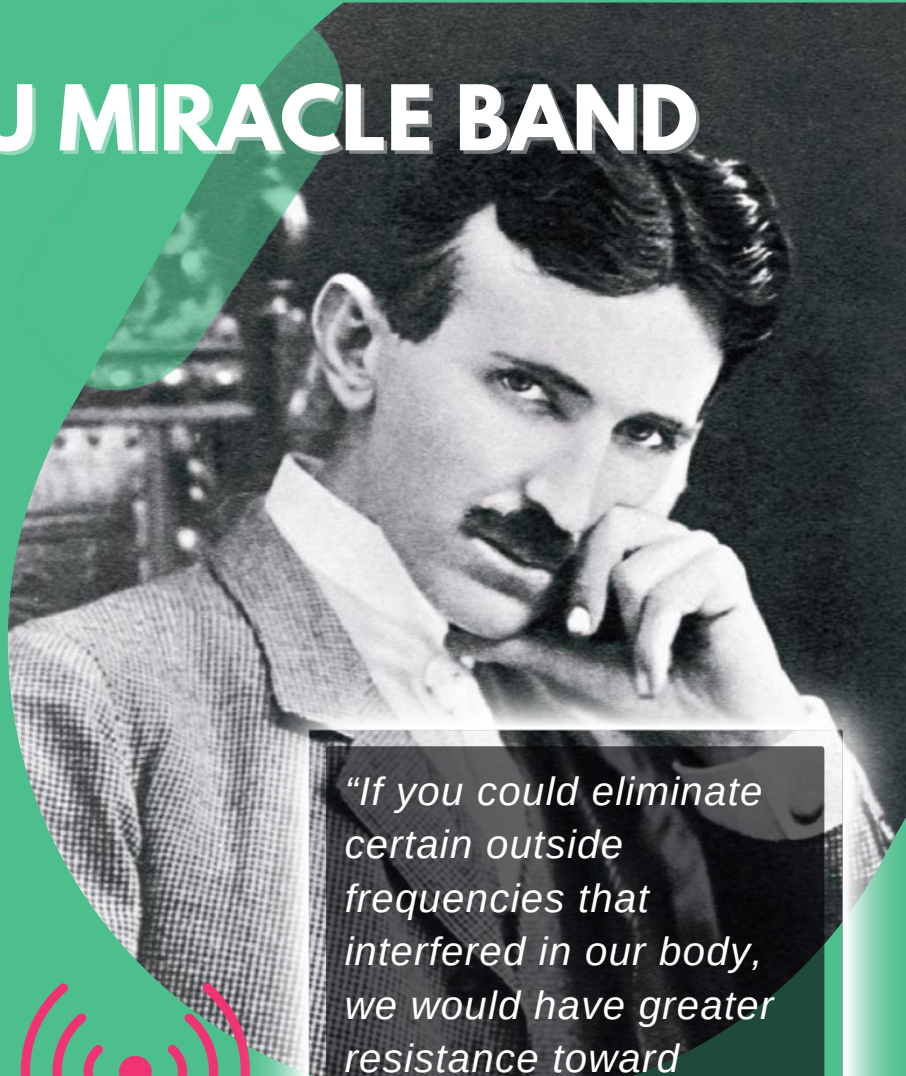
store.abbyshealthfood.com



THE NEW YOU MIRACLE BAND

CHANGE YOUR FREQUENCY

CHANGE YOUR LIFE



"If you could eliminate certain outside frequencies that interfered in our body, we would have greater resistance toward disease."

NIKOLA TESLA



IMPROVE YOUR GOLF GAME
PROTECTION FROM 5G
PAIN RELIEF THAT WORKS!



AVAILABLE AT

Abby's

 CHECK OUT
OUR WEBSITE



**ALLEVIATE PAIN
FROM ARTHRITIS,
FIBROMYALGIA,
CARPAL TUNNEL,
AND OTHER JOINT
AND BODY ACHES,
ALLEVIATE
SEASICKNESS**

**IMPROVES YOUR
STRENGTH AND
BALANCE**