

Sweet Balance (Item #4023)

The Herbal Combination for a Healthier Pancreas

What is Sweet Balance?

Sweet Balance is a combination of herbs, minerals and enzymes designed to assist people with hyper-glycemic concerns such as diabetes. It contains herbs that will assist beta cells and balance the production of insulin. Sweet Balance is designed for both Type I and Type II diabetics.

Who would benefit from taking Sweet Balance?

Sweet Balance was designed as a primary protocol for Type I diabetics and as a follow-up for Type II diabetics. We suggest that Type II diabetics consider taking an Eleotin (Item #8131) protocol followed by Sweet Balance as a maintenance program.

How should I take Sweet Balance?

Sweet Balance is taken in one of two ways determined by your diabetic challenge. The following are our suggestions for incorporating Sweet Balance into your supplementation.

Type I Diabetic Protocol

- **Weeks 1 and 2:** Start by taking 1 vegi-cap with each meal (3 per day);
- **Weeks 3 and 4:** Take 2 vegi-capsules with each meal (6 per day);
- **Weeks 5+:** Until your Blood Glucose Levels are significantly reduced and stable, take 3 vegi-caps with each meal *and* 3 vegi-caps at bedtime (12 per day);
- **Maintenance Mode:** Once you have achieved reduced and stable BGLs, reduce your intake back to 1 vegi-cap with each meal (3 per day).

Type II Diabetic Protocol

- **Begin** the Eleotin Protocol (see the Eleotin Information sheet, Item#8131);
- **Maintenance Mode:** Once you have achieved reduced and stable BGLs, begin taking 1 Sweet Balance vegi-cap with each meal (3 per day).

While taking Sweet Balance, what other supplements could I consider to improve my condition?

- ✓ Quint-Essence (Item # 6111) A Multi-Mineral/Vitamin Blend:
1 Vegi-cap for every 40-50# of body weight at each meal;
- ✓ Cal/Mag (Item #2006) A Calcium-Magnesium Blend:
1 Vegi-cap with each meal and 3 at bedtime;
- ✓ We suggest that you take a plant-derived Enzyme that includes protease, amylase and lipase. We recommend EB-Digestive Aid (Item #1005). By taking 1 vegi-cap with each meal and 2 vegi-caps at bedtime, the pancreas may be relieved from having to produce these food digestive enzymes.

What else can I do to improve my condition?

As with any supplement, achieving the best results from Sweet Balance may require a change in lifestyle. Keeping an extremely healthy diet, exercising the body and mind, limiting alcohol intake, avoiding cigarette smoke, and using supplements are just a few ways to improve overall health. The following are our additional suggestions for some specific lifestyle changes.

Exercise

The most effective exercise for Diabetics is jogging and bouncing on a mini tramp. This gentle bouncing action has an incredibly positive effect on the pancreas and internal organs.

Diet

We suggest an abundance of fresh vegetables, especially greens. Start introducing more fresh fruits over a period of time that will allow your pancreas to adjust. Drink fresh squeezed juices starting with 4 ounces a day and increasing to 8 ounces 2 times a day. Please monitor your blood sugar levels daily. Universal Formulas will provide a list of recommended juices upon request (called, "Juicing for Health and Longevity").

- ✓ Eliminate non-foods such as; soda, white sugar products, dairy products (other than yogurt), white flour and cooked starches (such as potatoes and peanut butter). We suggest reducing meats including all red meat, chicken, turkey and most seafood. These products often contain hormones that over-stimulate glands, such as the pancreas.

Other important information:

- ✓ If you have juvenile onset diabetes you may make significant progress on a Sweet Balance protocol, but at a slower rate, and, requiring a longer regimen.
- ✓ Please contact Universal Formulas if you are interested in speaking with a nutritionist about your condition.

NOTE:

Thanks to Ralf Ostertag for his authorship of this factoid and formula. Ralf is a founding member of Universal Formulas and remains active on the Advisory Board to Universal Formulas.

Ordering Information

Sweet Balance (Item #4023) 100 Vegi-Capsules

Conveniently Order On-line at: <http://UniversalFormulas.com>

**Please DO NOT modify levels of any prescribed medication
without first consulting your physician.**

Required FDA Statement:

The FDA has not evaluated these statements. This product is not intended to diagnose or treat any disease nor is this information intended to prescribe or diagnose in any way. Those who are sick should see a doctor. Neither the authors nor the owner directly or indirectly dispense medical advice or prescribe the use of these products as a form of treatment. We assume no responsibility if you prescribe for yourself without your doctor's approval.