

NanoNews™

for Patients

FEATURES:

- Super Breakfasts to the Rescue!
- Super-Shake Breakfast Blood Sugar Recipes
- NanoGreens¹⁰ Proven Best Value!
- Testimonial



www.superfoodsolution.com

Super Breakfast to the Rescue!

We are facing what some consider an epidemic. A lot of us find ourselves in a constant state of hunger and sleepiness. Now is the time to break the cycle once and for all!

Low blood sugar, also known as hypoglycemia, is when we are not able to keep enough sugar in our blood. When this happens, our nervous system goes on the fritz which leads to irritability, fatigue, loss of focus and a craving for sweets. How can you expect to perform at your best when all you can think about is a tasty pastry and how you would rather be taking a cat nap?

Back away from the doughnut! Essentially, it is your kryptonite. This type of food contains a low amount of fiber, high amounts of sugar and a guaranteed crash after insulin surges into the blood.

Insulin does such a great job of clearing out the sugar in blood that it results in low blood sugar and then you are right back to where you started: hungry, tired, and grumpy.

(continued on page 2)



The SuperFood Solution™

LIFELONG WELLNESS MADE EASY™

Long term, continued over-eating of sweets and low fiber carbohydrates can eventually “burn out” the insulin receptors on the cells that assist in getting sugar from the blood into the cells. This is quickened by a lack of exercise. In an effort to overcome this, our bodies may make more insulin. This constant disruption of blood sugar levels is called “Metabolic Syndrome.” This is often a precursor to heart disease and diabetes. Common findings are blood pressure above 130/90 (either number), high triglycerides, a suboptimal good (HDL)/bad (LDL) cholesterol ratio, and central adiposity. Central adiposity is when your waist size is more than half your height.



It is important to realize that blood sugar tests will usually still be within normal range with metabolic syndrome. It is now possible to measure blood insulin along with blood sugar when doing a 2 or 4 hour glucose tolerance test (GTT).

Eventually, insulin resistance reaches such a magnitude that even fasting blood sugar becomes abnormally high. This is known as diabetes. Relatively minor symptoms will appear such as frequent urination, excessive thirst, extreme hunger, increased fatigue, and irritability.

You can prevent the aforementioned conditions from developing. Balanced eating, regular exercise and proper rest are a start. Balanced eating means meals with healthy fats, high

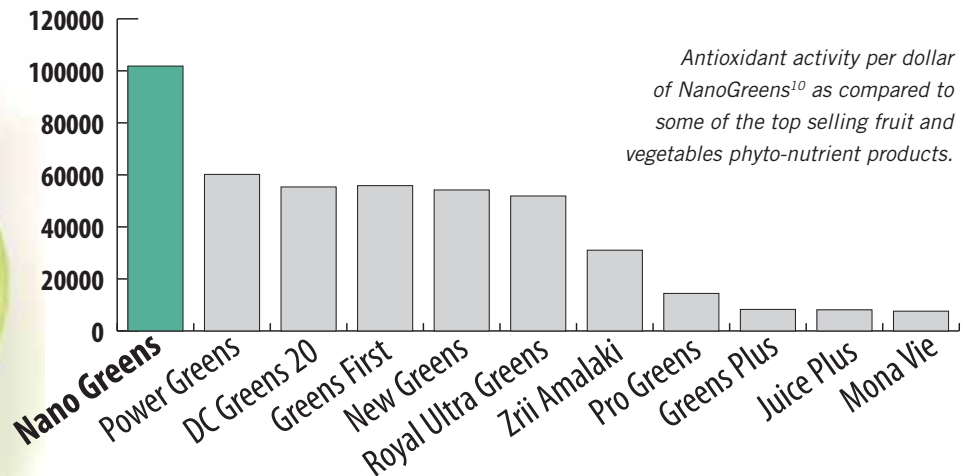
fiber carbs and lean protein. The most important meal of the day for maintaining healthy weight and blood sugar levels is breakfast. A good breakfast is also associated with less heart disease and cancer.

What's on the Menu

Breakfast menus that support healthy blood sugar include one or two eggs with high fiber, 100% whole grain toast, berry jam, and green tea. Half an orange or grapefruit, whole grain cereals with low fat dairy or soy milk, soy or whey protein sprinkled with nuts, seeds, and/or berries.

Some foods and spices are particularly good for balancing blood sugar. The minerals chromium and magnesium are both essential for maintaining healthy blood sugar levels. Sources of these are organic black strap molasses, toasted wheat germ, and

NanoGreens¹⁰ Proven Best Value Per Dollar!



Last issue we sent you independent in vitro tests results that proved once again that NanoGreens¹⁰ has the most antioxidant power per serving. This chart proves that NanoGreens¹⁰ buys more antioxidant power per dollar.

brewer's yeast. Zinc can also be important. Zinc can be found in omega-3 rich pumpkin seeds, as well as wheat germ and brewer's yeast.

Fiber content is the major difference between simple and complex carbohydrates. Fiber is an indigestible carbohydrate, so it does not add to net caloric intake. Insoluble fiber promotes bowel movements. Soluble fiber slows the absorption of sugar into the blood stream. It also absorbs cholesterol and its precursors (bile). The bran and germ of wheat, rice, oats and corn are very high in fiber, as is flaxseed, the latter being a good source of healthy omega-3 fats and a good source of magnesium, manganese and some zinc. Omega-3s, including alpha linolenic acid (ALA) can also have a positive effect in diabetes, as they have been shown to support healthy insulin sensitivity and regulate glucose.

A little known fact is that fenugreek seeds help to control cholesterol and regulate blood glucose. These seeds lower overall serum cholesterol and reduce triglycerides. In one human study, 2.5g of fenugreek per day for 3 months significantly reduces these cardiac risk factors. Spice cinnamon may also help lower insulin resistance in doses as little as one gram. Finally, the best sweetener for blood sugar balance is stevia. Stevia has proven to support healthy blood sugar and blood pressure.

Dr. John H. Maher
Co-Founder, BioPharma Scientific

Super-Shake Breakfast Blood Sugar Recipes

Soy 'n Cinnamon Shake

- 1 scoop NanoGreens¹⁰
- 1 scoop NanOmega³
- 1 scoop NanoPro^{PRP}
- 1 ½ cups unsweetened organic soy milk, cold
- 1 tbsp organic black strap molasses
- ¼ to ½ tsp cinnamon to taste

Blend and enjoy!

Calories: 337/ Fats: 11 gm/ Net Carbs: 27.5 gm/
Protein 27.5 gm/ Fiber 9.5 gm



Optional: If you prefer to have NanoGreens¹⁰ by itself first thing in the morning, you can omit it in the above recipes. A good hydrating, alkalizing, high antioxidant and energizing drink with rising is 12 ounces of cold green tea, with the freshly squeezed juice of ¼ of a lemon or pink grapefruit and a scoop of NanoGreens¹⁰.

Yogurt Smoothie

- 1 scoop NanoGreens¹⁰
- 1 scoop NanOmega³
- 1 scoop NanoPro^{PRP}
- 1 cup green tea (iced)
- ½ cup plain yogurt, cold
- 1 heaping tsp. toasted wheat germ or fenugreek, ground fine

Blend and enjoy!

Calories: 357/ Fats: 11 gm/ Net Carbs: 37 gm
Protein 28 gm/ Fiber 9.5 gm



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Testimonial of the Month "Remarkable" Blood Sugar and Cholesterol Changes

"I have had a heart attack with 5 stents... and glucose intolerance (metabolic syndrome) ... I began to take NanoGreens¹⁰...I waited for 6 weeks to take another blood test....the blood chemistry change was so remarkable!

Glucose was 132, dropped to 107 (Normal); Triglycerides were 264, became 116 (Normal); > Cholesterol was 203, became 171 (Normal).

There is no other reason for my blood chemistry to have changed so radically except for NanoGreens¹⁰. I am telling everyone about your product and sending your web site to all my friends!"*

– Bruce Hughes, Attorney-at-Law, Tustin, CA

*BioPharma Scientific is not herein making any representation that the above results are typical

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Super Breakfasts to the Rescue!

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