



Sugar Damage Control

Unless you have some condition such as diabetes in which you should exclude sugar, there are times where you can't help but eat sugar. For example, at birthday party, wedding or during the holidays. There are two organs most stressed by processed sugars, the pancreas and liver.

Things To Do:

1. Drink 2 quarts of water the day before and the day of the event. This will help the digestive enzymes digest sugar.
2. Take 2 Zypan with each meal. For a child, 1 Enzycore with each meal.
3. Eat raw food, such as salad, to add to the digestive enzyme stockpile right before eating the sugar.
4. Eat a good portion of some type of protein before sugar, such as fish, turkey or eggs.
5. The sugar should be the last thing you eat.
6. If you are craving sugar the next day take 3-6 Gymnemia
7. If you feel ill or still crave sugar take ProSynbiotic 1-2 per day

Yours for health naturally,

Dr B

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